

ARE YOU LIVING WITH CONGESTIVE HEART FAILURE?

CONGESTIVE HEART FAILURE (CHF) AFFECTS ALMOST 5 MILLION PEOPLE IN THE UNITED STATES ACCORDING TO THE AMERICAN HEART ASSOCIATION.



Patients with CHF have weak heart muscle that cannot pump blood effectively. This can be from multiple causes.

CHF is a serious disease for which there is no cure; however, it can be successfully managed through the **LIFT Disease Management Program** in partnership with your primary care provider or cardiologist.

supported by



WEST TENNESSEE
HEART & VASCULAR
CENTER
Cardiothoracic Surgery Center

DISEASE MANAGEMENT A LIFESTYLE APPROACH TO HEALTHCARE

Disease Management is an approach to healthcare that teaches you how to manage your chronic disease.

In this free educational clinic, you will learn how to develop a healthy lifestyle to avoid potential problems or worsening of your health condition. Family members and significant others are welcome to attend our disease management clinic.

OUR WEEKLY EDUCATIONAL CLINIC COVERS A VARIETY OF SUBJECTS, INCLUDING:

- Medications
- Dietary modifications/weight control
- Stress management
- Dealing with emotions
- Risk factors for heart disease
- Anatomy and physiology of the heart
- Exercise guidelines
- Smoking cessation support

ENROLLMENT PROCESS

- 1 Call LIFT Disease Management at 731-425-6956.
- 2 If you and your physician decide this program is right for you, you will be assigned to a nurse case manager and begin the free program.
- 3 We will work closely with your primary care provider or your cardiologist, and results/progress reports will be sent back to this provider.