



mercy care

LIVING WELL WITH CORONARY ARTERY DISEASE

Fall/Winter 2020

Take a step toward heart-healthy eating

Healthy food choices can help your heart, even if you already have heart disease.

You don't have to change everything at once. Start with small steps like these:

Go for whole grains. Choose whole-wheat breads, pastas and tortillas. Try oatmeal or whole-grain breakfast cereals. Choose brown rice instead of white.

Use a new cooking oil. Olive and canola oils are better for you than butter or margarine.

Cut back on salt. Read nutrition labels to find foods low in sodium (another name for salt).

Switch to low-fat dairy. When you get used to that, try the nonfat versions next.

Sip sugar-free drinks. Make water taste better by adding lemon or berries.

Choose leaner proteins. Go for fish, skinless poultry or low-fat ground meats. Trim fat from other meats.

Plan one meatless meal a week. Feature beans or pasta with veggies.

Once you've mastered one of these changes, give another a try.

Lifestyle changes like these are great tools to help protect your heart. If your doctor prescribes medicines, they're just as vital. Be sure to take them exactly as your doctor tells you to.

Sources: Academy of Nutrition and Dietetics (www.eatright.org); American Heart Association (www.heart.org)

It's not too late!

A yearly flu shot is the best way to protect yourself from the flu. If you haven't had yours yet, ask your doctor or pharmacist.

Source: Centers for Disease Control and Prevention (www.cdc.gov)

Did you know that you may be able to get Lifeline cell service plus a smartphone at no cost to you? Go to www.MercyCareAZ.org or call Member Services at **1-800-624-3879 (TTY: 711)** and ask about the Assurance Wireless Lifeline program.



Get healthy after a heart attack

If you've had a heart attack, there are things you can do to get on the road to recovery and better health.

Start by seeing your doctor as often as recommended. You'll learn how to help your heart mend and lower your risk for another heart attack. These steps can also help:

Take your medicines. They can help prevent future heart trouble. Learn what each one is for, and take it just as your doctor says.

Commit to quit. If you smoke, ask your doctor for help quitting. It may take a few tries, but it's one of the best things you can do for your heart.

Change your eating habits. Choose a variety of low-fat, heart-healthy foods. Ask your doctor if you need to cut back on sodium (salt) and added sugars.

Get active again. Ask your doctor how to safely begin. It might be best to start with a supervised cardiac rehab program.

Tell your doctor how you feel. You might feel sad, angry or scared after a heart attack. That's understandable. If it starts to get in the way of your recovery, ask for help.

Source: American Heart Association (www.heart.org)

Caregivers: Seek the help you deserve

Need support? Ask your loved one's care manager about services that may be open to you.

4 ways to take charge

If you have a chronic condition, take it step by step:

1. Learn all you can about it.
2. Work with your doctor on a care plan.
3. Take your medications.
4. Aim for healthy habits.

Source: Agency for Healthcare Research and Quality (www.ahrq.gov)

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