

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

The subtle signs of a heart attack

Angela Turner, DO, a board-certified cardiologist at Bayfront Health in St. Petersburg, Florida, shares some of the lesser-known heart attack symptoms and when to seek help.

1 You're increasingly short of breath

It's not just that you're suddenly "out of shape." A decline in physical ability can be a warning sign of heart trouble.

2 You have upper body aches

Pain from a heart attack can travel to other parts of your body. "When your symptoms happen while you're up and moving and then get better when you stop, that tends to point

a finger toward a heart problem," notes Dr. Turner.

3 You're more tired than usual

"If you've been sleeping well and you're suddenly extra tired, that may be a sign (to pay attention to)," Dr. Turner says.

4 You have indigestion that won't go away

"We've seen patients who said they took a lot of antacids, and nothing treated their indigestion.

It turned out to be a heart blockage," Dr. Turner says.

When should I contact my physician?

Call 911 right away if you can't breathe or feel like an elephant is sitting on your chest. If you suspect a heart attack, you want the emergency room — not urgent care.

"Listen to that feeling that says, 'I know something's not right,'" says Dr. Turner. It could save your life.





The connection between your heart and mental health

Managing heart disease isn't only about your body — it can affect how you feel emotionally, too. Learn how these two parts of your health are connected and what you can do to support them.

The mind-heart connection

When you're dealing with a heart condition, the stress of managing symptoms,

appointments, and daily changes can affect your mood. At the same time, mental health challenges like depression or anxiety can make it harder to care for your heart. You may feel less motivated to stay active, eat well, or follow your treatment plan.

What does the research say?

Experts understand that mental and physical

health are deeply connected. Studies show that people with chronic conditions, including heart disease, are more likely to experience depression and anxiety than those without these conditions.

Researchers also know that treating one area may help improve the other. Your physician may suggest talk therapy, stress management tools, or lifestyle changes to support both your mind and body.

Tips to stay healthy

- Stay active with simple movement, like walking.
- Eat balanced meals with a variety of colorful foods.
- Make time for relaxing activities you enjoy.
- Talk openly with your physician about how you feel and any challenges you have.
- Reach out to friends, family, or a support group.



To reach a Case Manager

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



Quick refresh: Hurricane prep tips



You can't prevent natural disasters, but you can prepare for them. Learn simple steps you can take now to help manage your health during an emergency.

1. Create or update your emergency plan

Hurricanes often require evacuations. So the first step is to decide where you will go and when you'll leave. Make sure everyone in your household knows what to do.

2. Stock a "go" bag

Having a few essentials already packed can save time if you need to move quickly.

Include:

- Water
- Nonperishable food
- A basic first aid kit
- Flashlights and extra batteries
- A battery-powered or hand-crank radio
- A phone charger or backup power source
- Emergency contacts

Store important documents in a waterproof bag or small bin.

3. Plan for your health needs

Stress, physical strain, and disruptions to your routine during a hurricane can make CAD symptoms harder to manage.

To help manage heart disease during a hurricane:

- Keep medications within reach.
- Bring medications with you if you need to evacuate.
- Avoid overexertion during evacuation, cleanup, or recovery when possible.
- Pay attention to symptoms such as chest pain or shortness of breath.

4. Sign up for alerts

Staying informed can help you make safe decisions. Registering for text alerts from local emergency management agencies (such as your county emergency management office) can help keep you updated before and after the storm.

Your health plan **anytime, anywhere.**

Get instant access to your benefits, doctors, claims, virtual care, and much more in one place.



Recipe



Frozen berry-and-yogurt treats

Built for backyard hangs, beach days, and whatever the long weekend brings. These yogurt dipped berries keep it light — and protein forward.

Serves 4 | Prep: 5 mins | Rest time: 6 hrs

Ingredients

- ½ cup nonfat Greek yogurt
- ½ tbsp honey
- 1 cup mixed berries (strawberries, raspberries, blueberries, blackberries)

Directions

1. Mix the Greek yogurt and honey in a large bowl. Once combined, individually dip the berries into the mixture.
2. Transfer the berries to a baking sheet lined with wax paper, arranging them in a single layer. Freeze for six hours, or until fully frozen. Once solid, transfer the berries to any container you like — they won't stick together. Serve right from the fridge (or cooler). Enjoy!

Nutrition facts (per serving)

Calories 85.9 | Fat 0.3g | Saturated fat 0g | Sodium 21.5mg | Carbs 15.8g | Protein 6.3g | Fiber 3.8g