

SPRING 2025

CARDIAC & PULMONARY SUPPORT GROUP NEWSLETTER

FROM THE DESK OF...

SEE WHAT IS HAPPENING
THIS SPRING

HEALTHY RECIPES

REFRESH YOUR TASTE BUDS
WITH THESE HEALTHY RECIPES



An Affiliate of  UnityPoint Health

FROM THE DESK OF..

Happy Spring!!! The weather is warming up and things are starting to turn green. Soon flowers will bloom, and the trees will once again have leaves. Sunshine is a wonderful thing for chasing away the cloudy, cold, dark days of winter. Sunshine is a way that we can make and absorb vitamin D along with eating food rich in vitamin D. You can also take a supplement to help you to get enough vitamin D. Why is vitamin D so important. It used to be that children would develop a disease called rickets that was a bone disease caused by a lack of vitamin D. In adults we can develop osteomalacia or soft bones, and the one we think about the most is osteoporosis. We typically can get our vitamin D through nutrition and regular exposure to the sun when we are outside. For those who can't there are supplements that you can take. Why all the talk about vitamin D, it's something that we can do for preventative maintenance for our bodies. If we are aware of foods that are rich in vitamin D we can make sure we consume some and help to improve our bone density. This is one thing we can do to contribute to the possibility of living long and healthy lives.

We should have an annual physical, see our dentist twice a year, have an annual eye exam, have immunizations, and see a podiatrist once a year for foot health.

Did you know that keeping your immune system healthy plays a role in your health? With heart and lung disease inflammation can cause problems. "Mounting evidence indicates that immune dysregulation and inflammation underlie many Cardio Vascular Disease, including atherosclerosis, myocardial infarction, arrhythmias, pericardial disease, valvular heart diseases, cardiomyopathies, and heart failure. Promisingly, recent studies suggest that modulating inflammation may reduce cardiovascular (CV) events (Boyalla et al., 2023)". What does that mean? It means that when our immune system isn't working correctly inflammation can occur increasing our risk for developing cardiovascular disease. If we can reduce the cause of inflammation, we could potentially reduce the risk of developing cardiovascular disease, which is the leading cause of death of both men and women.

This is like the inflammatory response we can see in the lungs when exposed to allergens, chemicals, infections, and other irritants that can trigger an immune response and increase the inflammatory process.

FROM THE DESK OF..

For this support group we are going to talk about what we can do to stay healthy through preventative maintenance and what that means for our overall health and wellbeing. Join me April 17th at 7 pm in Sneakers for Cardio/Pulmonary Support Group.



Christine Drake BSN, RN

Guthrie County Hospital Diabetes Education Coordinator

Reference:

Boyalla, V., Gallego-Colon, E., & Spartalis, M. (2023). Immunity and inflammation in cardiovascular disorders. *BMC Cardiovascular Disorders*, 23(1). <https://doi.org/10.1186/s12872-023-03185-z>

Moriarty, C. (2018, March 15). *Vitamin D myths 'd'-bunked*. Yale Medicine. <https://www.yalemedicine.org/news/vitamin-d-myths-debunked>

Vaccinations with Heart or Lung Disease

When you have a long-standing disease that affects your heart and or lungs such as, heart failure, history of a heart attack, COPD, Asthma, etc., you and your body are at risk for more severe complications from viral and bacterial infections. To help your immune system fight off these infections, you should stay up to date on vaccinations in order to protect yourself from complications.

While there are several vaccinations that are recommended for individuals with heart and or lung disease, the vaccines work fairly similar to one another. A vaccine is designed to stimulate your own body's immune system to produce antibodies which help recognize and fight off a specific pathogen. A vaccine will contain a weakened version or inactive version of a pathogen. When it is placed inside our bodies, our immune system will recognize it as foreign and learn how to fight off the infection. If an individual is to be infected by the same pathogen in the future, our body's immune system can recognize it and be able to fight the infection off quicker. Due to the immune system having to learn how to fight off a specific pathogen following a vaccine, it can take up to 2 weeks for your body to build up immunity.

There are several vaccinations for those with long standing heart and or lung disease should receive to stay protected against infections. On the next page is a table of the recommended vaccines and when they should be received.

Talk to your doctor at your next appointment if you have questions or think you may be eligible for any of these vaccines!



Jackie Willms, PharmD

Director of Pharmacy

References

Centers for Disease Control and Prevention. (n.d.). RSV Vaccines. Centers for Disease Control and Prevention. <https://www.cdc.gov/rsv/vaccines/index.html> CDC Vaccines Immunize.org

Vaccinations with Heart or Lung Disease

	How often to receive	Time of Year	Notes	Common Vaccine Side Effects
Influenza (Any age)	Yearly	October	About half of adults hospitalized with flu have heart disease Flu illness is also associated with an increased risk of heart attacks and stroke	<ul style="list-style-type: none"> ▪ Injection site pain and redness ▪ Headache ▪ Fatigue ▪ Fever ▪ Nausea ▪ Chills
Pneumonia (Adults 19 years or older with chronic heart or lung disease)	Varies depending on previous pneumonia vaccines	Any time of year	COPD weakens the respiratory system, increasing risk of pneumonia One study found 36.1% of first time hospitalizations for COPD were related to pneumonia	<ul style="list-style-type: none"> ▪ Pain and redness at injection site ▪ Fever ▪ Headache ▪ Fatigue ▪ Loss of appetite
RSV (60 years and older)	1 dose	Any time of year	Infection can potentially lead to pneumonia and bronchiolitis	<ul style="list-style-type: none"> ▪ Pain and redness at injection site ▪ Fatigue ▪ Headache ▪ Muscle/joint pain ▪ Fever ▪ Nausea ▪ Diarrhea
Tdap - Tetanus, diphtheria and pertussis (Any age)	Every 10 years	Any time of year	N/A	<ul style="list-style-type: none"> ▪ Pain at injection site ▪ Redness or swelling at injection site ▪ Fever ▪ Headache ▪ Nausea ▪ Vomiting ▪ Stomachache
COVID Booster (Any age)	May receive current booster up to 2 times in 1 year	Any time of year	N/A	<ul style="list-style-type: none"> ▪ Pain and redness at injection site ▪ Fatigue ▪ Headache ▪ Muscle pain ▪ Fever ▪ Chills
Shingles (Adults 50 years and older)	2 dose series Second dose given 2-6 months after 1 st dose	Any time of year	<i>May receive 2nd dose even if it has been >6 months since 1st dose</i>	<ul style="list-style-type: none"> ▪ Pain and redness at injection site ▪ Headache ▪ Muscle aches ▪ Fatigue ▪ Fever ▪ Nausea ▪ Vomiting
Hepatitis B (Any age)	Typically given as an infant but some individuals may need to repeat the series 2 dose series, give 2 nd dose one month after the 1 st dose	Any time of year	Those with diabetes are at an increased risk for hepatitis B if they share blood glucose meters, fingerstick devices, and other diabetes care equipment	<ul style="list-style-type: none"> ▪ Pain and redness at injection site ▪ Headache ▪ Fatigue ▪ Fever ▪ Nausea ▪ Vomiting

Here are some heart healthy friendly recipes to try.

Walnut-Rosemary Crusted Salmon

INGREDIENTS

- 2 teaspoons Dijon mustard
- 1 clove garlic, minced
- ¼ teaspoon lemon zest
- 1 teaspoon lemon juice
- 1 teaspoon chopped fresh rosemary
- ½ teaspoon honey
- ½ teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon extra-virgin olive oil
- 1 (1 pound) skinless salmon fillet, fresh or frozen
- Olive oil cooking spray
- Chopped fresh parsley and lemon wedges for garnish



PREPARATION

1. Preheat oven to 425 degrees F. Line a large rimmed baking sheet with parchment paper.
2. Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt and crushed red pepper in a small bowl. Combine panko, walnuts and oil in another small bowl.
3. Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray.
4. Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness.
5. Sprinkle with parsley and serve with lemon wedges, if desired.

NUTRITION INFORMATION

4 servings per recipe

Serving Size: 3 ounces

222 calories, 12g fat, 62mg cholesterol, 256mg sodium, 4g carbohydrate, 24g protein.

Mixed Vegetable Primavera

INGREDIENTS

- 3 Tbsp. reduced-sodium chicken broth
- 1 Tbsp. Dijon mustard
- 1 Tbsp. olive oil
- 2 tsp. white wine vinegar
- Nonstick spray coating
- 1½ cup sliced yellow summer squash
- 1 cup baby carrots
- 1 cup chopped red bell pepper
- 3 cups broccoli florets
- 2 Tbsp. snipped flat-leaf parsley



PREPARATION

1. Combine vinaigrette ingredients—in a small bowl, combine the mustard, olive oil, vinegar, and 1 tablespoon of the chicken broth. Set aside.
2. Cook squash, carrots, and bell pepper—spray a large nonstick skillet with nonstick coating. Preheat the skillet over medium heat. Add squash, carrots, and bell pepper to the hot skillet, cooking for about 5 minutes or until nearly tender.
3. Add broccoli and broth—add the broccoli and remaining chicken broth to the skillet. Cook, covered, about 3 minutes or until the broccoli is crisp-tender and bright green.
4. Add Mustard Mixture Stir in the mustard mixture; heat through.
5. Garnish and serve—sprinkle the cooked vegetable primavera with parsley (we prefer the Italian flat-leaf variety) and serve.

NUTRITION INFORMATION

6 servings per recipe

56 calories, 3g fat, 114mg sodium, 7g carbohydrate, 2g protein.

Honey Fruit Salad

INGREDIENTS

- 2 tsp. finely shredded orange peel
- ½ cup orange juice
- ¼ cup honey
- 1 Tbsp. snipped fresh mint (optional)
- 2 cups halved green and/or red seedless grapes
- 2 cups fresh blueberries
- 2 cups halved fresh strawberries
- 2 cups fresh raspberries and/or blackberries
- 1 cups chopped apples (2 medium)
- Small fresh mint leaves (optional)



PREPARATION

1. For dressing, in a medium bowl whisk together orange peel, orange juice, honey, and, if desired, the 1 tablespoon snipped mint.
2. In a large serving bowl combine grapes, blueberries, and strawberries. Gently stir in dressing. Cover and chill for 2 to 24 hours.
3. Before serving, stir in raspberries and apples. If desired, garnish with fresh mint leaves.

NUTRITION INFORMATION

8 servings per recipe

Calories 137; Total Carbohydrate 35g; Total Sugars 27g; Protein 1g; Total Fat 1g; Sodium 3mg.

Cranberry-Almond Granola Bar

INGREDIENTS

- 3 cups old-fashioned rolled oats
- 1 cup crispy brown rice cereal
- 1 cup dried cranberries
- ½ cup almonds, toasted and chopped
- ½ cup pecans, toasted and chopped
- ¼ teaspoon salt
- ⅔ cup brown rice syrup or light corn syrup
- ½ cup smooth almond butter
- 1 teaspoon vanilla extract



PREPARATION

1. Preheat oven to 325 degrees F. Line a 9-by-13-inch baking pan with parchment paper, leaving extra parchment hanging over two sides. Lightly coat the parchment with cooking spray.
2. Combine oats, rice cereal, cranberries, almonds, pecans and salt in a large bowl.
3. Combine rice syrup (or corn syrup), almond butter and vanilla in a microwave-safe bowl. Microwave for 30 seconds (or heat in a saucepan over medium heat for 1 minute). Add to the dry ingredients and stir until evenly combined. Transfer to the prepared pan and firmly press into the pan with the back of a spatula.
4. For chewier bars, bake until barely starting to color around the edge and still soft in the middle, 20 to 25 minutes. For crunchier bars, bake until golden brown around the edge and somewhat firm in the middle, 30 to 35 minutes. (Both will still be soft when warm and firm up as they cool.)
5. Let cool in the pan for 10 minutes, then using the parchment to help you, lift out of the pan onto a cutting board (it will still be soft). Cut into 24 bars, then let cool completely without separating the bars, about 30 minutes more. Once cool, separate into bars.

NUTRITION INFORMATION

24 servings per recipe **Serving Size: 1 bar**

Calories 161; Total Carbohydrate 23g; Protein 3g; Total Fat 7g; Saturated Fat 1g; Sodium 53mg.

CARDIAC & PULMONARY SUPPORT GROUP

• SAVE THE DATE •

April 17th, 2025 @ 7:00 p.m.

July 17th, 2025 @ 7:00 p.m.

October 16th, 2025 @ 7:00 p.m.

Facilitated by Christine Drake, RN, BSN

Join us at Sneakers Café located in Guthrie County Hospital for the cardiac & pulmonary support group. This is a great way to share your experiences and expand your knowledge about cardiac & pulmonary rehab in a relaxed educational setting.

CARDIAC & PULMONARY SUPPORT GROUP

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