



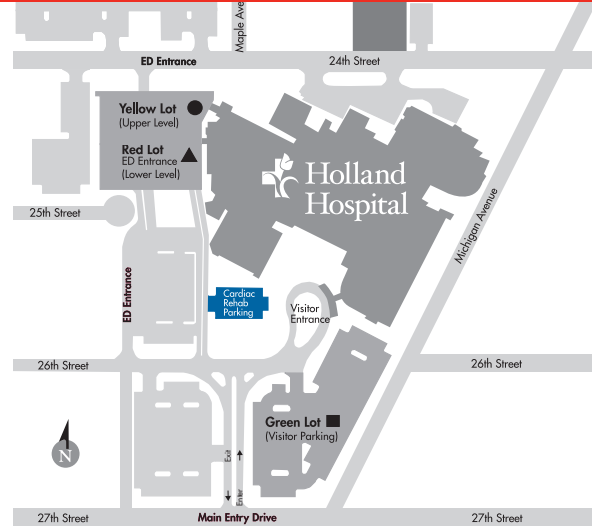
What is CHEER?

- C** – Congestive
- H** – Heart Failure
- E** – Education
- E** – Evaluation
- R** – Resource



CHEER Heart Failure Program

An education and support program led by nurses to help you live with heart failure.



602 Michigan Avenue Holland MI 49423
 Monday - Friday 8 a.m. - 4 p.m.
 P: 616.494.4031 | F: 616.394.3387 | hollandhospital.org



How can I get services from The CHEER Program?

Please call our registered nurses at (616) 494-4031 to inquire if you are a candidate for the program.

Heart failure means that your heart does not pump enough blood to meet the body's needs. This can cause you to retain fluid which may cause swelling, shortness of breath or make you feel very tired.

Symptoms of Heart Failure:

- Difficulty breathing or shortness of breath
- Sudden increase in weight
- Swelling in legs or stomach
- Increasing fatigue or weakness

Heart Failure Self-Managed Care

Heart failure is an illness that can be managed with medications and close self-managed care.

- Daily weight checks
- Take medications
- Eat less salt
- Drink less fluids
- Exercise

The most important thing you can do for your health is to learn more about your heart failure. Through one-on-one sessions, or group classes and regular telephone calls our heart failure nurses can help you.

Program Services

Holland Hospital's CHEER Heart Failure Program is managed by registered nurses who specialize in heart failure. They work closely with you and your doctor to monitor your condition and help you make the necessary changes so you'll feel better and stay out of the hospital.

The program offers you a range of services including:

- Scheduled nurse visits via telephone or office for assessment and education
- Education on heart failure self-management
- Materials to reinforce the education you received
- Support groups to help you and your family live with heart failure



The CHEER program is a FREE service of Holland Hospital.