

THE HEART OF THE MATTER

When you or your loved one is diagnosed with heart failure (poor heart function) talk to your physician regarding EECP treatment. Choose the right treatment at the right time.

EECP "NATURAL BYPASS"

Visit **HealYourHeart™** EECP Centre and learn more about this non-invasive procedure that can complement your current drug therapy to improve your cardiac health.

HealYourHeart™ Specialty Centres are the first in India to offer this Advance Heart Failure Treatment Program (AHFT-P).

EDUCATIONAL SERVICE

www.vasomeditech.com
www.healurheart.com

Issued in Public Interest by:
Indian Patient EECP Registry (IPER)



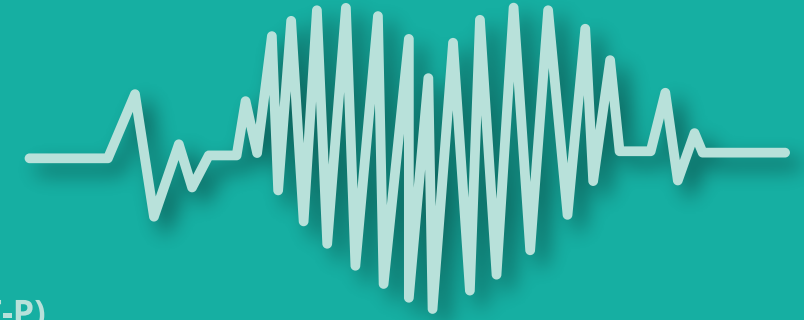
Documented Results
Supported by Science.



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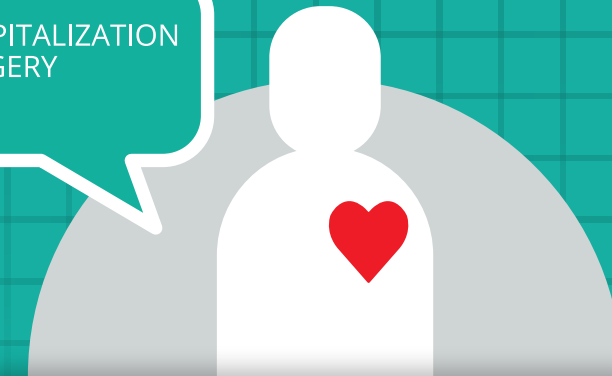
EECP®



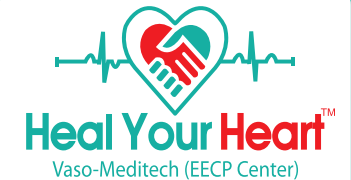
ADVANCE HEART FAILURE
TREATMENT PROGRAM (AHFT-P)

✓ "Natural Bypass" ✓ Very Safe ✓ Cost-effective

NO HOSPITALIZATION
SURGERY
PAIN



USA-FDA APPROVED TREATMENT



DO YOU NEED EECF?

What are your major symptoms?



SHORTNESS OF BREATH



CHEST PAIN

1. How long can you walk without experiencing the symptoms above?

Minutes Kilometres

2. Have you avoided outdoor activities fearing these symptoms?

Yes No

3. Do you ever get these symptoms after eating, taking a bath or brushing your teeth?

Yes No

4. Do you ever get these symptoms while:

At Rest Talking Watching TV

5. Have these symptoms worsened in the last 6 months?

Yes No

6. Have you ever had any of the following treatments?

Bypass Surgery EECF Treatment
 Angioplasty

1. WHAT IS HEART FAILURE?

Many people mistakenly believe that heart failure means that the heart has stopped or is about to stop. Heart failure simply means that the heart muscles are weakened and it is not able to pump enough blood to meet your body's requirement.

2. HOW WILL I KNOW IF MY HEART CONDITION IS WORSENING?

As long as you are taking your medication regularly and following up with your physician, your symptoms should be under control. If you feel like you have gradually developed any of the following symptoms, it may be time to visit your physician:

- Shortness of breath • Chest pain • Dry cough • Swelling of hands, feet and legs • Palpitations (sudden fast heartbeat) • Decreased urine output
- Weight gain of 2-3 kgs in a week

3. WHAT IS AHFT-P AND ITS OBJECTIVES FOR PATIENT CARE?

AHFT-P stands for Advance Heart Failure Treatment Program. It is a comprehensive, out-patient treatment strategy to optimize medical management along with Vaso-Meditech Enhanced External Counterpulsation Treatment to achieve the following objectives:

- To improve symptoms
- To better quality your life
- To improve heart function
- To prevent future cardiac incidence
- To improve survival

Identifying symptoms early and reporting to your doctor will avoid any adverse effects and prevent hospitalization.

4. WHAT HAPPENS WHEN THE HEART FAILS TO FUNCTION AS WELL AS IT SHOULD?

- Blood does not circulate properly, so blood starts building up in your lungs and this causes shortness of breath and a continuous dry cough.
- Blood also backs up in other parts of the body causing swelling in the hands, legs, feet and abdomen.
- Due to lower heart function, you will start feeling tired and lose your appetite.

5. DOES HEART FAILURE AFFECT THE LONGEVITY OF YOUR LIFE?

Heart failure is a serious illness that can affect how long you live. However, you can enjoy an active lifestyle and live longer with proper medication in the right doses and careful management at a heart failure clinic, along with additional treatment like EECF therapy.





WHY DO WE NEED A SEPARATE PROGRAM CALLED AHFT-P TO MANAGE HEART FAILURE?

Heart failure is emerging as a huge challenge since it accounts for two-thirds of all hospitalizations for people over the age of 65. Patients with severe heart failure conditions are routinely treated with multiple medications and require multiple hospitalizations to relieve their symptoms.

Assessment and treatment of heart failure is a complex and rapidly evolving field. Management of heart failure requires careful titration of medication, assessment of symptoms by trained specialists, nutrition counselling, exercise programs and patient education about heart failure. AHFT-P addresses all these requirements effectively.

HEART CLINICS HELP YOU ACHIEVE THE FOLLOWING:

- ADJUSTS YOUR MEDICATIONS AS PER YOUR INDIVIDUAL NEEDS
 - GIVES YOU A REGULAR EXERCISE PROGRAM TO FOLLOW
 - IDENTIFIES SYMPTOMS AND TREATS YOU BEFORE YOUR SYMPTOMS WORSEN
 - PROMOTES HEALTHY EATING HABITS
- EDUCATES YOU ABOUT YOUR DISEASE AND HOW TO CONTROL IT

COMMONLY USED DRUGS FOR HEART CONDITIONS

You will be prescribed 4 types of medications for the following reasons:



DIURETICS:

This drug relieves your shortness of breath by expelling excess fluid and sodium through urine.

ACE INHIBITORS:

This drug dilates your blood vessels making your heart pump easier. This also reduces blood pressure, prevents cardiac problems and hospitalization, and improves your quality of life.

BETA BLOCKERS:

This drug blocks other chemicals like stress hormones from worsening the functioning of your heart. Long term treatment with the right dosage will improve the quality of life, exercise tolerance and decreases cardiac problems.

DIGOXIN:

This drug makes your heart beat stronger and at regular rhythm.

Despite the significant advance in drug therapy for heart failure, none of them are completely free from side effects.

I AM TAKING APPROPRIATE MEDICATIONS FOR MY HEART CONDITION AND I STILL DON'T FEEL GOOD. WHAT SHOULD I DO?

You are a candidate for Vaso-Meditech EEC[®] Treatment, a non-invasive treatment to improve your blood flow to the heart muscle. Many of the patients with heart failure medications have low blood pressure, lower heart rate, fatigue, dizziness and loss of interest in daily activities, which may partially be a side effect of these medications. EEC[®] treatment will improve their overall quality of life while reducing the dosage or number of medications. When your dosage is negatively affecting your blood pressure and heart rate, EEC[®] may be for you.

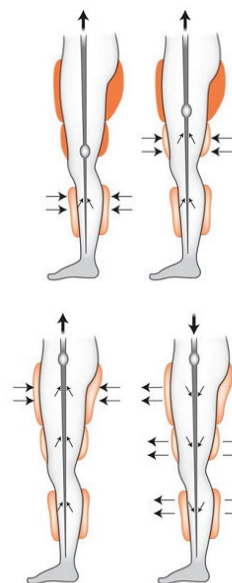
The main objective of EEC[®] treatment is to treat patients in an out-patient setting. The clinic will create a heart-friendly environment with the goal of "No Hospitalization and No Fear".

HOW DOES EEC[®] TREATMENT HELP MY HEART FUNCTION BETTER?

EEC[®] is the main focus of AHFT-P. EEC[®] treatment helps in the following ways:

- EEC[®] improves blood flow to the heart muscle by opening dormant collaterals and forming new blood vessels, which makes the heart contract much better and strengthens the heart muscles just like your **digoxin** medicine.
- EEC[®] improves blood flow to the kidneys and gets rid of the excessive fluid and sodium in the body just like your **diuretic** medicine.
- EEC[®] stimulates secretion of various hormones and dilates the blood vessels by increasing the blood flow velocity throughout the body. This is similar to what **regular exercise** does to your body.
- EEC[®] makes it easier for your heart to pump blood by dilating your blood vessels and reducing harmful hormones in your body similar to your **ACE inhibitors**.

Thus EEC[®] provides all the benefit of medical therapy without any of the adverse effects. Drugs are only effective for the duration that they are taken and need to be continued long-term for full benefits. **EEC[®] therapy can improve the patient's symptoms with only 35 sessions**, with long lasting effects.





WHAT ARE THE POSSIBLE COMPLICATIONS DURING EECp TREATMENT?

About 5% of EECp patients may require admission to balance their fluid status during or before starting EECp therapy. During EECp treatment, a trained therapist under the supervision of a doctor will adjust the EECp treatment timing ie. when to inflate and deflate the cuffs as per your heart rate and fluid content in your body. The physician will monitor your ECG, oxygen saturation, heart rate and arterial waveforms. Your blood pressure is closely monitored throughout the treatment session. Patients may feel tired during the first 5 days of EECp but later they feel more energetic and active.

I FEEL BETTER AFTER EECp THERAPY. SHOULD I CONTINUE TAKING MY MEDICATION?

Yes. You should continue to take your drugs regularly as prescribed. Your body needs the drugs to keep you healthy. However, some drugs may be stopped and other dosages may be reduced after EECp Treatment.

HOW DO I LIVE A HEALTHY LIFE IF I AM A HEART PATIENT?



Take your medication regularly and at the right time as prescribed by your doctor



Quit smoking



Decrease sodium (salt) in your diet



Avoid drinking alcohol



Stay active by doing regular exercise



Check your weight regularly



Visit your doctor routinely

EECP Therapy - Self Assessment Scale					
EECP FULL COURSE	WALKING		SHORTNESS OF BREATH/ CHEST PAIN FREQUENCY	QUALITY OF LIFE SCALE (1-5)	COMMENTS
	DISTANCE (KM)	TIME (MINUTE)			
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					
WEEK 5					
WEEK 6					

SCALE: 1 - POOR • 2 - SATISFACTORY • 3 - GOOD • 4 - WELL • 5 - EXCELLENT