FOR IMMEDIATE RELEASE

NEW EXCELA HEALTH CLINIC TEACHES HEARTS NOT TO FAIL

GREENSBURG, PA, August 1, 2016 … People living with heart failure work closely with their primary care doctor and cardiologist to stay healthy. But when heart failure escalates, Excela’s new clinic can offer rapid, expert care that keeps them out of the hospital and gets them back to health.

According to Howard Grill, MD, medical director of the Heart Center at Excela Health, which includes the cardiac catheterization laboratory as well as this new clinic, heart failure symptoms can advance rapidly, and waiting even a few days to see a doctor can make it more difficult to bring the situation under control and often results in an emergency hospital stay. That’s where Excela’s Heart Failure Clinic can help, providing a bridge between the patient and other members of their care team.

Heart failure means that the heart cannot pump oxygen-rich blood to meet the body’s needs. When the heart is not pumping properly, blood can back up into the heart and the lungs. This increased pressure then forces fluid from the blood into the lungs as well as other places, causing swelling.

“Patients grow more and more uncomfortable as their condition changes,” noted Dr. Grill. “They may experience a variety of symptoms ranging from shortness of breath to a lack of energy, a loss of appetite, and of course the telltale swelling in ankles, legs and abdomen accompanied by sudden weight gain.”

The goal of Excela’s Heart Failure Clinic as Dr. Grill explains is to help people with heart failure who are not feeling as good as they should receive care quickly, including medication adjustments, monitor progress and provide education that will forestall an emergency situation and possible hospitalization.
Ultimately, Excela’s Heart Failure Clinic is designed to help patients live better through better self-management. “When patients understand their disease and the lifestyle triggers that affect their health, they become a better participant in their own health care,” Dr. Grill added.

The Excela Health Heart Failure Clinic is located in Medical Commons 1, behind Westmoreland Hospital. For more information or to request an appointment, call 877-771-1234.