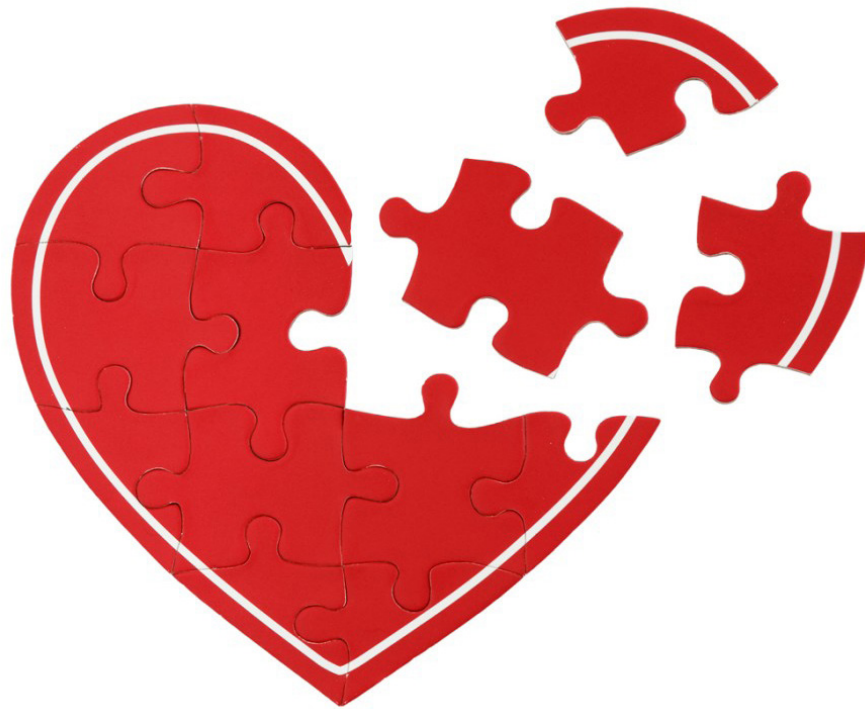


Heart Month Seminar Series



Understanding Heart Failure

The term heart failure can be confusing. You might think that it means the heart has stopped beating, however that is not the case. The condition occurs when the heart is not working effectively and unable to pump enough blood to meet the body's needs.

Approximately 6 million Americans have heart failure, with about 670,000 diagnosed each year. It is caused by many conditions that damage the heart muscle. The weakening of the heart's pumping ability causes additional problems – blood and fluid back up into the lungs; edema (fluid builds up in feet, ankles and legs); shortness of breath; and fatigue.

Ankie Amos, MD

Join us as Dr. Amos explains the causes and symptoms of heart failure, how it is diagnosed and treated, how to prevent the condition from getting worse, and lifestyle changes to prevent further heart damage. Dr. Amos is highly regarded for her expertise in this area and will aid in making a complex condition understandable.

DATE & TIME

Wednesday, February 22, 2017
6 p.m.

Alaska Regional Hospital
Ivy Room 1, First Floor
2801 DeBarr Road

RSVP

Seating is limited. Please reserve your space to the ARH Event Registration Hotline at 264-1722 or alaskaregional.com/classes&events

For additional information on Heart Month events:
<http://alaskaregional.com/campaigns/heart-month/>

