

CHF Treatment

Not long ago congestive heart failure (CHF) was barely treatable. Now there are a variety of medications that strengthen heart muscle and lower the heart's workload. Bypass surgery is done routinely to treat the most common cause of heart failure, coronary artery disease. With medication and a comprehensive cardiac rehab plan, patients with congestive heart failure live longer and improve their quality of life. The prognosis depends on the patient's willingness to follow a diet and exercise plan. Survival also depends on the patient's own monitoring of weight fluctuations, swelling, and breathing problems.

Lifestyle Changes

1. Quit smoking
2. Control your blood pressure
3. Control your blood cholesterol.
4. Increase your physical activity

CHF Warning Signs

People with congestive heart failure need to be on guard for the following signs:

- Sudden weight gain.
- Shortness of breath with your usual activities.
- Getting up at night with difficulty breathing.
- Short of breath even when lying down.
- Coughing and wheezing.
- Coughing up frothy red sputum (phlegm).
- Chest pain.
- Heart palpitations or irregular heart beats.
- New or increased swelling of the feet or legs.
- Abdominal pain, nausea or lack of appetite



Congestive Heart Failure Program

A Medicare Certified
Home Health Agency

LifeCare Solutions

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Orange Park, FL 32073

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About our Company

LifeCare Solutions is a full service Medicare certified Home Health Agency serving multiple counties in Northeast Florida. We provide skilled nursing and therapy care in your home, under the direction of your physician.

Our Congestive Heart Failure Program has been developed to provide services in the home to treat your condition.

Who is a candidate

Patients who have a medical diagnosis of congestive heart failure, or who have been told by their physician that they are at risk for developing CHF.

About Your Condition

Congestive heart failure (CHF), or heart failure, is a condition in which the heart can't pump enough blood to the body's other organs. This can result from coronary artery disease, past heart attack, high blood pressure, heart valve disease, primary disease of the heart muscle itself, called cardiomyopathy, heart defects present at birth, infection of the heart valves and/or heart muscle itself — endocarditis and/or myocarditis

CHF usually requires a treatment program of Rest, Proper Diet, Modified Daily Activities, and Drugs.

Program Goals

Our program is designed to improve or maintain the patient's condition, and to boost the heart's ability to pump blood. We can achieve this if we ease the workload on the heart.

The goals of this program are to improve patients' symptoms to the best level possible, to reduce the need for hospital admissions, and to improve the overall quality of life for patients suffering from CHF.

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