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Scale Drive helps patients keep heart failure in check

(Jan. 30, 2013 – Anderson, S.C.) – AnMed Health will hold its 3rd annual CHF Scale Drive Feb. 1 through 28, in conjunction with American Heart Month and National Heart Failure Awareness Week.

Heart failure is a common condition that develops over time after an injury to the heart, such as a heart attack, long-term high blood pressure or an abnormality of one of the heart valves. As the heart weakens, it has to work harder to keep blood flowing through the body.

When the heart doesn't circulate blood normally, the kidneys receive less blood and filter less fluid out into the urine. As a result, extra fluid builds up in the lungs, the liver, around the eyes and sometimes in the legs. This fluid congestion is the reason doctors call this advanced stage of heart failure "congestive heart failure."

Daily weigh-ins are a critical part of managing congestive heart failure. When the body retains extra fluid, your weight goes up. Sometimes this happens quickly (up to 2 or 3 pounds in a day). In other cases, slow and progressive weight gain may be a sign that the patient's congestive heart failure is getting out of control.

In Anderson County, many patients cannot afford a scale and are re-hospitalized with complications from their congestive heart failure. The CHF Scale Drive allows AnMed Health to provide scales to patients who can't afford one. There are two ways to help. New, unused scales can be dropped off at the following locations:

- AnMed Health LifeChoice,
- AnMed Health Carolina Cardiology,
- AnMed Health Women's and Children's Hospital lobby,
- AnMed Health Medical Center lobby.

These drop sites will also accept donations to purchase scales. The cost of a new scale is approximately \$25, but all donations are appreciated.

To learn more about the Scale Drive or congestive heart failure, call (864) 512-1505.

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