

Heart Failure Clinic

About 5 million Americans are living with congestive heart failure. In our region, the Heart Failure Clinic provides individuals, families and physicians with the highest level of patient care, patient education, research opportunities and resources for the management of heart failure.

Expertise in Matters of the Heart

The term “heart failure” doesn't mean that the heart has stopped working, but rather that the heart has been weakened and is not pumping as well as it should. There are many causes of heart failure, including:

- High blood pressure
- Prior heart attack
- Heart muscle infection
- Valvular heart disease
- Diabetes
- Severe anemia
- Hyperthyroidism
- Other medical conditions

New patient care: After you have been referred to the Heart Failure Clinic, our multidisciplinary team will evaluate you and help you to understand your diagnosis. Your medications are reviewed in detail, laboratory evaluations and diagnostic tests may be performed and you will be referred to patient education sessions. The research nurses will also conduct screenings to find out whether you are eligible for current clinical trials of medication and/or devices.

You will also undergo a comprehensive nutrition evaluation and have the opportunity to learn about lifestyle changes that can help reduce the need



for additional medication.

Initially you may be required to visit the clinic frequently in order to manage and make adjustments to your treatment plan, to follow any changes in symptoms, and to participate in patient education sessions.

Long-term patient care: Once your treatment plan has been established, medications have been adjusted and you are stabilized, it is likely that you will only be required to visit the Heart Failure Clinic on a quarterly basis. As always, your ongoing care will be coordinated with your primary care physician.

In order to maintain clinical continuity and avoid unnecessary hospitalizations, we encourage frequent telephone contact between patients and staff. Telephone protocols have been developed to follow up with congestive heart failure patients on a regular basis.

As part of our commitment to your

complete care, patient care meetings involving our entire staff are held monthly. At these meetings, staff input is used to evaluate and adjust each patient's treatment plan.

If you have end-stage heart failure that is resistant to treatment, you may also undergo screening and referral for cardiac transplantation.

Physical activity for all patients:

For many years, heart failure patients were advised to avoid physical activity. However, studies have shown that most patients may exercise in moderation. Heart Failure Clinic staff are able to work with you to find an appropriate level of exercise, but be sure to consult your physician prior to starting any exercise program.

Friends of the Heart

Living with heart failure can be a challenge—for everyone involved. Heart Center of the Rockies has created a support group called Friends of the Heart to help patients and families cope with heart failure and live more fully. Membership in the group is free, and family and loved ones are always welcome.

Our Team

Our expert staff includes a medical director, a team of associate physicians, midlevel practitioners, research and clinical nurses, a cardiac rehab nurse,

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Heart Center of the Rockies, the region's premier heart center, is dedicated to providing a comprehensive program of advanced cardiovascular care throughout Colorado, Wyoming and western Nebraska.

a dietitian and a medical assistant. These individuals combine their efforts to provide the highest level of care possible for patients coping with congestive heart failure.

Medical Director

Anthony Doing, M.D., FACC

Associates

- Gary J. Luckasen, M.D., FACC
- Dennis G. Larson, M.D., FACC
- William E. Miller, M.D., FACC
- Todd B. Whitsitt, M.D., FACC
- Thomas R. Downes, M.D., FACC
- Roger C. Ashmore, M.D., FACC
- Stephen A. Treat, M.D., FACC
- C. Patrick Green, M.D., FACC
- C. Timothy Johnson, M.D., FACC
- Wyatt F. Voyles, M.D., FACC
- Gerald I. Myers, M.D., FACC
- J. Bradley Oldemeyer, M.D., FACC
- Chad L. Stoltz, M.D., FACC
- Matthew Purvis, M.D.
- William B. Baker, M.D., FACC
- Charles W. Tate, III, M.D.
- Justin A. Strote, M.D.

Physician Assistant

Paula Zellner, PA-C

Nurse Practitioners

- Lynn Kincanon, N.P., CCA
- Ann Anderson, N.P., CCA
- Robert Schulz, N.P., CCA
- Thomas Good, N.P., CCA
- Jill Vesty, N.P., CCA
- Cynthia McCumbers, ACNP
- Ann Marie Lease, N.P., CCA
- Annaliese Jordan, N.P., CCA

Physician Assistant

Paula Zellner, PA-C

Outpatient Coordinators

- Patricia Patrick, R.N., BSN
- Sharon McLean, R.N., BSN
- Sondra Hilgeman, R.N., ADN
- DeeAnn Christopher, R.N., LPN

Research Coordinators

- Wyatt F. Voyles, M.D., FACC, Research Medical Director
- Darcee Robeson, R.N., BSN, CRC
- Nina Thompson
- Scott Kaczkowski
- Joanne Coolman
- Deanne Olson

Cardiac Rehab Nurse

Lori Cathorn, R.N., BSN

Dietitians

- Jennifer Bowman, M.S., R.D.
- Stephanie Yoo, M.S., R.D.

Locations:

Fort Collins – Harmony Campus
2121 E. Harmony Road, Suite 200
Fort Collins, CO 80528
(970) 221-1000, (800) 459-4241

Medical Center of the Rockies
2500 Rocky Mountain Avenue, Suite 100
Loveland, CO 80538
(970) 624-1800, (800) 459-4241

Estes Park Office
Estes Park Medical Center
555 Prospect Avenue
Estes Park, CO 80517
(970) 586-2317

Sterling Office
Heart Center of the Rockies
620 Iris Drive
Sterling, CO 80751
(970) 522-7266



For more information call (970) 221-1000, (800) 459-4241, or visit www.heartcenteroftherockies.com