



*A therapy known simply as EECP or ECP (External Counterpulsation) has done much to improve the quality of life for Loren Richards.*

*Developed specifically as a heart therapy to alleviate angina and congestive heart failure symptoms, ECP is a non-invasive, outpatient therapy option that has been successful in returning patients to their active lifestyles; whether that's on the golf course, in the garden, working, spending time with family, or traveling.*

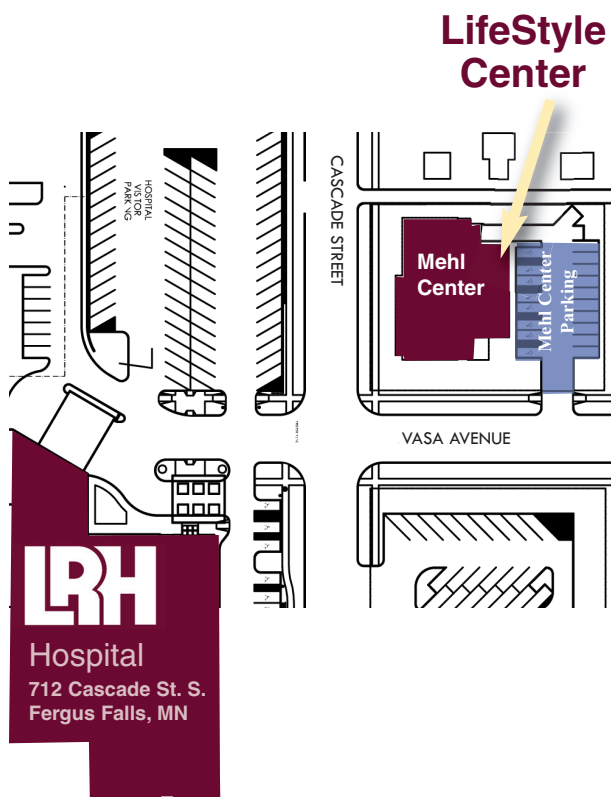
*"I noticed a big improvement. I had more energy, and I felt like doing something again."*

**Loren Richards, retired  
Fergus Falls school custodian**

## You can be confident with Lake Region Healthcare

Lake Region Healthcare uses advanced technology to deliver effective ECP therapy with patient comfort in mind.

ECP is Medicare approved.  
Generally other insurances  
reimburse well.



## The *friendly* heart therapy option



## External Counterpulsation Therapy

### Patient Information Guide

**LRH Lifestyle Center**  
a service of Lake Region Healthcare  
[www.lrhc.org](http://www.lrhc.org)



*"I was experiencing a low energy level and a poor outlook on life. It was an effort to get out of bed. After my treatments, I feel like a whole new person."*

Shirley Anderson, Fergus Falls  
ECP Patient

## What is ECP therapy?

ECP therapy is a clinically proven, non-invasive therapy option available to patients with angina. It is primarily used in patients who have been unresponsive to other therapies, in order to relieve discomfort and improve quality of life.

ECP therapy works to **improve circulation to the heart muscle**. It increases oxygen-rich blood flow to the heart and reduces the heart's workload.

ECP therapy can help to **build new circulation around the narrowed blood vessels** that provide oxygen to the heart. ECP therapy works similar to exercise, but it accelerates the growth of new blood vessels to improve heart health.

## What happens during an ECP therapy?

ECP therapy is simple and comfortable. Trained nursing staff provide individualized care, monitoring the patient and the computerized ECP session each visit.

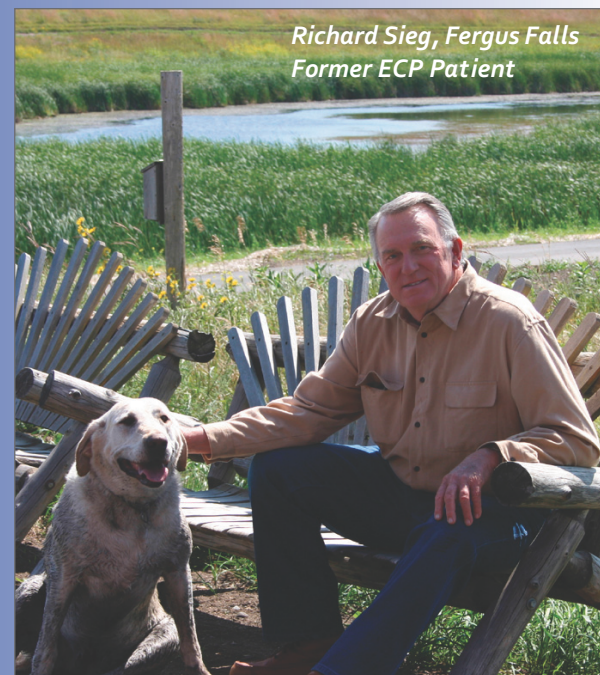
The patient relaxes on a comfortable bed while cuffs are wrapped around the calves, thighs and buttocks. The cuffs are similar to blood pressure cuffs. They pneumatically inflate between heart beats causing a "hugging" sensation to the lower body. During the heart beat the cuffs deflate allowing a resting period.

A typical program of ECP is 35 one-hour sessions administered five days a week, for seven weeks. Alternative program schedules are possible for some situations. Many patients report improvement after as few as 10 treatments.

## What are the benefits of ECP therapy?

Over 80% of the patients who complete ECP therapy benefit by feeling significant improvement in relief of angina, increased energy and a decrease of medication needed to control angina. Clinical studies show the improvements lasting over several years.

Life can begin to feel better with improved quality.



Richard Sieg, Fergus Falls  
Former ECP Patient

## Is ECP right for me?

While ECP therapy has been proven clinically safe and effective, you should consult your physician as to whether you are a candidate for this heart treatment. Your physician can also speak to you regarding possible risks or complications.