



## *What do we know about Chronic Heart Failure?*

Chronic Heart Failure (CHF) affects over 5 million Americans and is a leading cause of hospitalization and death for people over 65. If you or a loved one has symptoms of CHF, it is important to seek treatment now to prevent this condition from getting worse. Unfortunately, many people do not seek medical help because they don't know that safe and effective treatment exists.

## *What treatments can work?*

A doctor may recommend certain medicines for Chronic Heart Failure (CHF), as well as diet, exercise and other lifestyle changes. Medical research demonstrates that gentle electrical stimulation to the arms, legs and body can help improve circulation, strength and movement - even among those who have been weakened by CHF.

## *Who should consider our program?*

If you or a loved one has experienced any of the following problems, you should consider our special Chronic Heart Failure Treatment Program:

- ▶ Shortness of breath
- ▶ Tired, run-down feeling
- ▶ Swelling in feet, ankles and legs
- ▶ Weight gain from fluid buildup
- ▶ Confusion or difficulty thinking clearly
- ▶ Depression or anxiety

Enroll in our program today. By working together, we can help treat symptoms of Chronic Heart Failure.

## *What can you expect in our program?*

Diet, fluid intake and medications may be evaluated, as well as the ability to walk, turn, sit and stand. From there, a treatment program will be developed around the individual's needs and goals with the help of their doctor.

### *Light exercise to build strength and endurance*

Simple exercises guided by a therapist can be used to help increase strength and breathing capacity.

### *Mild electrical stimulation to improve strength and circulation*

Gentle, comfortable electrical pulses can be used to help increase blood flow and improve strength - even when you or a loved one may feel too weak or tired to exercise independently.

### *Motorized cycling to improve movement, strength and endurance*

A special motorized rehabilitation system called an Omnicycle® can help exercise the upper and lower body - even when you or a loved one may feel too tired or weak to exercise independently.

# Chronic Heart Failure