

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

Heart medication side effects: What's normal and what's not

Medications can help people with coronary artery disease (CAD) live a healthy life. But they can also come with unwanted side effects. Here's what you need to know to stay safe.

Antiplatelet drugs

What they do: Prevent blood clots.

Examples: Aspirin (Bayer, Bufferin), clopidogrel (Plavix)

Common side effects:

Bruising, nosebleeds

When to call your doctor:

If you notice dark red or black stool or if you vomit blood, these may be signs of internal bleeding. It's a rare side effect that can be life threatening if left untreated.

Statins

What they do: Reduce cholesterol.

Examples: Atorvastatin (Lipitor), lovastatin (Altoprev)

Common side effects:

Muscle pain, weakness, slight rise in blood sugar

When to call your doctor:

Severe muscle cramps or red urine may signal rhabdomyolysis, a rare complication where muscle tissue breaks down. Dark urine and yellow eyes and skin may also be signs of liver damage.

Beta blockers

What they do: Slow your heart rate and lower your blood pressure.

Examples: Metoprolol (Lopressor) or propranolol (Inderal LA)

Common side effects:

Fatigue, decreased libido

When to call your doctor:

If you experience shortness of breath, chest pain, or dizziness, your doctor may lower your dose or switch you to another medication, like a calcium channel blocker.





Tips for managing multiple conditions

It's common for people with CAD to have other health conditions, such as high blood pressure, elevated cholesterol, or type 2 diabetes. If you're managing multiple conditions, these four strategies can help.

Review your medications

If you're taking more than one medication, it's a good idea to review them with your doctor each year.

They might suggest a medication that combines the work of two of your drugs, for example, so you'll have fewer pills to track. Or they could offer alternatives that help you avoid certain side effects.

Keep track of your test results

Access your physician and hospital portals. This way, you can track your progress and watch for changes in your health.

Keep a symptom journal

The details you provide about your symptoms can help you and your provider make decisions about treatment and lifestyle changes.

Grab a notebook, or you can use the notes app on your smartphone. Write down what symptoms you have, how often you have them, and how they make you feel. Share this information with your provider each time you meet.

Educate yourself

Ask your doctor to suggest reliable sources where you can learn more about the latest research and treatments. Once you better understand your health, it will be easier to ask the right questions at your doctor appointments.



To reach a Case Manager

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



Healthy Eating Made Simple



The magic of fiber

Fiber is a nutritional powerhouse. Here's how much you need — and how to get it every day.

When you think about important nutrients, fiber might not top your list. But fiber supports nearly every part of your health. Plus, it keeps you feeling fuller for longer.

Most adults don't get enough fiber. Luckily, it's easy to add more to your diet once you know how.

What is fiber?

Fiber is a carbohydrate that your body can't digest. Instead, it moves through your system.

There are two main types:

- **Soluble fiber** helps lower cholesterol and blood sugar.
- **Insoluble fiber** aids in digestion.

Easy ways to get more fiber in your diet

Small swaps can make a big difference. Try these:

- Choose whole-grain bread, pasta, and rice.
- Add chia seeds, almonds, or flaxseeds to cereal or yogurt.
- Toss extra veggies into soups and stir-fries.
- Swap beans for meat in chili or tacos once or twice a week.

How much fiber do you need?

Your daily needs depend on your age and gender.

Women 50 and younger	25 grams
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Men 50 and younger	38 grams
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Women over 50	21 grams
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Men over 50	30 grams
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Recipe



Matcha Chia Breakfast Pudding

Nutrition facts Calories 420 | Fat 16 g | Saturated fat 1.5 g | Sodium 220 mg | Carbs 48 g | Protein 24 g | Fiber 15 g

Health and wellness or prevention information.

Ingredients

- 1 cup Fair Life chocolate milk
- ¼ cup chia seeds
- ½ scoop unflavored protein powder
- 1 tsp matcha powder
- 1 Tbsp granola
- 2 Tbsp blueberries
- 1 Tbsp slivered almonds

Directions

1. Combine milk, chia, protein powder, and matcha in a pint jar.
 2. Cover with lid, shake for 30 to 60 seconds to dissolve matcha and protein powder, and refrigerate overnight.
 3. The next morning, top with granola, blueberries, and almonds and take it to go.
- If you can't find Fair Life chocolate milk, swap in another high-protein brand.