

NEWS FROM THE

Advanced Heart Failure Clinic



Volume 1 – Spring 2018

Meet the Advanced Heart Failure Team

As many of you know, there have been a lot of changes at the advanced heart failure clinic. This is an introduction of the new faces that are part of your team.

Nikolas Krishna, MD

*Winchester Cardiology and Vascular Medicine
Medical Director, Valley Health Advanced Heart
Failure & Cardiomyopathy Center*

Dr. Krishna came to Winchester Medical Center from Connecticut, where he led an advanced heart failure program which included an outpatient infusion center. He brings a wealth of knowledge and experience in managing advanced heart failure. He is seeing patients in the heart failure clinic, during hospitalizations and at his office.



Marie Amico, FNP-C

Many of you may have met Marie while she was working as a nurse practitioner at Winchester Cardiology and Vascular Medicine. She is now a clinician in our heart failure center.

Lindsay Wilkins, RN

Lindsay has been working in the clinic for the past year providing direct patient care and education. Many of you have talked with her during your visit to the clinic.



Marie and Lindsay

Holly Legg, RN

Holly was working in the clinic providing direct patient care but now has transitioned to developing patient education on heart failure.

Black Bean Salad (or Salsa)

6 servings

Serve this Simple Cooking with Heart black bean salad chilled as a great side salad to a meal. Or, warm in the microwave and use as a filling for tacos!

Ingredients

- 1 15.5-oz canned, no-salt-added or low-sodium black beans (drained)
- 1 15-oz canned, no-salt-added or low-sodium kernel corn OR 3/4 cup frozen corn (thawed)
- 1 medium diced bell pepper OR 1 medium tomato (diced)
- 1/2 cup red onion (diced)
- 1 tsp minced garlic (from jar)
- 2 Tbsp chopped cilantro
- 2 Tbsp cider vinegar
- 3 Tbsp extra virgin olive oil
- 1 juice of lime

Directions

Toss all together, chill at least one hour.

Tip: Serve this as a side salad to a meal or warm in microwave and use as a filling for tacos!

- 142 calories per serving
- 0.5 g sat. fat per serving
- 11 mg sodium per serving

Recipe copyright © 2016 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart ® Program. For more simple, quick and affordable recipes, visit heart.org/simplecooking.

