

# TREATING THE FULL SPECTRUM OF HEART FAILURE

## *At UW Medicine*

### Watching Out for Heart Failure

- **Possible causes of heart failure:** coronary artery disease, or weakening of the heart muscle due to high blood pressure; valvular disease; toxins such as alcohol or chemotherapy; viral infections; or autoimmune or genetic factors.
- **Possible signs of heart failure:** fatigue; shortness of breath; weight gain with swelling in the legs, feet or ankles, nausea; bloating; chronic coughing or wheezing; confusion or impaired thinking; a high heart rate.

**H**EART FAILURE — a serious condition that results when the heart loses its ability to pump enough blood to the body — strikes men and women of all ages. Nearly six million people in the U.S. live with heart failure, and of those, more than half will die within five years of their diagnosis. The burden of this life-threatening disease falls heavily on patients, their families and the broader community.

At UW Medicine, we aim to mitigate this heavy burden. Our **Regional Heart Center's Advanced Heart Failure Program** remains the best choice for people facing heart failure in the Pacific Northwest and the West Coast. We invite you to support this essential program as we strengthen our practice, research and training efforts to improve the lives of patients living with heart failure in our community and beyond.

### *Living With Heart Failure*

Living with heart failure is frightening and a constant challenge — a diagnosis of heart failure means learning to live with the condition for the rest of your life. When heart failure is diagnosed early, treatments such as taking medications, altering eating habits and exercising daily can improve the length and quality of life.

If those options don't improve heart problems and symptoms, patients may become candidates for mechanical circulatory support (MCS), such as a ventricular assist device (VAD) or a total artificial heart. For some patients, heart transplant is also an option. UW Medicine has been a pioneer in advancing all of these leading-edge treatments for advanced heart failure.

### *Leading the Nation in Heart Health*

Our team of cardiologists, surgeons, anesthesiologists, nurses and other specialists have extensive training and experience in the evaluation and treatment of patients with advanced heart failure. UW Medicine's results outperform national and international results for short- and long-term survival following MCS and heart transplant. In addition, we have become a top-enrolling site in all major contemporary VAD clinical trials in the U.S., and we are the busiest VAD program on the West Coast.

### *Opportunities for Partnership*

In addition to being a regional and national leader in treating heart failure, the UW Medicine Regional Heart Center's Advanced Heart Failure Program opens up opportunities in research and education. We ask that you consider making a gift to support one of the important program priorities listed on the next page.

**Recruiting and Retaining Superb Leaders**

Endowed chairs and professorships are key to recruiting and retaining the most accomplished faculty leaders because they establish a steady flow of resources and confer significant prestige upon their holders. We seek to establish a number of endowed professorships and chairs.

**Advancing Research and Clinical Trials**

Our cardiologists, cardiac surgeons and pathologists are at the forefront of research to diagnose, treat and eventually cure heart failure. Funds to support promising research allow our team to focus their efforts on extending the lives of our patients.

**Training the Next Generation of Physicians**

Training the next generation of top-quality cardiologists and cardiac surgeons is no small charge. Each year, we prepare several residents and fellows for future careers in advanced heart failure and cardiac transplantation. An investment in endowed fellowship funds will support our trainees’ research, salary support and travel expenses.

**Holding the Full Spectrum of Heart Failure Therapy Conference**

UW Medicine cardiologists and cardiac surgeons provide a comprehensive review of heart failure management at the annual Full Spectrum of Heart Failure Therapy Conference, held in Seattle. We want to make sure that our colleagues in the five-state region of Washington, Wyoming, Alaska, Montana and Idaho have the most up-to-date information to treat their communities, and we would like to provide scholarships and travel expenses for participants, as well as to underwrite conference costs.

<b>Program Priority</b>	<b>Partnership Opportunity</b>
Recruiting and Retaining Superb Leaders	Endowed professorships require an investment of \$500,000 or more; endowed chairs, \$2 million or more
Advancing Research and Clinical Trials	\$25,000–\$100,000
Training the Next Generation of Physicians	\$25,000–\$100,000 in endowed funds
Annual Full Spectrum of Heart Failure Therapy Conference	\$500,000 or more in endowed funds

**Join Us**

Please consider making an investment in the UW Medicine Regional Heart Center’s Advanced Heart Failure Program. If you have any questions or if you would like to learn more, please contact Anne Aumell, M.A., CFRE, director for philanthropy, at 206.221.0832 or [aaumell@uw.edu](mailto:aaumell@uw.edu). Thank you for your interest in our work.