

**Our team.**

**Leway Chen, M.D., M.P.H.** Dr. Chen is the Director of the Program in Heart Failure and Transplantation. He is a graduate of the University of Missouri School of Medicine and performed fellowships at the University of Washington and the Framingham Heart Study.

**Jeffrey Alexis, M.D.** Dr. Alexis is a graduate of the Harvard Medical School. He performed a fellowship in cardiology at Mount Sinai Hospital Cardiovascular Institute.

**George Hicks, M.D.** Dr. Hicks is Chief of Cardiac Surgery at the University of Rochester Medical Center. He is a graduate of the University of Rochester School of Medicine and Dentistry, where he also performed a fellowship in cardiothoracic surgery.

**H. Todd Massey, M.D.** Dr. Massey is the Surgical Director of the Program in Heart Failure and Transplantation as well as the Director of Artificial Heart Program. He is a graduate of Medical College of Georgia. He performed a fellowship in heart/lung transplantation at Duke University Medical Center.

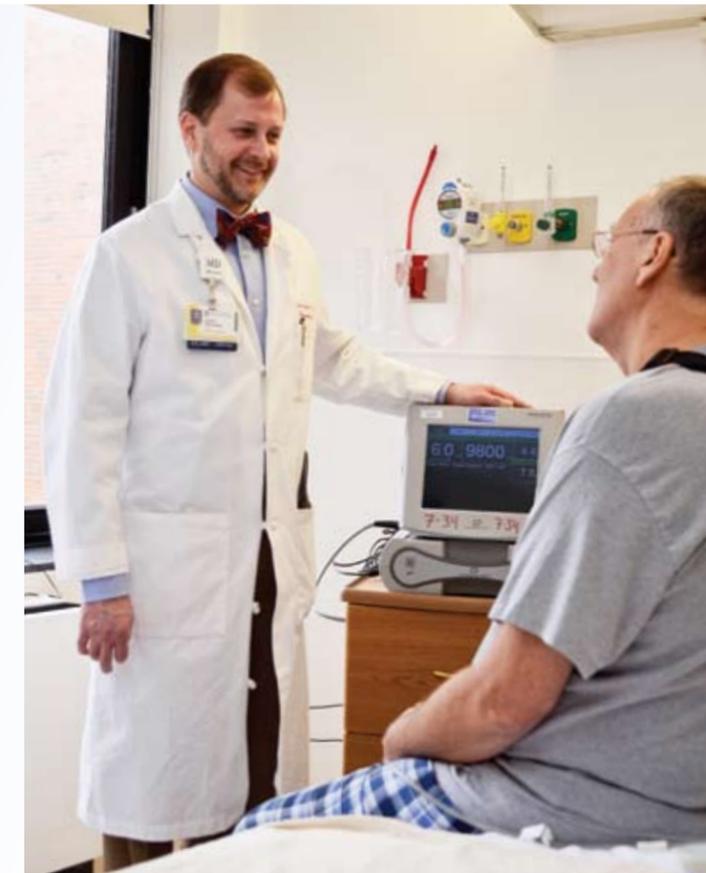
**Eugene Storzynsky, M.D., Ph.D.** Dr. Storzynsky is a graduate of the University of Rochester School of Medicine and Dentistry. He performed a fellowship in cardiology at Strong Memorial Hospital.

## The region's only dedicated heart failure program.

Heart failure means your heart can no longer pump enough blood to meet the needs of your body. This debilitating disease impacts a patient's quality of life in much the same way as advanced cancer.

The Program in Heart Failure and Transplantation at URMC gives new hope to patients with heart failure. Our program is the only one of its kind in Upstate New York and is considered a national leader in many of the most innovative treatments for heart failure.

With our help, many patients with NYHA Functional Class III or IV heart failure improve to Stage I or II.



### A regional and national leader in treating heart failure.

- We are the only program in the region that specializes in the comprehensive medical and surgical treatment of heart failure.
- We are one of the top ten programs nationally in the use of artificial heart pumps called VADs (Ventricular Assist Devices) that support the function of the heart.
- Our program is one of a handful in the country that performs research on that latest devices. This research involvement can provide access to advanced technology as much as 5-10 years before it is available at other centers.
- We are the only center in Upstate New York that performs heart transplants, the gold standard of care for people with advanced heart failure.
- Our program has the first cardiologist in the region to be certified for advanced heart failure and transplantation by the American Board of Internal Medicine.
- Our specially-designed Critical Care Transport Vehicle can be used to transfer heart failure patients safely from other centers for advanced care at Strong Memorial Hospital.
- We are the only center in the area that has received Advanced Certification in Heart Failure from the Joint Commission.
- We are the first in the region to received Advanced Certification from the Joint Commission for Ventricular Assist Devices.



MEDICINE of THE HIGHEST ORDER



## A dedicated, multidisciplinary team.

The Program in Heart Failure and Transplantation provides a complete team of people who specialize in the care of patients with heart failure, including cardiologists, heart surgeons, nurse practitioners, nutritionists, social workers, pharmacologists and physical therapists.

Our team members deal exclusively with heart failure. As a result, they are better able to give patients the understanding and advanced care they need.

By being totally dedicated to heart failure, we are also able to give patients more time. Visits in our clinic typically last from 30 minutes to one hour. Specialized heart failure nurses are here from 9-5 weekdays to answer patient questions, and a heart failure nurse practitioner is always on call for urgent issues.

## Advanced Treatments.

Our program offers the very latest treatments for heart failure. We are one of about a dozen centers across the country that is able to offer patients all of the most leading-edge treatments.

**Medical treatment.** Early stages of heart failure can often be treated with medication. Our specialists are skilled at finding the most effective balance of medications for you.

**Implantable defibrillator.** An implantable defibrillator can prevent sudden cardiac death in patients with heart failure. URMCC was a pioneer in research on how implantable defibrillators can save the lives of people with heart failure.

**Heart Transplant.** A heart transplant is often the most effective treatment for advanced heart failure. URMCC is the only center offering heart transplantation in Upstate New York.

**HeartMate II Destination Therapy.** This Ventricular Assist Device supports the function of the heart, enabling patients to return to many of the activities of daily life.

**Thoratec CentriMag Ventricular Assist System.** This device is currently being evaluated for its ability to help patients with heart failure.

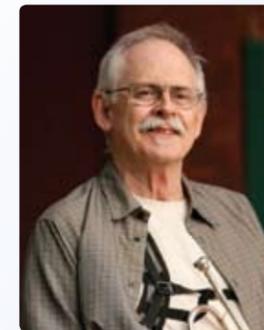
**Cardiac Resynchronization Therapy (CRT).** This therapy is used to help the heart beat in a more coordinated fashion, often helping to improve its function.

## Patient- and Family-Centered Care.

Heart failure impacts a patient's whole family. So everything we do is sensitively designed to help both patients and their families.

We go beyond providing our patients with the most advanced treatments and work to improve every area of care—from reducing noise levels in our hallways, to streamlining communications with referring doctors, to calling patients once they return home.

We also ensure that families of patients get the assistance they need while their loved ones are in the hospital. For example, at the Harbor House of Rochester, we provide safe and supportive lodging for families traveling to Rochester for heart failure care.



### Patient story: Paul Smoker

College professor and jazz musician Paul Smoker saw his health decline for eight years as he suffered from heart failure. Everyday activities became harder, but he was ineligible for a heart transplant. The Program in Heart Failure and Transplantation gave Paul another option: implantation of an artificial heart pump, called the HeartMate II, to assist the function of his own heart. URMCC was one of the primary centers investigating the new device. A year after the device was implanted,

Paul was able to return to his normal life. "I got a new lease on life," says Paul. "I feel very lucky and better than I ever did before."

## When to refer a patient

A patient with one or more of the following risk factors should be referred to us for evaluation:

- One or more hospital admissions related to heart failure in last 6 months
- Patient is NYHA Class III or IV, or sooner as appropriate
- Unable to walk one block without shortness of breath
- Diuretic dose > 1.5 mg/kg/day
- Serum sodium < 136 mmol/L
- BUN > 40 mg/dL or creatinine > 1.8 mg/dL
- Intolerant or refractory to ACE inhibitors, angiotensin receptor blockers or beta-blockers
- Hematocrit < 35%
- QRS > 140 msec without, or refractory to, CRT

### One number for excellent care.

For more information on the Program in Heart Failure and Transplantation, or to set up an appointment, please call us today. With just one phone number for every heart and vascular need, we make getting the care you need simple: **call 585-275-2877** or visit us at [heart.urmc.edu](http://heart.urmc.edu).



Four time recipient of the Beacon Award for Critical Care Excellence for our Cardiovascular Intensive Care Unit.



First Progressive Care Unit in New York State to receive the Beacon Award for Excellence.



First hospital in the Rochester area to receive the Magnet award for quality patient care, nursing excellence and innovations in professional nursing practice.