

Dear Patient of the Transitional Heart Failure Clinic.



On behalf of South Denver Cardiology Associates we would like to welcome you to the Transitional Heart Failure Clinic (THFC) . You were referred to our clinic because you have had a recent diagnosis of Heart Failure, or an admission to the hospital for treatment of Heart Failure. The goal of our clinic is to work with you individually to customize and optimize your treatment plan and to transition you back to better cardiac health. Heart Failure is a serious and often a life threatening condition with a high recurrence rate, especially if you were recently in the hospital. We want to assist you in relieving your symptoms and to achieve the best quality of life, so you can live healthier and longer.

This is how we do just that:

- **Close Monitoring** – In the beginning, you might see us as often as weekly as we begin to gather baseline data, manage your symptoms and initiate treatments. Visits should become less frequent as you become more stable.
- **Medication Changes** – We will try different combinations of medications that will strengthen your heart and remove or keep off excess fluid. We will adjust your medications to enhance the pumping mechanism of your heart and provide more protection against changes that might lead to hospitalizations. *Recording your daily weight, blood pressure, pulse and symptoms will significantly help us determine what medication and how much to change at each visit.*
- **Blood tests** – Some of the medications prescribed may affect your kidneys and cause electrolyte imbalances. Because we want to keep your kidneys healthy and electrolytes normal, regular blood tests are required as we adjust dosages or change medications. Blood draws will become less frequent once your medications and symptoms become stable. If you prefer to have labs drawn at either Quest or LabCorp, please let us know the exact location and we'll do our best to accommodate.
- **Follow-up phone calls** – Results from your blood test typically take 24 hours. We will call to notify you of any necessary medication or dietary changes. You can access your bloodwork anytime online by enrolling in the South Denver Cardiology Associates Patient **Portal**.

Patient Portal Enrollment: Go to [www.southdenver.com](http://www.southdenver.com)

Click on **"Patient Portal"** on the upper right corner

Click on **"I need to sign up"**

Complete all necessary fields and click **"Confirm and Continue"** to finish enrollment.

- **Education modules** – THFC offers a series of educational modules designed to help patients learn how to live successfully with heart failure. Modules are provided by the Heart Failure Society of America and are available online by visiting [www.southdenver.com/thfc](http://www.southdenver.com/thfc)
- **Research**-New medications and technologies are developed daily as we search for better ways to care for heart failure. You might be encouraged to participate in one of these studies if the team feels it will be of benefit to you.

We are your "transitional team." We are your partner in treating your heart failure until you are at a steady state, at which time you will return to your "regular cardiology team" for care.

We are on this journey together.  
Your THFC Team