

What is EECp?

EECP is a validated USA FDA approved non-invasive treatment for chest pain and poor heart function patients. It is an extensively researched treatment modality for cardiac patients with more than 160 international publications to support this treatment.

EECP is done as an outpatient procedure and it uses the patient's own blood flow to stimulate new blood vessel formation around the blocked arteries so as to naturally bypass the blocked arteries.

Who can get EECp done?

Patients who have been diagnosed to have the following conditions:

- Patients with severe chest pain.
- Patients of congestive heart failure
- Patient who suffers from coronary artery disease/blocks (single or multi vessel).
- When medications do not relieve chest pain or heart failure symptoms
- Patients not eligible for invasive procedures like bypass surgery.
- Heart disease associated with diabetes, hypertension, kidney disease who are not amendable for surgery
- Recurrence of chest pain after surgery or angioplasty.
- Patients wanting to avoid invasive procedures

What are the advantages of EECp therapy?

- Out patient procedure
- No hospitalization
- No pain
- No sedatives required
- No injections given
- No surgery involved so no anesthesia used
- No break in normal routine except for 1 hour daily
- No recuperation period

What are the benefits of EECp therapy?

Most patients experience optimistic results, such as:

1. Chest pain disappears or is less frequent or of lesser intensity.
2. Increased blood supply to the part of the heart was suffering due to the block in the artery.
3. Improved heart function
4. Increase in energy levels.
5. Reduction in dose and frequency of medicines
6. Increase in quality of life.
7. Better equipped to take part in daily activities with little or no pain.

How is the treatment done and for how long?

You lie on a comfortable treatment bed with large blood pressure-like cuffs wrapped around your legs and buttocks. These cuffs inflate and deflate at specific times between heartbeats. The inflation and deflations correlates with your ECG. The special sensor applied to the finger, checks the oxygen level in the blood and monitors the pressure waves created by the cuff inflations and deflations.

Treatments are usually given for 1 hour each day, 5-6 days a week, for a total of 35 hours. Sometimes, patients get two treatments in one day with 6 hour gaps between sessions. Some patients may require extended hours depending on their particular medical situation and goals (as advised by Cardiologist).

What will I feel during treatment?

EECP feels like a deep muscle massage to your legs. During the treatment, you do not feel anything in the chest or heart. You only feel the cuffs that are wrapped around your legs squeezing in time to your own heartbeat. Our patients have described this sensation as "strong feeling of hugging." Most of our patients relax, listen to music, or read during their treatments. Some even sleep!

By when will I start noticing the difference?

Most patients begin to experience beneficial results from EECP between their 15th and 25th day of treatment. These benefits include increased stamina, improved sleeping patterns, decreased angina, and less reliance on nitroglycerin and other medications.

Are there any side effects of EECP?

EECP is safe. Some patients experience mild skin irritation under the areas of the pressure cuffs. If so, therapists address this irritation by using extra padding where needed to make the patient

comfortable. Some patients experience a bit more fatigue at the beginning of their course of treatment, but it usually subsides after the first few sessions. In fact, patients typically feel energized by EECP.

How long do the benefits of EECP therapy last after a course of treatment?

The International EECP Patient Registry (IEPR) collects data on the safety, effectiveness, and long-term benefits of EECP therapy. The IEPR data have shown that benefits of EECP therapy can last up to three to seven years after completing a full course (35 hours) of treatment.

Who are the patients who cannot have EECP done?

EECP is not advised for:

- pregnant women
- patients with a severe leakage in their aortic valve requiring surgical repair
- patients with an active blood clot in their heart and leg
- recent heart attack or surgical procedure (in the last 1 month)

Over the last 5 years, EECP is being used by cardiologists and cardiac surgeons in more than 300 centres across India and thousands of centres across the world giving better quality of life and a sensation of wellbeing to millions of heart patients.