



**The C.O.R.E. Clinic** *makes living with heart failure a lot less scary.*

Heart failure disease management is a rapidly-growing, technically advanced field. At the C.O.R.E. Clinic, we utilize the latest technology to deliver state-of-the-art care.

Based on a phase-by-phase approach, which is tailored to each patient's individual needs, the C.O.R.E. Clinic provides an ongoing outpatient care and treatment plan that guides heart failure and cardiomyopathy patients from evaluation and education to stabilization.

Through proactive management of all phases of post-diagnosis treatment, patients will be better able to take control of their condition, improve their life expectancy, and prevent unnecessary and costly emergency room and inpatient hospital treatments.

If you have been diagnosed with heart failure or cardiomyopathy, ask your doctor about The C.O.R.E. Clinic. And take control of your condition, instead of letting it take control of you.

Our staff consists of Cardiologists, Nurse Practitioners, Physician Assistants and Registered Nurses.

The C.O.R.E. Clinic  
**952-924-9005**  
[www.minnesotaheart.com](http://www.minnesotaheart.com)



*Manage heart failure and cardiomyopathy with confidence.*

**C**  
**O**  
**R**  
**E**

The  
**Cardiomyopathy  
Optimization  
Rehabilitation  
Education**  
Clinic™

Heart Failure Management Program



## Keep hospital visits to a minimum...

The C.O.R.E. Clinic is Minnesota Heart Clinic's outpatient disease management program for patients with congestive heart failure and cardiomyopathy. It is dedicated to helping heart failure patients:

- Avoid hospitalization
- Slow the progression of the disease
- Improve length and quality of life
- Receive easy access to quality health care and advice
- Better understand their condition and treatment
- Decrease the tremendous burden of the cost of heart failure care
- Detect future heart problems before they become life threatening

*and get back to leading a full and enjoyable life faster.*



## Our successful phase-by-phase approach to heart failure care.

PHASE

1

### Evaluation

By utilizing the most advanced imaging studies and laboratory testing capabilities available, we assess the cause and severity of each patient's disease. Medical therapy is typically adjusted or initiated at the time of this first visit.

PHASE

2

### Optimization

Patient's medications are carefully balanced to relieve symptoms and prevent serious complications. These adjustments typically require a series of frequent outpatient visits. Self-monitoring tools are also provided to patients in this phase.

PHASE

3

### Resynchronization

Following optimization, patients will be carefully evaluated in a systematic fashion. If necessary, they will be referred appropriately to electrophysiology, where they may benefit from the use of a device such as a defibrillator or advanced, biventricular pacemaker.

PHASE

4

### Stabilization

Patients enter this phase after medical device treatment has been ongoing, and their condition is stable without severe symptoms. They will be monitored periodically by their cardiology and primary care providers - to maintain stability and diagnose problems before they become serious.

PHASE

5

### Restabilization *(if necessary)*

In this phase, patients with recurring symptomatic episodes will be evaluated to see if they could benefit from intravenous medical therapy, home health care, or more aggressive monitoring. As with all phases, our goal is to help you avoid emergency room visits and hospital admissions.

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