

NEWS FROM THE

Advanced Heart Failure Clinic



Volume 9 – Winter 2021

“The Beat”

Clinic Announcements

- Dr. Krishna recently achieved board certification in Advanced Heart Failure and Transplant. He adds this to his other certifications in Cardiovascular Disease and Internal Medicine. Please join us in congratulating him on being board certified in three separate specialties.
- Lindsay Wilkins-Shumaker, RN, has accepted another role within Valley Health and is leaving the heart failure clinic. She will be missed.
- The clinic now has an automated appointment reminder system. You will receive an automated telephone call to remind you of your appointment. If you have questions, please call us at 540-536-4555.

COVID-19

Stop the Spread

Covid continues to be very active in our community. We need to continue to slow the spread.

- Remember to wear a mask to protect yourself and others to stop the spread of COVID-19. Wear a mask that covers your nose and mouth.
- Stay at least 6 feet from others who don't live with you.
- Avoid crowds. Avoid poorly ventilated indoor spaces.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water are not available.

If you develop symptoms that you think could be COVID-19, please call your primary care provider.

The heart failure clinic continues to see patients in clinic and through telehealth, by telephone or by video. If you do not feel comfortable with being in the community and would prefer telehealth, please call our clinic so we can change your appointment.

Vaccines

Vaccines have been developed to help decrease the community spread of COVID-19 and reduce the severity of illness. Currently two vaccines have been approved for emergency use by the FDA. The vaccines currently require two injections.

Each state has a different schedule for administration of vaccines. We recommend calling your local health department to get information on vaccines in your community. The heart failure clinic will not be giving any vaccines. You can contact your primary care provider, as they may have additional information or resources.

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Advanced Heart Failure & Cardiomyopathy Center

Winchester Medical Center

Heart & Vascular Center

1840 Amherst Street, Winchester, VA

Phone: 540-536-4555 • Fax: 540-536-5529

Online advanced heart failure resources:

www.mylvad.com

www.togetherinhf.com

Resources

Centers for Disease Control and Prevention: www.cdc.gov/coronavirus

[COVID-19 Vaccine – Virginia COVID-19 Vaccine](http://www.vdh.virginia.gov/covid-19-vaccine/) www.vdh.virginia.gov/covid-19-vaccine/

VHD Hotline: 1-877-275-8343; Local office: 540-771-3992

[Coronavirus - Maryland Department of Health – Vaccine](https://coronavirus.maryland.gov/pages/vaccine) <https://coronavirus.maryland.gov/pages/vaccine>

[COVID-19 Vaccine – West Virginia](https://dhhr.wv.gov/covid-19/pages/vaccine.aspx) <https://dhhr.wv.gov/covid-19/pages/vaccine.aspx>

West Virginia Department of Health and Human Resources Hotline: 1-800-887-4304

[Information About Coronavirus \(COVID-19\) – Valley Health](http://www.valleyhealthlink.com/patients-visitors/coronavirus-covid-19-updates/)

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Whole Wheat Spaghetti with Marinara and Turkey Meatballs

Ingredients

Marinara Sauce

- 14 oz. canned, no-salt-added, or, low-sodium, sliced carrots
- 14.4 oz. packaged, frozen pepper stir-fry (onions and peppers) (thawed)
- 1 medium zucchini (chopped)
- 4 clove fresh garlic (minced)

OR

- 2 tsp. jarred, minced garlic
- 52 oz. cubed, no-salt-added, or low-sodium tomatoes (crushed)
- 2 tsp. salt-free, dried Italian spice blend

Whole Wheat Spaghetti and Turkey Meatballs

- 1 lb. extra-lean or fat-free **ground turkey breast** (95%-99% lean)
- 1/4 tsp. black pepper
- 1/2 cup whole-grain cereal flakes (crushed, optional)
- 1 lb. whole-wheat spaghetti

Directions

Marinara Sauce

1. In a large pot (not over any heat yet), add carrots. Use a fork or potato masher to mash. Add stir-fry vegetables, zucchini, garlic, crushed tomatoes, and spice blend.
2. Bring to a boil over high heat. Cover, and reduce heat to medium-low so sauce is simmering.

Whole Wheat Spaghetti and Turkey Meatballs

1. In a bowl, combine turkey, pepper, cereal and parsley. Form meat mixture into golf-size meatballs to make about 20 to 25 meatballs.
 2. Add meatballs into the simmering sauce, trying to get the majority of meatballs covered by sauce. Cover and cook until meatballs are cooked through, about 20 to 25 minutes.
 3. Make spaghetti according to package directions (omitting the salt and fat). Serve with marinara and meatballs.
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