

ENHANCED EXTERNAL COUNTER PULSATION

(EECP)

(Non-Invasive Therapy for Heart Failure)



“Natural By-pass” Therapy

No

Surgery

Pain

Hospitalization

- ◆ Very Safe
- ◆ Cost Effective
- ◆ Approved Therapy



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US-FDA APPROVED for Angina and Congestive Heart Failure

What is Heart Failure?

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



What happens when the heart fails to function as well as it should ?



- ♥ Blood does not circulate as well it should, so blood starts backing up in your lungs & the increased blood in lungs causes shortness of breath and continuous dry cough.
- ♥ Blood also backs up in other parts of the body causing, swelling in hands, feet, legs and abdomen. That's why heart failure in sometimes called congestive heart failure.
- ♥ Due to low pumping, function of heart you will start feeling tired and not feel like eating.

Does heart failure affect the longevity of your life?

Heart failure is a serious illness that can affect how long you live. But with proper medication in right dose and careful management in heart failure clinic, with additional treatment like EEC therapy you can live longer and enjoy active life style.

What are the main objectives of heart failure clinic ?

- Improves your heart function.
- Prevents future cardiac problem.
- Improves your survival
- Improves your quality of life



What are all the symptoms that show my heart failure is getting worse ?

Whenever you are taking your medication and following up with your physician regularly it will prevent your heart failure symptoms getting worse. If you feel any of the following symptoms have started slowly or getting worse day by day it's time to visit your physician.



- Shortness of breath.
- Chest pain.
- Dry Cough.
- Swelling of hands, feet and legs.
- Palpitations- sudden fast heart beats.
- Decrease urine output
- Increase weight of 2 to 3 kg in a week

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

Why do we need a separate clinic for Heart Failure ?

Heart failure is emerging as a biggest challenge because it accounts for two third of all hospitalizations for people over the age of 65. Routinely severe heart failure patients are treated with multiple medications and multiple hospitalizations for relieving symptoms, which may require Intensive care admission.

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 specialist, nutrition counseling, exercise program and patient education about the disease. The cardiologist can utilize the heart failure clinic to enhance the patient's quality of life and survival.

Heart failure clinic helps you achieving the following goals:



Adjust your medication as per your individual requirement.

- Teaches you regular exercise program.
- Identifies symptoms and treats you before heart failure can get worse.
- Healthy eating habits.
- Educating about your disease and how to control it.



What are the drugs commonly used in heart failure ?

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

Diuretics

This drug relieves your shortness of breath by getting the excessive 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 problem, hospitalization and improves your quality of life.

Beta Blockers

Long term treatment with this drug blocks other chemicals that may weaken your heart further and worsen your heart functioning. By giving right dose this will improve your quality of life, exercise tolerance and decrease cardiac problems.

Digoxin

This drug makes your heart beat stronger and at regular rhythm and helps to reduce heart failure symptoms.

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

I am on all Heart failure medication and still not feeling well. What should I do?

Recently heart failure clinic utilizes Enhanced External Counterpulsation the first USA-FDA approved, Non-Invasive, safe, and effective outpatient mechanical treatment for heart failure patients. EECP therapy has shown to decrease emergency room visit, repeat hospitalization for worsening symptoms, improve heart function and quality of life.



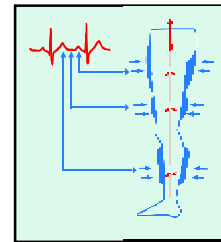
Many of the patients with heart failure medication have low blood pressure, lower heart rate, fatigue, feeling dizzy and loss of interest in general activities, which may also partially due to the medication which are given to control the heart failure symptoms. EECP treatment will improve the overall quality of life in these patients by reducing the dosage or number of medications.

EECP treatment is an effective treatment when medication titration to its therapeutic dosage is problem due to low blood pressure and heart rate.

The main objective of EECP treatment is to treat the patients in outpatient setting and preventing their future hospitalization. The goal is “**No Hospitalization and No fear.**” The clinic will create a heart failure friendly environment and educate the patients to control their disease.

How does EECP treatment help my heart function ?

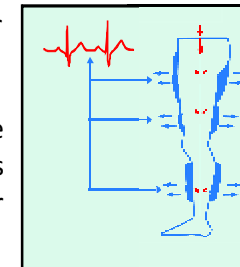
EECP is a proven mechanical non-invasive therapy for patients suffering from Heart failure. This treatment is the main focus of the heart failure clinic. EECP treatment helps the heart function through the following mode of actions.



1. EECP improves blood flow to the heart muscle by opening dormant collaterals and forming new blood vessels, which make the heart contract much better and strengthen the heart muscles just like your **digoxin** medicine.

2. EECP improves the blood flow to the kidneys and gets rid of the excessive fluid and sodium in the body just like your **diuretics** medication.

3. EECP by increasing the blood flow velocity throughout the body stimulates secretion of various hormones and dilates the blood vessels similar to what your regular exercise does to your body.



4. EECP makes your heart to pump the blood easier by dilating your blood vessels and reduces harmful hormones in your body similar to your **ACE inhibitors**.



Thus EECP therapy provides all the benefit of medical therapy but without any adverse effect experienced due to medical therapy. More ever drugs should be given longer term to attain their clinical benefits, but the improvement are sustained only as long as the drugs are taken. EECP therapy

of 35 sessions can improve the patient's symptom at a shorter duration and can sustain the benefit for longer term.

As a patient with reduced heart function I want to know what are the possible complications during EECP therapy ?

About 5% of the 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 the doctor will adjust the EECP treatment timing, when to



inflate the cuffs 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 first 3days of EECP but later they feel more energetic and active.

If I feel better after EECP therapy should I continue by drugs ?



Yes. You should continuously take the drugs regularly as prescribed. This will help you to stay healthy. These drugs block harmful hormones which can damage your heart. Your body needs the drugs to keep yourself healthy, however many of your drug dosages can be reduced after EECP therapy.

What should I do to have healthy life if I am a Heart Failure Patient?

Heart failure cannot be cured but it can be well controlled and you can lead a healthy and longer life if you are treated with EECP therapy and proper medication. The Heart failure clinic with EECP will help you achieve your goal of healthy and happy life.



- Take your medication regularly and at right time as prescribed by your doctor.
- Quit smoking.
- Decrease sodium (Salt) in your diet.
- Avoid drinking alcohol.
- Stay active by doing regular exercise.
- Watch your weight regularly.
- Visit your doctor regularly.

Heart of the matter – It is important for knowing what Procedure to undertake when you or your loved one is looking for Non-Surgical options for Chest Pain and Congestive Heart Failure.

EECP – “NATURAL BY-PASS” – get to know more on this new generation procedure that is complementary to what we commonly know as Drug Therapy, By-pass, Angioplasty and Heart Transplantation.

Leading medical centers in India offer this US-FDA approved medical treatment for Angina & Heart Failure

A common man's handbook on EECP

– Keep this in a safe place



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



Documented results.
Supported by Science

EDUCATIONAL SERVICE

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