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A Newsletter for AvMed Members

YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE



Top tips to prevent blood clots when traveling

Planning a getaway? Don't forget to plan for your health, too. These simple tips may help support healthy blood flow and lower the risk of blood clots while traveling.

Get up and move

If you're flying, try to walk around the cabin every hour or two when it's safe to do so. On road trips, stop regularly to stretch and take a short walk.

Try seated exercises

Sometimes getting up isn't an option. While sitting, try simple exercises like pointing and flexing your feet, rolling your ankles, or tightening and relaxing your calf muscles.

Stay hydrated

Sip water throughout the flight. Staying hydrated can reduce dryness-related effects of flying. Be sure to follow any fluid recommendations from your physician.

Dress comfortably

Choose loose-fitting clothing and shoes that make it easy to stay active. Some people may also benefit from compression socks. Your physician can help you decide if wearing compression socks will be beneficial for you.

Know the signs

Signs of a blood clot in the leg may include swelling, pain, tenderness, warmth, or changes in skin color. If a clot travels to the lungs, it can cause sudden shortness of breath, chest pain, or trouble breathing. Seek medical attention right away if you notice these symptoms.



4 tasty foods for your heart

Creamy, crunchy, sweet, and satisfying. These four foods bring big flavors to the table and may support your heart. Consider these healthy foods unless you have an allergy to them.

Blueberries

Blueberries are packed with fiber and antioxidants, that may help reduce inflammation. Chronic inflammation can contribute to plaque buildup in the arteries, which may increase the risk of heart disease.

Salmon

Salmon is rich in omega-3 fatty acids, a type of healthy fat that may decrease blood pressure, lower triglyceride levels, and reduce "bad" cholesterol. Experts recommend eating salmon or another fatty fish twice a week.

Walnuts

Known for their rich, earthy flavor and satisfying crunch, walnuts are one of the best plant-based sources of omega-3 fatty acids and may help support healthy cholesterol levels. A small handful makes an easy snack or topping for oatmeal, salads, and yogurt. Almonds, pistachios, and pecans are nutritious options, too. Keep portions in mind. Nuts are nutrient-dense, so a little can go a long way.

Avocados

With their creamy texture and mild flavor, avocados are a versatile addition to many meals. They're rich in monounsaturated fats, a type of healthy unsaturated fat. Experts recommend replacing some saturated fats with unsaturated fats to support heart health. Try mashed avocado in place of butter on toast or as a creamy substitute for mayonnaise.

To reach a Case Manager
Simply call 1-833-609-0735, email DM@AvMed.org or scan the QR code provided.

Make the most of your daily walk



Put a little pep in your step with these expert-approved tips for turning an ordinary walk into a feel-good fitness routine.

You don't need a gym membership or fancy equipment to get moving. In fact, walking is one of the easiest ways to work toward the recommended 150 minutes of weekly exercise.

"If you can't make it around the block just yet, walking can be a way of building up strength and fitness," says Michele Stanten, a fitness consultant at Harvard Health Publishing and author of *Walk Off Weight*.

Ready to get moving? Talk with your physician first, then try these pro tips from Stanten.

Start small

The most important thing is to get into a habit and be consistent, Stanten explains. Start with 5 to 10 minutes a day, at a time you can regularly commit to.

Each week, add another five minutes, until you reach 30 minutes.

Focus on good form

Proper form is the secret to transforming an ordinary walk into a workout, Stanten says. Here's what that looks like:

- **Walk tall.** Your shoulders should line up under your ears.
- **Draw your belly muscles up and in.** It helps support your spine as you walk.
- **Step heel-ball-toe.** This pattern helps you stay stable while in motion.
- **Look up.** You want to look about 10 to 15 feet in front of you as you move. This helps you identify and avoid any trip hazards.

Leave the weights at home

Stanten does not believe hand weights are the best way to raise the difficulty of your routine.

Instead, further challenge yourself by speeding up or walking for longer. You'll burn more calories going faster than you will by holding weights, Stanten says.

All in all, walking is a great way to start—and maintain—a fitness routine. If you're not sure where to begin, a good first step is talking with your physician or RN Case Manager.

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