



LIVING WITH HEART FAILURE

What is Heart Failure?

Heart failure is a common condition, affecting nearly 6 million people in the United States. It is a chronic disease in which the pumping chamber of the heart becomes weakened.

The Heart Failure Program at the Stead Heart and Vascular Center helps our patients take control of their heart failure. With proper support focused on medication management and lifestyle changes, we help our patients live longer and more active lives.

Nationally recognized, Pomona Valley Hospital Medical Center is the area's leading provider of comprehensive healthcare, with centers of excellence in cancer, heart and vascular, kidney stones and women's and children's services. We also have an award-winning emergency department and neighborhood health centers for quality healthcare close to home. Through our expert Physicians and advanced technology, we offer the perfect blend of state-of-the-art medical treatment and personalized care.

Scan with your smartphone for more info:



pvhmc.org
1798 N. Garey Avenue | Pomona, CA 91767 | 909.865.9858



Expert care with a personal touch

STEAD HEART AND
VASCULAR CENTER

HEART FAILURE PROGRAM



WHAT CAUSES HEART FAILURE?

Heart failure occurs when the heart becomes weak or stiff and doesn't pump strongly enough. The leading causes of this condition are diseases that damage the heart, including high blood pressure, diabetes, heart disease and heart attack. Treating these problems can prevent heart failure or improve the quality of life for those living with heart failure.

SYMPTOMS

The key symptoms of heart failure are shortness of breath and fluid retention, which cause weight gain and swelling in the lower extremities or abdomen.

ARE YOU AT RISK?

Heart failure is a progressive disease that develops over time. It is more common in those 65 years or older. Patients with hypertension, obesity, diseases of the heart valves and a history of heart attacks are at risk for developing heart failure.

ADVANCED CARE THAT EXCEEDS NATIONAL STANDARDS

The Heart Failure Program at the Stead Heart and Vascular Center delivers the region's most advanced care for heart failure. We've earned Gold Plus recognition from the American Heart Association for providing outstanding heart failure care by meeting or exceeding rigorous national standards.

Our dedicated Nurse Coordinator provides comfort, support and education, starting with your first day in the Hospital and continuing even after you go home. We help you understand your medications and provide classes and other resources so you can manage your disease and enjoy life.



PROVEN TECHNIQUES TO HELP YOU ENJOY LIFE

Diagnosing heart failure is the first step to feeling better, extending your life and improving your quality of life.

The experts in our heart failure program use proven techniques to measure the strength of your heart and diagnose the cause of the problem. We then partner with your Physician to treat your heart failure and help you manage it long-term.

We may recommend lifestyle modifications like reducing salt intake, eating healthier, exercising and quitting smoking. Working together, we'll help you overcome barriers and form a successful treatment plan for a more comfortable, active life.

