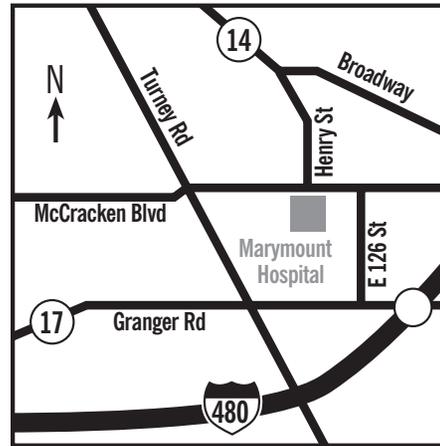




## Cardiology Services at Marymount Hospital

Marymount Hospital's Cardiology team is dedicated to providing expert care to our patients through personal attention, support and education.



**Marymount Hospital**  
**Congestive Heart Failure Clinic**  
12300 McCracken Road  
Garfield Heights, Ohio 44125  
**216.584.4344**

[marymount.org](http://marymount.org)

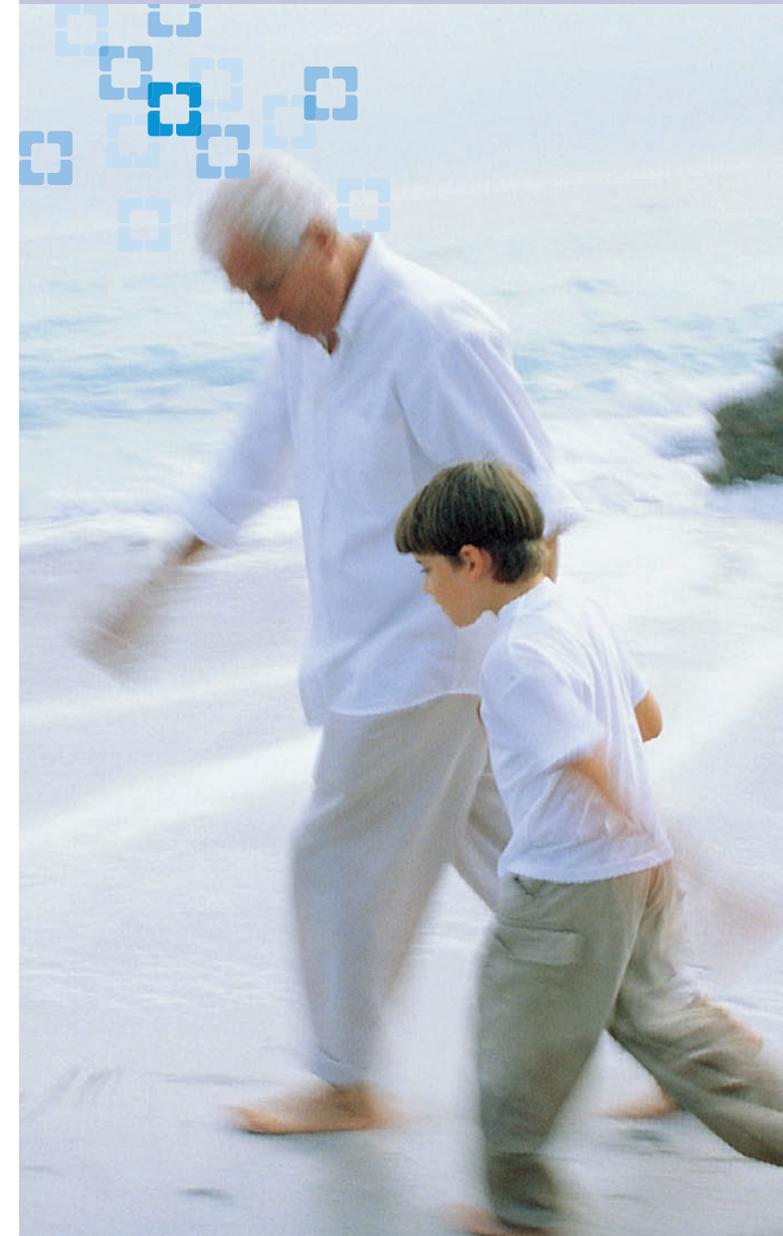
 **Marymount Hospital**  
a Cleveland Clinic hospital

A Catholic Hospital sponsored by the Sisters of St. Joseph of the Third Order of St. Francis

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## Managing Congestive Heart Failure





Our cardiology services include technologically advanced, diagnostic tests and rehabilitation programs including our Congestive Heart Failure (CHF) Clinic and Cardiac Rehabilitation Program, specially designed to help patients manage their conditions. Our testing capabilities include EKGs, echocardiograms, stress tests, interventional cardiology and cardiac catheterization.

## Congestive Heart Failure (CHF) Clinic

Our CHF Clinic provides specialized nursing care and education for patients diagnosed with congestive heart failure, helping them better understand their condition and how to manage their health. Our Clinic's outpatient setting provides convenient and easy access to cardiology services to help minimize the need for hospital readmission. Our CHF Clinic has been recognized nationally by the Centers for Medicare and Medicaid Services (CMS) for achieving outstanding outcomes in the treatment of heart failure.

## What is CHF?

Heart failure means that the heart's pumping power is weaker than normal, or the heart muscles are stiff and do not relax and fill properly. With heart failure, blood moves through the heart and body at a slower rate increasing the pressure in the heart. Therefore, the heart cannot pump enough oxygen and nutrients to meet the body's needs. The chambers of the heart respond by stretching to hold more blood to pump through the body. This helps to keep the blood moving for a short while, but then the heart muscle walls weaken and are not able to pump as strongly. The kidneys

often respond by causing the body to retain fluid (water) and sodium. If fluid builds up in the arms, legs, ankles, feet, lungs or other organs, the body becomes congested. Congestive heart failure is the term used to describe this condition.

## CHF Treatment Program

Marymount Hospital's CHF Clinic is an education and treatment program designed to help patients control their disease. Heart failure management is a team effort – making you and your physician the key players on the team. Our staff will work closely with your physician to keep them fully apprised of your progress.

As a patient referred to our CHF Clinic, you are an active participant in your treatment plan. You will learn how to control CHF through:

- Medication compliance
- Making dietary changes as needed
- Making lifestyle changes such as monitoring and tracking your weight on a daily basis

- Seeing your doctor regularly - during follow-up visits, your doctor will make sure you are staying healthy and that your heart failure is not getting any worse. Your doctor will ask to review your weight record and list of medications.

With the right care, heart failure will not stop you from doing the things you enjoy. Your prognosis or outlook for the future will depend on how well your heart muscle is functioning, your symptoms, and how well you respond to and follow your treatment plan.

## How to get started

After you have received your physician's referral to our program, contact the CHF Clinic staff at 216.584.4344 to schedule your first appointment.

Your health status will be evaluated by a registered nurse in our Clinic during your first appointment. Issues of concern to you and your family will be identified during that visit, and an individualized education plan will be created for you.

You will be scheduled for weekly appointments over a four-week period, then appointments will be scheduled as your condition warrants. These appointments will help you learn more about managing your congestive heart failure, controlling your symptoms, and taking your medications appropriately.

Our CHF Clinic will provide you with continued follow-up care for as long as it is needed. Our goal is to help you live well with CHF.

## For more information

For more information about Marymount's CHF Clinic, please call **216.584.4344**.

For a referral to a Marymount physician, please call MedMatch, our exclusive physician referral line at **216.581.WELL**.