

April 2020

Volume 2 Issue 2

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Corona Virus (COVID-19) Update from the CFF

As public health officials assess the risk of the coronavirus (COVID-19), the Cystic Fibrosis Foundation is closely monitoring the spread of the virus throughout the United States and around the world, and actively evaluating the potential implications for people with cystic fibrosis.

The number of cases of COVID-19 in the United States is growing, and though the current immediate threat is low for the general population, it is believed that people who have underlying chronic medical conditions, such as CF, may be at risk for more serious complications from COVID-19. According to the Centers for Disease Control and Prevention (CDC), COVID-19 is currently thought to spread primarily through person-to-person contact through droplets that enter the mouths or noses of people who are nearby (within six feet) when someone coughs or sneezes. It also may be possible that COVID-19 can be spread to someone who touches a surface or an object that has the virus on it and then touches their own mouth, nose, or possibly their eyes.

Symptoms of COVID-19 generally seem to appear within 14 days after exposure and include:

- Fever
- Cough
- Shortness of breath/difficulty breathing
- Sore throat

The CDC -- which remains the best source of information regarding COVID-19 -- **recommends the following to avoid exposure to COVID-19:**

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol if soap and water are not available
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick and keep space between yourself and others, avoid crowds
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. (The CF Foundation recommends if you can't cough or sneeze into a tissue, cough or sneeze into the crook of your arm. Wash or sanitize your hands after disposing the tissue)
- Clean and disinfect frequently touched objects and surfaces
- Stay at home as much as possible and avoid unnecessary travel, work from home if you can
- Stock up on supplies
- Consider rescheduling travel plans to areas where there has been person-to-person transmission of COVID-19

Contact your health care provider if you develop symptoms or for specific guidance related to your health. For more information about COVID-19, visit www.cdc.gov/coronavirus

Recipe Corner

Easy Chicken Alfredo Penne

Total Time: 33 minutes

Prep Time: 15 minutes

Cook Time: 18 minutes

Makes 6 servings

1 ½ lb chicken breast, cubed
 2 tablespoons butter
 ½ teaspoon dried oregano
 ½ teaspoon dried basil
 ½ teaspoon salt
 ½ teaspoon pepper
 16 oz penne pasta, cooked
 ¼ cup fresh parsley
 ¼ cup shredded parmesan cheese

Preparation

1. In a pan over medium-high heat, melt butter, and then add the chicken breast.
2. Season with salt, pepper, oregano, and basil. Cook 8-10 minutes or until chicken is fully cooked. Remove from heat and set chicken aside.
3. In the same pan over medium heat, melt butter and add the garlic. Cook until the garlic begins to soften.
4. Add half of the flour to the garlic and butter, stirring until incorporated. Then add the rest of the flour and stir.
5. Pour in the milk a little bit at a time, stirring well in between, until fully incorporated and sauce begins to thicken.
6. Season with salt, pepper, oregano, and basil & stir well.
7. Add parmesan cheese and stir until melted.
8. Pour the sauce over cooked penne pasta, add the chicken and mix well.
9. Add parsley and extra parmesan. Mix well. Enjoy!

Sauce

2 tablespoons butter
 4 cloves garlic, minced
 3 tablespoons flour
 2 cups milk
 ½ teaspoon dried oregano
 ½ teaspoon dried basil
 ½ cup shredded parmesan cheese
 ½ teaspoon salt
 ½ teaspoon pepper

Nutritional Information (per serving)

Calories 507
 Fat 10 grams
 Carbohydrates 63 grams
 Protein 37 grams

Get to Know Your Cystic Fibrosis Team!

Team Member: Deb Fueller, FNPC:

I am a Nurse Practitioner in the Heart & Lung Clinic. I have been at the Heart & Lung Clinic since 2007. Before this I worked in the heart catheterization lab, interventional radiology and intensive care areas. I have been a nurse since 1989 (Don't do the math)! I enjoy time in the kitchen cooking and baking. I love to be outside doing anything! Sitting by a lake and hanging out with family is my idea of a great day.

1. If you could live anywhere, where would it be? By a lake. I would love to spend time on the water in the summer and cross country skiing on the snow covered ice in the winter.
2. If you could only eat one meal for the rest of your life, what would it be? Dessert. OK, maybe honey glazed, grilled salmon with asparagus followed by dessert.
3. Is there anything you wished would come back into fashion? HASH jeans were the Coolest jeans ever made back in the 70's. Although I'm not sure I would look the same in them!! (maybe because of answer to question # 2)

Important Dates:

Cystic Fibrosis Clinic Dates

April 21, 2020
 May 21, 2020
 June 18, 2020
 July 16, 2020

Patient Advocacy Council Dates TBA

Great Strides 2 Mile Walk & 5k Run:
 June 6th, 2020 Bismarck, ND
 More information is available at
<https://www.cff.org/Minnesota>

Your CF Team Members:

Dr. Monica Paulo
 Dr. Carla Zacher
 Dr. Parveen Wahab
 Deb Fueller FNPC
 Heidi Shannon FNPC
 Deb McPherson PharmD
 Stephanie Friedt RRT.RPFT
 Carrie Thom, RN
 Samantha Risan RDN, LRD
 Christina Bond, LCSW

34th North American Cystic Fibrosis Conference

October 22nd-24th, 2020 in Phoenix, AZ
 More information is available at <https://www.nacconference.org/Home/>