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EXERCISE TRAINING FOR HEART FAILURE PATIENTS

*Presentation at Heart Failure Society of America 14th Annual Scientific Meeting
Highlights the Efficacy and Safety of Exercise Training in Patients with
Chronic Heart Failure*

SAN DIEGO (Sept. 14, 2010) – The 14th Annual Scientific Meeting of the Heart Failure Society of America (HFSA) will feature a discussion on exercise training for heart failure patients, titled “Activity and Exercise: What is the Right Activity Prescription?” presented by Dr. Ileana Piña, Cardiologist, Internist and Professor of Cardiology at Case Western Reserve University. Dr. Piña’s presentation will highlight the safety of exercise training and its ability to improve quality of life for Heart Failure patients.

Dr. Piña’s talk will focus primarily on the conclusion of the HF-ACTION Randomized Controlled Trial, which indicated a modest but not significant reduction in all cause death or all cause hospitalization. However, only approximately 40 percent of patients were adherent to the exercise prescription at one year. A secondary look at the patients who *were* adherent showed that those patients had a modest but significant reduction in cardiovascular mortality or heart failure hospitalization. In the HF-ACTION trial, heart failure patients participated in 36 supervised aerobic exercise training sessions, followed by home-based training, in addition to their usual care.

“Usually, it’s suggested that heart failure patients are advised to stay in bed and rest,” said Dr. Piña. “We’ve found they’re actually capable of much more, including aerobic activity.”

Currently, exercise training therapy is not covered by Medicare for heart failure patients.

Dr. Piña added: “Moving forward, as we continue to study activity and exercise for these critically ill patients, it’s hoped that exercise training will become a regular part of heart failure treatment, and will be a supported benefit for Medicare patients.”

For a complete list of annual meeting sessions or for details on attending the conference, call (617) 226-7183 or visit www.hfsa.org and click on Annual Scientific Meeting. There is no registration fee for accredited journalists. Interview areas will be available on-site in addition to a fully-staffed press room with phone and internet accessibility. You may follow news from the meeting on Twitter #HFSA

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About Heart Failure

Heart failure is a progressive condition in which the heart muscle becomes weakened after it is injured, most commonly from heart attack or high blood pressure, and gradually loses its ability to pump enough blood to supply the body's needs. Many people are not aware they have heart failure because the symptoms are often mistaken for signs of getting older. Heart failure affects from 4.6 to 4.8 million individuals in the United States. Demographic and clinical evidence strongly suggests that the prevalence of heart failure will increase throughout the next decade. Ten to 15 years ago heart failure was considered a "death sentence;" however, recent advances in treatment have shown that early diagnosis and proper care in early stages of the condition are key to slowing, stopping or in some cases reversing progression, improving quality of life, and extending life expectancy. For more information on heart failure, please visit www.abouthf.org.

About the Heart Failure Society of America

The Heart Failure Society of America (HFSA) is a nonprofit educational organization, founded in 1994 as the first organized association of heart failure experts. The HFSA provides a forum for all those interested in heart function, heart failure research and patient care. The Society also serves as a resource for governmental agencies (FDA, NIH, NHLBI, CMS). The HFSA Annual Scientific Meeting is designed to highlight recent advances in the development of strategies to address the complex epidemiological, clinical and therapeutic issues of heart failure. Additional information on HFSA can be found at www.hfsa.org.