



**You do not need a physician referral**

McLaren Greater Lansing's Heart Failure Education is a service provided by dedicated nurses in the Heart Failure Center and is completely FREE; insurance coverage is not required. To participate in any of our Heart Failure Education programs, please call (517) 975-2220.



For additional information, please call  
Heart Failure Education at  
(517) 975-2200

[mclaren.org/lansing](http://mclaren.org/lansing)

## Heart Failure Support

*Support and education can improve your life  
by helping you do more with heart failure*





## You can play a major role in controlling your symptoms

### What is heart failure?

Heart failure is a common condition that develops as the heart muscle weakens and works harder to keep blood flowing through the body.

### How did I get heart failure?

Heart failure develops after an injury to the heart, such as damage from a heart attack, long-term high blood pressure, or a heart valve abnormality. Often, heart failure is not diagnosed until a more advanced stage of heart failure—commonly called congestive heart failure, when fluid leaks into the lungs, feet, legs, liver, or abdominal cavity—presents.

### Symptoms of heart failure include:

- Shortness of breath
- Difficulty breathing when you lie flat
- Fatigue
- Weakness
- Weight gain
- Swollen extremities or abdomen
- Nausea
- Loss of appetite

These symptoms can result in frequent visits to the emergency department and admission to the hospital. You can play a major role in controlling these symptoms. The key is having the right information and knowledge.

### Education and support opportunities

All of these offerings are free of charge. For information, call (517) 975-2220.

#### ➤ **Heart Failure Education Class**

This class meets every other Monday from 1-3:00 p.m. at the Heart Failure Center at McLaren Orthopedic Hospital, 2727 S. Pennsylvania Ave., Lansing. The focus is on learning about heart failure and how you can help control your symptoms.

#### ➤ **Heart Failure Newsletter**

The newsletter is dedicated to heart failure topics and practical tips on living with heart failure. Call (517) 975-2220 to add your name to the mailing list.

#### ➤ **Heart Failure Support Group**

This informal support group covers a different heart failure topic at each session. Nurses from the Heart Failure Center are available for questions or discussions. Family members are encouraged to attend.

The support group is free and meets the first Wednesday of every other month from 6 to 7:30 p.m. at the McRee Guest House, 2721 S. Washington Ave., Lansing. Meetings are held in February, April, June, August, October and December. Registration is not required, and “drop-in” is encouraged. Call (517) 975-2220 for more information.