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T'AI CHI PROGRAMS FOR PATIENTS WITH CHRONIC HEART FAILURE

Presentation at Heart Failure Society of America 14th Annual Scientific Meeting Highlights a 12-Week Low-Intensity, Mind-Body Exercise Program and its Effect on Chronic Heart Failure Patients

SAN DIEGO (Sept. 13, 2010) - The 14th Annual Scientific Meeting of the Heart Failure Society of America (HFSA) featured a discussion on the physiological and psychosocial effects of chronic heart failure patients who participate in a T'ai Chi program. The presentation titled, "Tai Chi Exercise Improves Quality of Life in Patients with Chronic Heart Failure in a Randomized Controlled Trial" was presented as a late breaking trial by Dr. Gloria Yeh, Physician at Beth Israel Deaconess Medical Center and Assistant Professor of Medicine at Harvard Medical School. Dr. Yeh's presentation detailed her recent study exploring how integrative mind-body therapies such as T'ai Chi can influence the quality of life and exercise capacity in patients with chronic heart failure.

The randomized controlled trial followed 100 patients with chronic heart failure. Half of the participants took part in T'ai Chi practices in addition to their traditional care, and the remaining persons participated in a patient education course. All patients continued with their usual medical care, including medication, device therapy, etc. Once the 12 weeks were completed, Dr. Yeh found that T'ai Chi participants experienced positive changes in their quality of life, mood, and exercise self-efficacy.

"We found that those who participated in T'ai Chi during the 12-week session felt better, could do more on a daily basis and appeared to have more confidence to exercise," said Dr. Yeh. "Gentle, mind-body interventions such as T'ai Chi may be particularly suited to deconditioned patients with heart failure."

Dr. Yeh received internal medicine training from Boston University and received her

Masters of Public Health from the Harvard School of Public Health. She completed an Integrative Medicine Research and Faculty Development Fellowship at Harvard Medical School in 2003. Her interests include East Asian therapies and mind-body exercise for patients with chronic cardiovascular and pulmonary disease.

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.