

## **New Technology for Patients with Fluid Overload at St. John's Mercy Heart and Vascular Hospital**

St. John's Mercy Heart and Vascular Hospital is the first hospital in the area to offer Aquapheresis™, a boon for congestive heart failure (CHF) patients with fluid overload who do not respond to diuretics.

Fluid overload is a distressing symptom of CHF, which is responsible for more than one million hospitalizations each year. If not managed, fluids begin to accumulate in the feet and ankles, bloat the abdomen and eventually cause congestion in the lungs, making breathing difficult.

The usual treatment for fluid overload is therapy with a diuretic medicine. However, approximately 40 percent of CHF patients do not respond to diuretics. With Aquapheresis, patients are connected to a small medical device called an Aquadex FlexFlow™, via catheters inserted into the veins in their arms.

"We're excited to be able to offer this alternative to our patients who do not respond to diuretics," said Sheila Julien, St. John's Mercy executive director of nursing for cardiovascular services. "The fluid retention can slow healing so Aquapheresis will help improve patient care, comfort and outcomes."

A clinical study published last year in the *Journal of American College of Cardiology*, showed that hospitalized heart failure patients receiving Aquapheresis as part of their care lost more weight, experienced greater net fluid loss, and had fewer rehospitalizations than patients treated primarily with intravenous diuretics.

For more information about Aquapheresis, a unique and simplified form of ultrafiltration, click on the following link from CHF Solutions, the manufacturers of Aquadex FlexFlow™:  
<http://www.chfsolutions.com/>

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