



HFA
Heart Failure
Association

Heart Failure Awareness Days 2018

Report from: Lebanon



**LEBANESE SOCIETY
of CARDIOLOGY**
Heart Matters



Name of reporter:

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Chairman Heart Failure Working Group
Lebanese Society of Cardiology



ESC
European Society
of Cardiology

HF Awareness 2018: Theme/Motto

- ***"Early Start, Grow Smart"***
- **Involving Lebanese Cardiology fellows in most of these activities.(Lebanese HOT and "HOT" to be fellows).**
- **Our Activities took place over May month (especially the second week of May)**

HF Awareness 2018: Activities Summary-1



HFA
Heart Failure
Association

- **1-Media participation: Journals; newsletters and TV programs**
- **2- Social Media: that included Video clips on Tips in Heart Failure (main activity of the awareness-daily for 30 days)+ others**
- **3-Heart Failure outreach clinics organized by some institutions/Hospitals**
- **4-Heart Failure patient/caregiver educational activities**
- **5-Distribution through all the activities Heart Failure educational booklets**

HF Awareness 2018: Activities Summary-2

- **6-Fellows educational activities**
- **7- A heart failure clinic multidisciplinary approach tour: An international cardiology speaker and nurse targeted towards Heart Failure clinic and multidisciplinary approach will tour in already opened heart failure clinics as well as clinics to be opened in 2018.**
- **8- A talk on “HF clinics and multidisciplinary approach” will be presented by an international heart failure nurse to nurses especially involved in cardiac and heart failure patients (*invited from several regions from Lebanon*).**
- **9- Launching the first in Lebanon Heart Failure Patient Society under the name of “**SYSTOLE**”.**

Fellows Educational Activities

- **The first Lebanese Cardiology fellows activity was conducted on May 8, 2018. This activity was organized by HOT Lebanon with **CME credits****
- **This activity will be followed by similar activities every 3 months**
- **Each activity is divided into: (fellows will present and Heart Failure specialists will moderate)**
 - Formal presentation (May activity: HF pathophysiology)
 - Case discussion (present 1- 2 HF cases)
 - Journal Club: Discuss recent article in HF

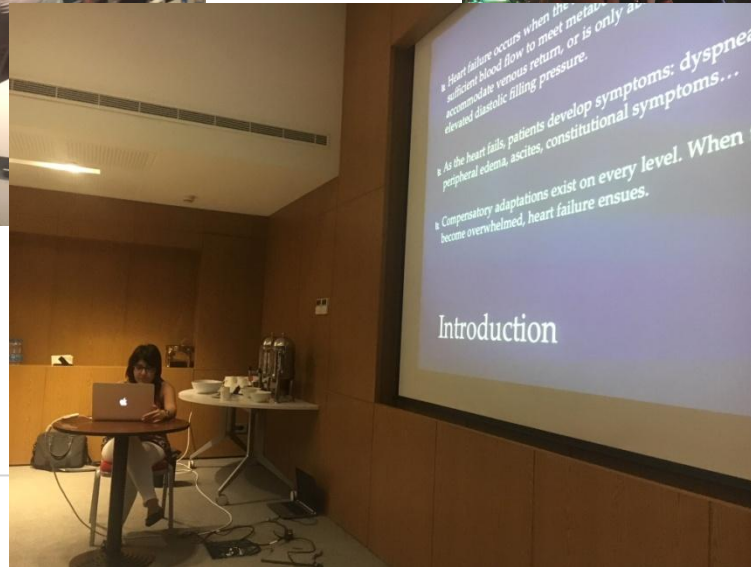
Fellows Educational Activities

- **The first Lebanese Cardiology fellows activity was conducted on May 7,2018 (This activity was organized by HOT Lebanon under the HF working group of the LSC)**
- **This activity will be followed by similar activities every 3 months**
- **Each activity is divided into: (fellows will present and Heart Failure specialists will moderate)**
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Fellows Educational Activities



Fellows Educational Activities



Fellows Educational Activities

- **Other Activities:**

- A "Whatsapp group" was initiated to start communication among fellows regarding activities, meetings, conferences as well as educational material
- Another activity a fund was secured to register all fellows as HFA members (Expected July 2018 to registration)
- A facebook page : "Heart Failure Club"-HFC will be responsible to share activities and News of Lebanese HF fellows/Lebanese HOT activities.
- Link: <https://m.facebook.com/HFCLebanon/>



Launching "Systole" (May 8, 2018)

- **The first in Lebanon Heart Failure Patient Society under the name of "SYSTOLE".**
- **Legal Registration of this society was started during May month.**
- **The society aims at:**
 - Improving awareness and education on Heart Failure to patients, caregivers and the general population.
 - Conducting research projects that help Heart Failure patients to improve their quality of life.

Launching “Systole”

- A webpage www.systole.org is reserved (NOT yet initiated) and will be working to initiate the site.
- The nucleus of this society includes:
 - 1-Media experts
 - 2-Heart Failure Nurse experts
 - 3-Heart Failure physicians
 - 4- Patients
 - 5-Caregivers



Photo: “Mr. George Patanian:A Lawyer; a heart failure patient and leading the Systole Project especially the legal part during launching the society “

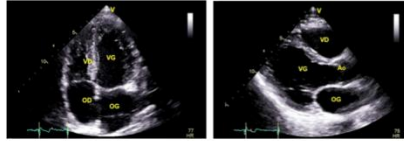
Educational Materials

- A booklet about Heart Failure in Arabic language was distributed to cardiologists' clinics (fixed quantity/cardiologist) over Lebanese regions to be used and offered to HF patients (A way to improve HF education) [HF Booklet 2018](#)
- Other material were used in other activities including assessment tools; symptoms tools and educational materials.
- The educational website Heart Failure matters was added as a link on all our printed activities whether social media; media, and discussed in outreach clinics and patient/social worker activities (stressing the Arabic version: [**www.heartfailurematters.org/ar**](http://www.heartfailurematters.org/ar))

HF Booklet 2018

ما هي أنواع قصور القلب؟

إن الصورة الصوتية للقلب Echocardiography تسمح بقياس نسبة الإقباض أي Ejection fraction وهي تعبر عن وظيفة القلب ونسبة ضخ الدم والنسبة الطبيعية هي من ١٠ إلى ٦٥٪.
إن قصور القلب الأكثر شيوعاً ناتج عن ضعف في الوظيفة أي ضعف نسبة الإقباض إلى ما دون ٤٥٪ ما يؤدي إلى عدم ضخ كميات كافية من الدم الفتي بالأوكسجين إلى الجسم. وهذا النوع يسمى heart failure with reduced ejection fraction وهناك نوع ثان حيث الوظيفة ونسبة ضخ الدم أي Ejection fraction طبيعية لكن القلب غير قادر على الإسترخاء بشكل كاف ما يعيق عملية وصول الدم إلى القلب لتعبئته.
وهذا النوع يسمى heart failure with preserved ejection fraction



الحملة الوطنية للتوعية عن قصور القلب



LEBANESE SOCIETY
of CARDIOLOGY
Heart Matters

قلبك ضعيف؟ عالجوه... لحياتك تطول



الإستيقاظ الليلي بسبب ضيق في التنفس / صفير



ضيق في التنفس أثناء القيام بجهد جسدي / تسارع قسبي لقات القلب



تعب وبوخة وغباب القدرة على التركيز



الحاجة إلى المزيد من الوسائد لنوم مريح



تورم في الساقين أو الكاحلين



التبول المتكرر خلال الليل



فقدان الشهية / الغثبان



زيادة سريعة في الوزن

عالم

هذا المرض يمكن أن يصبح خطيراً إذا لم تتم معالجته، ولكن يمكن أيضاً الوقاية منه وحسنه مع العلاجات المتوفرة.



تأكد من أن وزنك مستقر



اتبع نظام غذائي متوازن يحتوي على القليل من الملح



مارس التمارين الرياضية المناسبة



إحرص على تناول الدواء بانتظام حسب إرشادات الطبيب



اشرب السمائل باعتدال

LEBANESE SOCIETY OF CARDIOLOGY

www.lscardio.org
www.heartfailurematters.org

Email: office@lscardio.org
Tel/fax: +961 | 39 73 15

Lebanese Society of Cardiology



LEBANESE SOCIETY
of CARDIOLOGY
Heart Matters

Other Educational Materials Distributed



A Talk for the Cardiologists

(invited from different Lebanese regions)

HF Clinics and Management

Presented by

Josep Comin Colet, MD, PhD , Cardiologist

Date: May 10th

Time: 7:30 PM

Venue: Rabieh Hall; Hilton Habtoor Hotel

| | |
|--------|--|
| 5 min | Welcome and introduction |
| 45 min | Experience sharing: Building a HF clinic and assessment of Hf patients at discharge <i>Josep Comin Colet</i> |
| 10 min | Q&A <i>All</i> |

A Talk for the Nurses

(invited from different Lebanese regions)

HF Clinics and Management

Presented by

Mercè Faraudo, HF Nurse

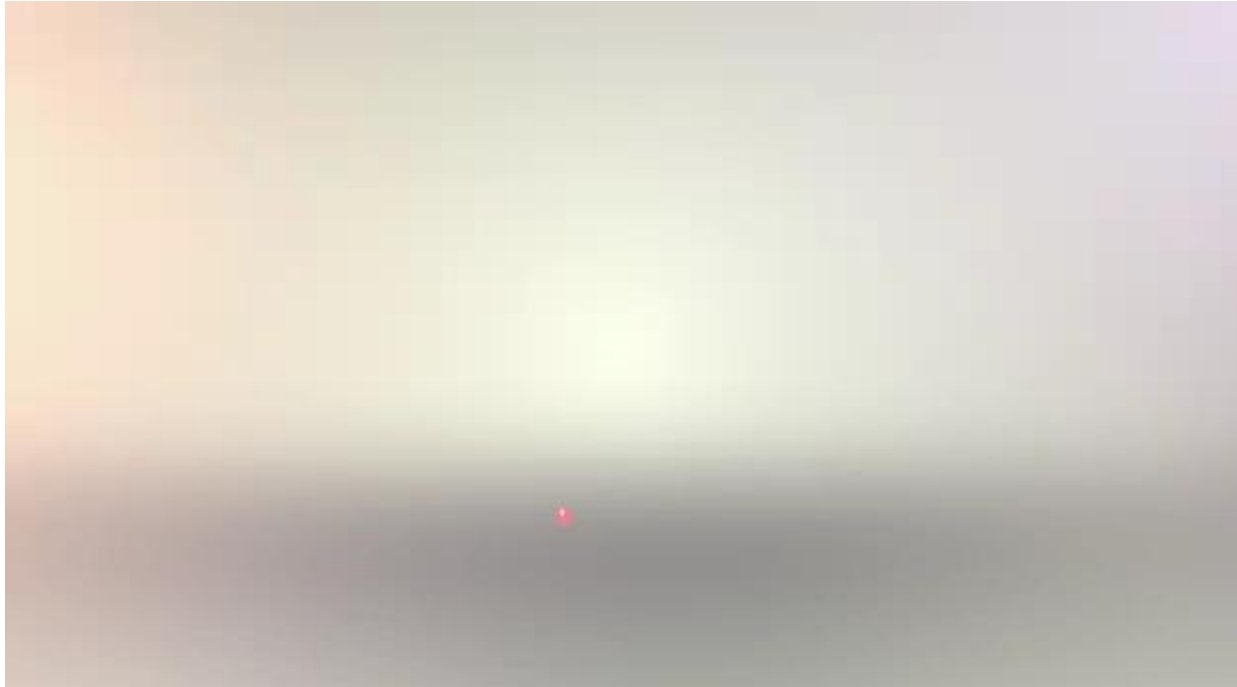
Date: May 10th

Time: 6 PM

Venue: Hotel Dieu de France

| | |
|--------|---|
| 5 min | Welcome and introduction |
| 45 min | The role of the HF nurse in patient management and education : tips and tricks for the patient <i>Mercè Faraudo</i> |
| 10 min | Q&A <i>All</i> |

Social Media / Facebook Activity



***30 video clips**

***Arabic Language**

***May 1-May 30**

***HF Tips**

***HF Info**

Social Media / Facebook Activity

- **30 short video clips by the name "Kalibna a kalbak": "Our heart is on yours" discussing Tips; Hints; definitions; recommendations in Heart Failure. [Social Media 30 Video clips](#)**
- **The duration of each video is between 60 and 90 seconds. In Arabic language.**
- **Aimed to :**
 - 1-increase awareness among Lebanese and Middle East Arabic speaking population.
 - 2-Improve education and awareness among Heart Failure Patients and their caregivers
 - 3-Increase awareness on the "heartfailurematters.org/ar " website through mentioning the link on the end of each video clip

Social Media / Facebook Activity

- **Facebook page: Heart Failure in Lebanon**
- **Facebook page: Lebanese Society of Cardiology**
- **Shared by: LinkedIn; different facebook pages; twitter;**

Social Media / Facebook Activity

- **These video clips are uploaded on the Heart Failure in Lebanon Facebook page(**Link: <https://m.facebook.com/heartfailureleb/>**); and shared on several other pages including :**
 - -the Lebanese Society of Cardiology facebook page (Link: <https://www.facebook.com/Lebanese-Society-of-Cardiology-1582285291828185/>);
 - - Heart Failure Club (By HOT nucleus-Lebanon) facebook page (Link: <https://m.facebook.com/HFCLebanon/>);
 - - Sohtakma3jaqueline(a medical media page well viewed in Lebanon) facebook page (Link: @sohtakma3jaqueline);
 - -as well as other personal facebook pages among Lebanese HOT members; nurses ; physicians; Sonographers and patients and families.
 - -tweeted: #HeartFailureAwarenessDay#

Links to Video Clips on Social Media

- Clip 1 Heart Failure Awareness <https://www.facebook.com/heartfailureleb/videos/1702967496464321/>
-
- Clip 2 how normal heart works <https://www.facebook.com/heartfailureleb/videos/1703165856444485/>
-
- Clip 3 what should I know about my heart problem or disease <https://www.facebook.com/heartfailureleb/videos/1704879109606493/>
-
- Clip 4 what is Heart Failure <https://www.facebook.com/heartfailureleb/videos/1706040016157069/>
-
- Clip 5 what are the causes of heart failure <https://www.facebook.com/heartfailureleb/videos/1706547446106326/>
-
- Clip 6 what are Heart Failure symptoms <https://www.facebook.com/heartfailureleb/videos/1706622226098848/>
-
- Clip 7 coronary artery disease and heart failure <https://www.facebook.com/heartfailureleb/videos/1717035805057490/>
-
- Clip 8 how to diagnose heart failure <https://www.facebook.com/heartfailureleb/videos/1709771815783889/>
-
- Clip 9 wrong beliefs in heart failure <https://www.facebook.com/heartfailureleb/videos/1710727662354971/>
-
- Clip 10 medical therapies in heart failure <https://www.facebook.com/heartfailureleb/videos/1712062878888116/>

Links to Video Clips on Social Media

- Clip 11 tips to deal with medications <https://www.facebook.com/heartfailureleb/videos/1712366795524391/>
- Clip 12 Heart Failure and life style modifications <https://www.facebook.com/heartfailureleb/videos/1712516742176063/>
- Clip 13 what are the devices used in heart failure therapy <https://www.facebook.com/heartfailureleb/videos/1713437162084021/>
- Clip 14 tips for caregivers <https://www.facebook.com/heartfailureleb/videos/1715440498550354/>
- Clip 15 Heart Failure in young population <https://www.facebook.com/heartfailureleb/videos/1716950375066033/>
- Clip 16 questions you need to ask your doctor <https://www.facebook.com/heartfailureleb/videos/1717159361711801/>
- Clip 17 New therapies for valvular problems in heart failure <https://www.facebook.com/heartfailureleb/videos/1717188011708936/>
- Clip 18 what is heart transplant <https://www.facebook.com/heartfailureleb/videos/1720603678034036/>
- Clip 19 left ventricular assist devices what you should know <https://www.facebook.com/heartfailureleb/videos/1720647951362942/>
- Clip 20 warning signs of heart failure <https://www.facebook.com/heartfailureleb/videos/1723349534426117/>

Links to Video Clips on Social Media

- **Clip 21 the role of cancer therapy in heart failure**
<https://www.facebook.com/heartfailureleb/videos/1724268064334264/>
- **Clip 22 tips in dealing with your disease** <https://www.facebook.com/heartfailureleb/videos/1725193510908386/>
- **Clip 23 sport in heart failure** <https://www.facebook.com/heartfailureleb/videos/1725208450906892/>
- **Clip 24 vaccinations needed in heart failure** <https://www.facebook.com/heartfailureleb/videos/1725224387571965/>
- **Clip 25 tips on Sexual Activity for heart failure patients**
<https://www.facebook.com/heartfailureleb/videos/1725262347568169/>
- **Clip 26 tips about food and diet part 1** <https://www.facebook.com/heartfailureleb/videos/1725283200899417/>
- **Clip 27 tips about food and diet part 2** <https://www.facebook.com/heartfailureleb/videos/1726808927413511/>
- **Clips 28 tips needed when you decide to travel** <https://www.facebook.com/heartfailureleb/videos/1726838300743907/>
- **Clip 29 protect your heart** <https://www.facebook.com/heartfailureleb/videos/1731924803568590/>
- **Clip 30 tips in fasting during Holy Ramadan month** <https://www.facebook.com/heartfailureleb/videos/1716988835062187/>

Social Media / Facebook Activity videos

- **Diet Tips**
- **HF Diagnosis**
- **Fasting in Ramadan Month**
- **LVADs**

HF Outreach Clinic

-Rural area South Lebanon-

- **A team of Cardiologists,cardiology fellows,internal medicine residents,Cardiology nurses and sonographers visited a rural area in south of Lebanon in collaboration with the municipality of "Ain Jarfa"**
- **The aim was to see cardiac patients from the village and nearby villages**
- **Activity:**
 - History taking
 - Physical exam
 - ECG
 - Echocardiography
 - Blood sugar test

HF Outreach Clinic

-Rural area South Lebanon-

- **Patients assessed, evaluated, medications adjusted, studies requested and some medications were distributed if available (the team received a donation of more than 25 cardiac medication)**
- **Over 1 day (May 13),the team saw more than 120 cardiac patient and high risk patients.**
- **There was the need in this area for such activity.**
- **The team will repeat this activity twice per year.**

HF Outreach Clinic -Rural area South Lebanon-



HF Outreach Clinic -Rural area South Lebanon-



HF Outreach Clinic -Rural area South Lebanon-



Patient/Caregiver HF Education

- **Several hospital in Lebanon have organized patient/caregiver or public HF education**
- **In some it was organized with patients involvement in presenting their experiences**
- **Some organized educational activities including cardiologists, nurses, fellows, dietitian, psychologists and physical therapist (see attached program of [HFCOP 2018](#) activity)**

Patient/Caregiver HF Education



Patient/Caregiver HF Education



HCOCP
May 8, 2018
AUBMC

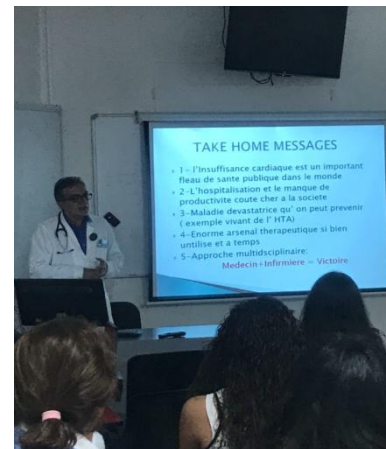
Patient/Caregiver HF Education

CHN May 30, 2018



HDF M12 12, 2018

Hospital Staff Awareness



**3 days
Program
at HDF
Week May 7-11**



Patient Involvement



Media Activities

-Newspapers-TV programs-Radiostations-Journals-

- **Media activities that took place during HF awareness 2018 on either Radio stations; TV station; Newsletters and journals: (see attachment document for more details and links: [Media Programs](#))**
 - April-May 2018: **Magazine "Zahrit El Khaleej"**
 - May 18, 2018 at 11:30 am. **TV station: MTV** (one of the most attended TV station) Program: **"CLINIC"-Live program**
 - May 19 at 9:00 am **Radio Station: Lebanon Station**; Program: Health and secrets (Live)
 - May 21, 2018 **Newsletter: "Annahar newsletter"** –most popular newsletter (online section) ; Program: Medical section-health
 - May 21, 2018 at 1:00 pm; **Radio Station: "Free Lebanon"** (one of the most old ,reputable TV station and well heard program). Program: Pharmacy of Free Lebanon

Media Activities

-Newspapers-TV programs-Radio stations-Journals

Date: May 19 at 9:00 am

TV station: Lebanon Station

Program: Health and secrets (every Saturday –Live);duration: 60 minutes

Title: Heart Failure and Heart Failure awareness activities 2018 (Role of Heart Failure Nurse and Heart Failure specialist and HF clinic)

Discussed: Heart failure from definition to etiology, signs and symptoms to treatment.

Role of heart failure nurse

Preventive measures

Activities May 2018

Heartfailurematters/ar website



Media Activities

-Newspapers-TV programs-Radio stations-Journals

Date: May 21,2018 at 1:00 pm

Radio Station: “Free Lebanon”: one of the most old ,reputable TV station and well heard program.

Program: Pharmacy of Free Lebanon

Title: Heart Failure and HF activities 2018

Discussed:

- Heart Failure from etiology to therapy
- Signs and symptoms
- Individuals at high risk for HF
- The threshold to seek medical attention
- Status of Heart Failure in Lebanon
- What are the activities during May 2018



Media Activities

-Newspapers-TV programs-Radio stations-Journals

Date: April 2018 4 th week
Journal: "Zahrit El Khaleej"
Title: -Heart Failure in the Middle East

Region and HF Lebanon status
-the new inpatient heart failure
program in Lebanon

Discussed: Heart failure in Lebanon and
the Arab region. The reason for highly
prevalent disease and occurrence at a
younger age (10 years younger)

What is new in Lebanon regarding Heart
Failure. The opening of the first
inpatient heart failure unit in Lebanon
and how its role will impact HF in
Lebanon and the region.

Link: <http://www.anazahra.com/552037>



العرب الأكثر عرضة للإصابة به
قصور القلب

هل تلاحظون قصوراً في القلب؟
إليك الأسباب، ودأ فاعل، في الظهور، إنها، إن كل الذين لا يزالون يعانون من أعراض قصور القلب.

إعداد: فؤاد نصر

بول عمير وعبد الحكيم القويه وبرنابح قسوس القلب وزانا القلب في المركز الطبي في الجامعة الأمريكية في بيروت الدكتور هادي سكويكي إن قصور القلب حالة يواجهها القلب صعبة في شعب الدم في الجسم. قصور القلب لا يوجد دائماً على شكل صبح ويمسك ذلك حين تصير عضلة القلب أو العضلات، مما يؤثر في كمية الدم التي تنقل في الشرايين، حيث لا يستطيع القلب أن يدفع الدم الذي يري القلب، الذي يري التكيف مع هذا الوضع، لأنه يحزم من توصيل الحائل لضيق قلب المريض.



أعراض القصور

- صعوبة في التنفس
- سعال وسعور وغازات صعبة في العود
- تورم الكاحلين والساقين أو حتى البطن
- تعب وإرهاق وبوار وثقل في وكفة تركيز
- اضطرابات قلب سريعة غير منتظمة
- الحاجة إلى التنوير التكراري أثناء الليل

معلومات وإرقام

- كل 4 دقائق ياتعثر من الإصابات بمرض
- 82% من حالات قصور القلب في السعودية
- ومكان واليمن سببها إصابة مسنة
- 5 عام القلب
- 25% من حالات قصور القلب في اليمن ومكان وسببها إصابة مبررة بارتفاع ضغط الدم

التحليل عند الدكتور والكاتب

يقول الدكتور سكويكي إن إلامنات قصور القلب بين المتخصصين والمرضى هي لها تقريباً غير أن أسباب قصور القلب مختلف، منها، هي من بين سن 30-50 عاماً مختلفة من سن 60 ومن بين سن 60-90 من نمواً من الارتفاع، وهي الارتفاع المتوسطة التي تأتي منها حالات قصور القلب، وبعدهم مرض القلب على سطح الدم من هذه ومن ثم، ومن حسب الارتفاع الجهازي، في عضلات القلب وحسب حسب الجسم، من تأثير الارتفاع في الحياة صعبة على الأجهزة العنقريات تستخدم عند التمارين التي لا تميز بوهج أو تشنج من عدمه، أي كان مهماً كان مرض الارتفاع.

أمرنا في الأوروبا، ويصبح أكثر شيوعاً قليلاً، هذا يعني أننا نحتاج إلى إلامنات مزمنة، إضافة لارتفاع المرض في مزمنة، لكن في الحالات المتوسطة التي تأتي منها حالات قصور القلب، وبعدهم مرض القلب على سطح الدم من هذه ومن ثم، ومن حسب الارتفاع الجهازي، في عضلات القلب وحسب الجسم، من تأثير الارتفاع في الحياة صعبة على الأجهزة العنقريات تستخدم عند التمارين التي لا تميز بوهج أو تشنج من عدمه، أي كان مهماً كان مرض الارتفاع.

100 2018/7/1/21

Media Activities

-Newspapers-TV programs-Radiostations-Journals-

Date: May 18,2018 at 11:30 am.

TV station: MTV (one of the most attended TV station)

Program: “CLINIC”-Live program

Title: Heart Failure Awareness-HF specialist interview

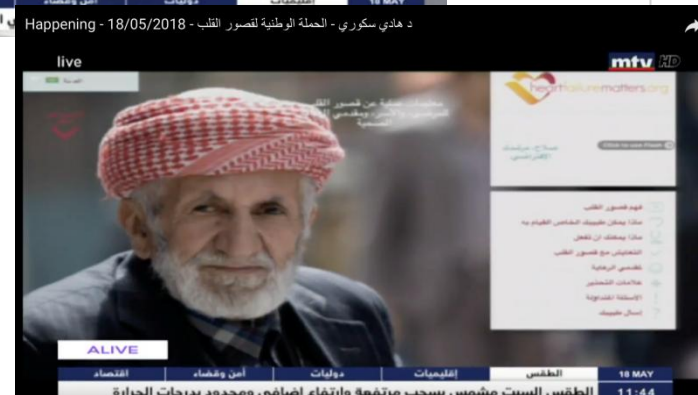
Discussed: The Awareness in Lebanon.

What are our activities. Heart Failure review from definition to etiology, symptoms and treatment and prevention.

Shed the light on:

heartfailurematters.org/ar website and Heart Failure in Lebanon facebook page and the video clips (as per attached document entitled social media HF awareness)

Link:<https://youtu.be/Jc4OMA11SoQ>



Media Activities

-Newspapers-TV programs-Radio stations-Journals

Date: May 21,2018

Newsletter: "Annahar newsletter" –most popular newsletter (online section)

Program: Medical section-health

Title: "Heart Failure and Fasting in Ramadan month"

Discussed: what is heart failure and how it can decompensate. Heart Failure patients that can fast. Who cannot fast.

Tips on medications

Tips on diet

Tips on fluid intake

Tips on special drinks during the Ramadan month (Licqirous)

Link: <https://www.annahar.com/article/807421>


يمكن-هل-807421-//www.annahar.com/article/807421-يمكن-هل-
رمضان-في-يصوم-ان-القلب-لمريض



Media Activities

-Newspapers-TV programs-Radio stations-Journals

- **Nutrition Facts in Heart Failure: (by Dietitian)**
 - Link: <https://www.youtube.com/watch?v=g3gb1jvYfLA>

From today's #facebook Live Streaming on @annaharnews #webtv 
Episode about the Nutritional Management of Heart Failure on the occasion of the Heart Failure Awareness Week !!

#hinddakhilabboud #clinicaldietitian #aubmc with the great Anchor & Producer Reine Bou Moussa & Director Samar Abdallah  

Full Episode on #annahar Facebook page & shared on #sohatwsahtein Facebook page & our personal accounts. Soon to be uploaded on my #youtube Page (link in bio)

#heart #heartfailure #heartfailureawareness #nutrition #health #diet #food #الكل_في_جريدة_النهار #جريدة_النهار #قصور_القلب #هند_دخيل_عبود #أخصائية_تغذية #صحة_وصحتين



Media Activities

-Newspapers-TV programs-Radio stations-Journals

<https://www.annahar.com/article/804079>

Article in Newsletter about :

Diet Tips for Heart Failure patients



Media Activities

-Newspapers-TV programs-Radio stations-Journals

- **Diet in HF patients:**

<https://www.facebook.com/sohatwsahtein2017/videos/1008415052668871/>

Sohatwsahtein صحة و صحتين is at  AUBMC - American University of Beirut Medical Center.

May 11 at 1:54pm · Beirut · 

 Like Page

If you suffer from **#heartfailure** or know someone who does, do you think Restricting **#Sodium** is the only nutritional management **???**

Well, definitely not **!!** it is crucial to avoid sodium (table salt, salted food items such as pickles, chips, soy sauce, olives, salted nuts, cold cuts, mustard, markouk bread, processed or canned food....) and use instead herbs, pepper, onion, garlic, unsalted thyme, sumac, lemon, olive oil (in moderation) & other ingredients to enhance the food palatability & enjoy your meal.

Don't forget to check the Nutrition Facts & Ingredients in the bought food items **!!**
Stay tuned for more info about Heart Failure Nutritional Management **!!**

Check **#sohatwsahtein** **#facebook** page & my **#YouTube** page for additional information (link in bio).

#heartfailureawarenessweek **#heartfailure** **#nutrition** **#tips** **#awareness**
#hinddakhilabboud **#clinicaldietitian** **#AUBMC**

#tbt @sohhtak @lbctv with a great production team @elianeoulos @antoinette.kai and **#presenter** @reneeff **#media** **#lebanon** **#beirut** **#middleeast** **#lbc**
Hind A. Dakhil Abboud



Sohatwsahtein صحة و صحتين
May 11 · 

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If you suffer from **#heartfailure** or know someone who does, do you think Restricting **#Sodium** is the only nutritional management **???**

Well, definitely not **!!** it is crucial to avoid sodium (table salt, salted food items such as pickles, chips, soy sauce, olives, salted nuts, cold cuts, mustard, markouk bread, processed or canned food....) and use instead herbs, pepper, onion, garlic, unsalted thyme, sumac, lemon, olive oil (in moderation) & other ingredients to enhance the food palatability & enjoy your meal.

Don't forget to check the Nutrition Facts & Ingredients in the bought food items **!!**
Stay tuned for more info about Heart Failure Nutritional Management **!!**

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#heartfailureawarenessweek **#heartfailure** **#nutrition** **#tips** **#awareness** **#hinddakhilabboud** **#clinicaldietitian**