



## What is Heart Failure?

Heart failure is a condition in which the heart muscle is weakened. The heart cannot pump enough blood to meet the body's needs.

## What Are The Risks of Heart Failure?

About five million Americans have heart failure. Although it can occur at any age, it is more common in people over age 65. Some risk factors for heart failure are:

- High blood pressure
- Prior heart attack
- Diabetes
- Substance abuse, including alcohol and tobacco
- Family history of enlarged heart.

Call 618-357-5958 to learn more about the Congestive Heart Failure Clinic at Pinckneyville Community Hospital.



**Pinckneyville Community Hospital**  
*Leading the way to a healthier tomorrow.*  
5383 State Route 154 | Pinckneyville, IL 62274



# Congestive Heart Failure



**Pinckneyville  
Community  
Hospital**

*Leading the way to a healthier tomorrow.*



## What are the symptoms of heart failure?

The symptoms of heart failure can be mistaken for normal signs of aging. Some common heart failure symptoms are:

- General weakness or feeling tired
- Shortness of breath, even with little activity
- Difficulty breathing when lying down
- Weight gain with bloating in the abdomen, or swelling in the legs, feet or ankles

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

# Live Well with CHF

## CHF Treatment Program

The Congestive Heart Failure (CHF) Clinic at Pinckneyville Community Hospital is an education and treatment program designed to help patients control their disease. Heart failure management is a team effort making you and your provider the key players on the team. Our staff will work closely with your provider to keep them fully apprised of your progress.

As a patient referred to the 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
- See your doctor regularly—during follow-up visits, your provider will make sure you are staying healthy and that your heart failure is not getting any worse.

## How do I enroll in the CHF Program?

After you have received your provider's referral to our program, contact the CHF Clinic staff at 618-357-5958 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 the first 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 CHF, 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.