



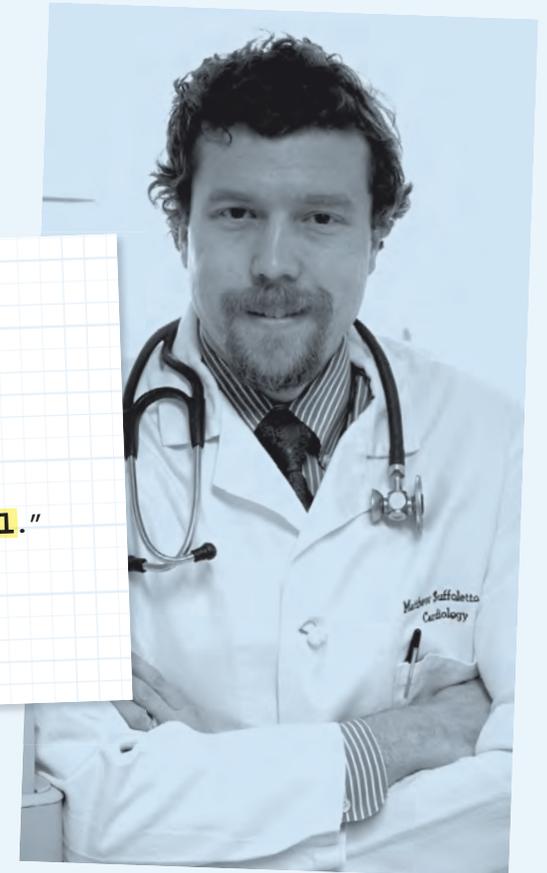
VA PITTSBURGH HEALTHCARE SYSTEM'S
TELEHEALTH PROGRAM

Helping Veterans with congestive heart
failure **live happier, healthier lives**

The Care Coordination Home Telehealth program connects Veterans with congestive heart failure to a team of dedicated nurses at VA Pittsburgh Healthcare System. The Veterans relay vital stats—such as their weight and blood pressure—via a simple machine that taps into their telephone land line. **THIS MEANS THAT THE VETERANS CAN CHECK IN WITH THEIR MEDICAL PROVIDERS DAILY, WITHOUT HAVING TO LEAVE HOME.** Preliminary studies suggest that Veterans have fewer hospital admissions and shorter hospital stays after enrolling in Telehealth to help manage their heart failure diagnosis.

"The Telehealth program maximizes our care for Veterans with heart failure. It also helps them successfully manage their disease and enjoy a higher quality of life. **It's a tremendously powerful tool.**"

Dr. Matthew Suffoletto, staff cardiologist and director of Congestive Heart Failure Services at VAPHS



NAME: Dozia "Doc" Frazier AGE: 82 SERVICE STATS: WWII Veteran, Army



"My daughters worry about me. But with this...it's like there's another person looking out for you. **You've got somebody who is always there.** I feel better, and my family feels better, too."

Telehealth user Dozia "Doc" Frazier, Pittsburgh, Pa.

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"It's very easy to operate. I take my weight and my blood pressure every morning, and if there's anything wrong, **they'll call me right away.**"

Telehealth user Allan Wray, Cheswick, Pa.

NAME: Allan Wray AGE: 74 SERVICE STATS: Korean War Veteran, Army



NAME: Paul Gilroy AGE: 82 SERVICE STATS: WWII Veteran, Army

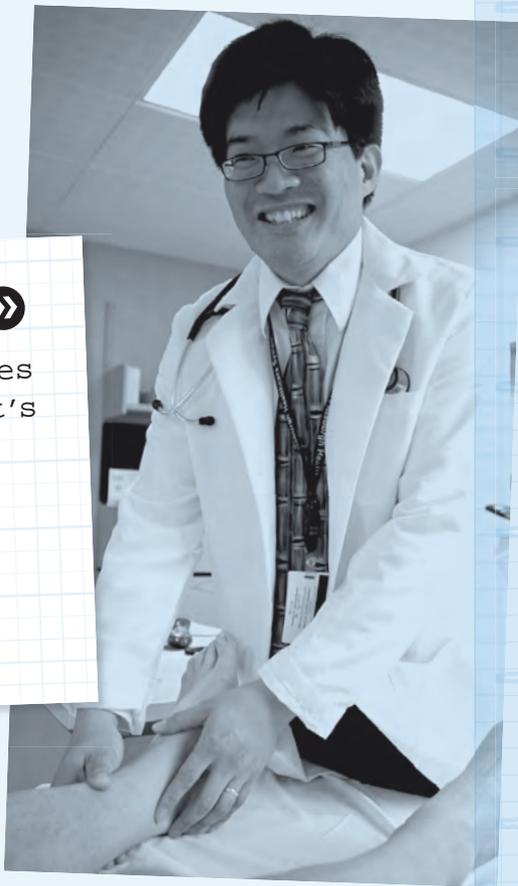


"Before this, I thought I was going to die. They had told me I had to wear oxygen for the rest of my life. I couldn't walk 10 feet. Now, **I don't need to take the oxygen anymore.** I'm 82 years old, and I walk all over the place."

Telehealth user Paul Gilroy, Georgetown, Pa.

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"Telehealth is very proactive. It provides convenient, reliable information, and it's also pretty timely. **I know quickly if I need to intervene in a patient's care.**"

Dr. Edward Lee, VAPHS primary care physician



5 FACTS ABOUT CONGESTIVE HEART FAILURE

- 1 Congestive heart failure is the heart's inability to efficiently pump oxygen-rich blood throughout the body.
- 2 Heart failure affects nearly 5 million Americans and another 10 to 15 million Americans are at risk for developing heart failure.
- 3 The most common causes of heart failure are coronary artery disease, high blood pressure and diabetes.
- 4 Symptoms of heart failure are: weight gain with swelling in the legs, ankles and lower back, trouble breathing while lying down, shortness of breath during mild or everyday activities and general fatigue.
- 5 Though there is no cure for heart failure at this time, patients can help control their heart failure by monitoring their weight, taking their medications and adhering to a low-salt diet.

Simple Machine, Superior Care

VA Pittsburgh's Telehealth machines are compact—about the size of a tissue box—with easy, push-button controls. Another bonus? They're fast. A typical Telehealth session lasts slightly longer than a standard commercial break.



To learn more about congestive heart failure, contact your primary care provider.

Primary Care Call Center: 412-954-5158

To learn more about VA Pittsburgh's Telehealth program, contact the **Care Coordination**

Home Telehealth Program: 412-954-5462



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Produced by VAPHHS Public Affairs

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