

"We cure because we care..."



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### 9. Do I need to do any investigations after the treatment ?

Some patients want to visualize the post EECPP treatment improvement when compared to the previous reports. They can repeat exercise treadmill test or Echo - cardiography or nuclear scan after the treatment. Some physicians might feel that a follow - up test is unnecessary since the patient's symptomatic clinical improvement itself has demonstrated increased blood flow to the heart muscle.

### 10. Do I need anything special to prepare myself for the treatment ?

EECCP is a safe, out patients, non-invasive treatment. So you don't have to restrict any of your daily routine work. You can fix your one hour time treatment schedule according to your convenience. Before you start the treatment other instruction will be given as:

- You will be asked to wear tight fitting elastic pants. This is to prevent skin irritation or abrasion
- Avoid taking food two hours before the treatment.
- Empty your bladder before starting the treatment.
- If you are taking any diuretic medications avoid taking them before the treatment.
- Continue your regular medications as prescribed by your physician.

### 11. What are the benefits of EECPP ?

- US FDA tried and proven treatment
- Totally OPD procedure, no hospitalization and no recovery time.
- No risk, non-surgical and non-invasive safe treatment.
- Cost effective and economical as compared to Bypass and Angioplasty
- Risk free repeatable procedure with booster sessions.
- Treats whole heart instead of working on one particular point.
- Painless and long lasting results.
- No age limit. Treatment can be given at any age group.
- Diabetic and Hypertension patients can be effectively treated.
- Patients suffering from stroke can be effectively treated.

### Facilities Offered :

- **Cath-lab**  
Angiography & Angioplasty  
DSA  
Pace Maker
- **Cardiac OT**  
CABG (Bypass Surgery)  
Valve Surgery  
ASD, VSD, PDA.
- **Ortho OT**  
Orthopaedic Surgery  
Joint Replacement Surgery  
Arthroscopy
- **Neurosurgery**
- **Bariatric Surgery**
- **Cosmetic Surgery**
- **Urology & Nephrology Dept.**  
Urogenital Surgery  
Lithotripsy  
Dialysis
- **Endoscopy**
- **ENT Dept.**
- **Dental Dept.**
- **Ophthalmology Dept.**
- **General OT**
- **Paediatric Dept.**
- **ICCU**
- **General Ward**
- **Polyclinic**
- **EECCP (Enhanced External Counter Pulsation)**
- **DEXA (Bone Densitometry)**
- **EEG / EMG / BERA**
- **ECG**
- **2D Echocardiography**
- **USG (Sonography)**
- **Computerised Stress Test**
- **Pulmonary Function Test**
- **Audiometry**
- **Digital X-ray**
- **Holter Monitoring**
- **Ambulatory BP**
- **Ventilators**
- **Computerised Pathology**
- **Arterial Blood Gas**
- **Complete Health Check-up Plan**
- **Physiotherapy**
- **Cardiac Ambulance**
- **24x7 Pharmacy**
- **Canteen Facility**



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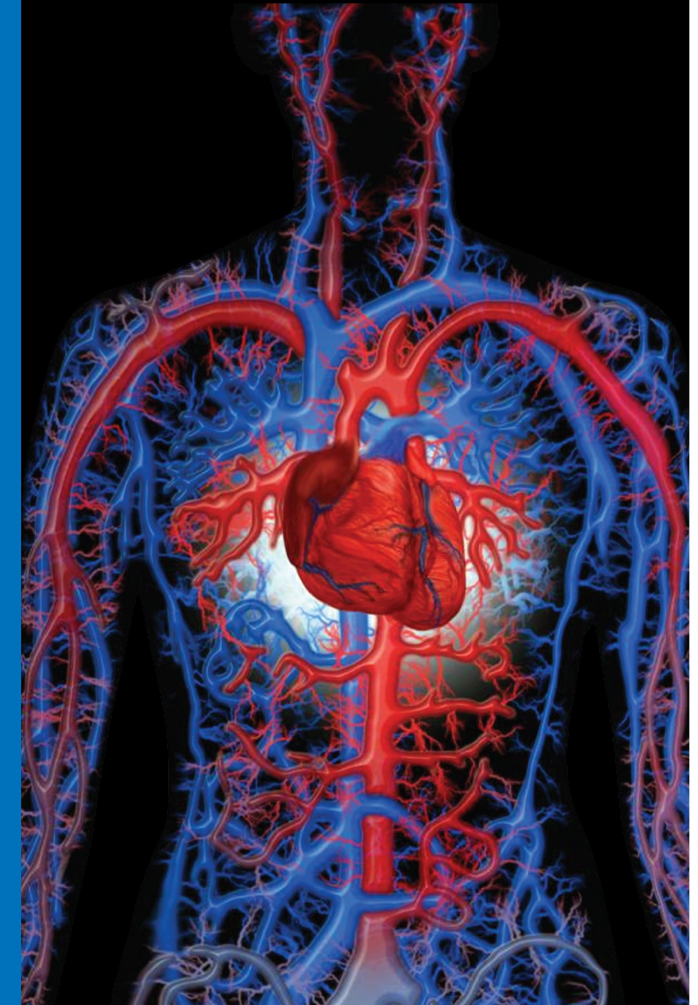
Sainath Road, Near Malad Subway, Off. S.V. Road, Malad (West), Mumbai-400064  
Tel. : 4206 6700 / 2888 5001 / 8767076009 Fax : 4206 6701

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## EECCP

### ENHANCED EXTERNAL COUNTER PULSATION

*The quick information resource for patients*



### 1. What is enhanced external counter pulsation ?

EECP is the first non surgical, non-pharmaceutical or mechanical treatment approved by US FDA for patients with chest pain and heart failure. Clinically proven to be as effective as bypass surgery and angioplasty.

ENHANCED EXTERNAL COUNTER PULSATION means:

“ENHANCED” refers to the equipment that has evolved over decades of research and development to become the state-of-the-art delivery system.

“EXTERNAL” means treatment is applied outside your body and does not require surgery.

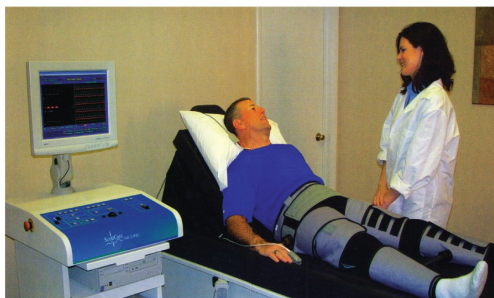
“COUNTERPULSATION” The ECP system compresses your lower limb to increase blood flow towards your heart. During counter pulsation the ECP system pumps when your heart is resting and releases pressure when your heart is working.

### 2. Why there is need for another treatment ?

Despite the advances in cardiology in treating chest pain and heart failure the problem still persists. Drugs do not always provide relief and invasive procedures have their own associated risk factors. EECP can provide the patients with all the advantages similar to that of invasive procedures without undergoing them.

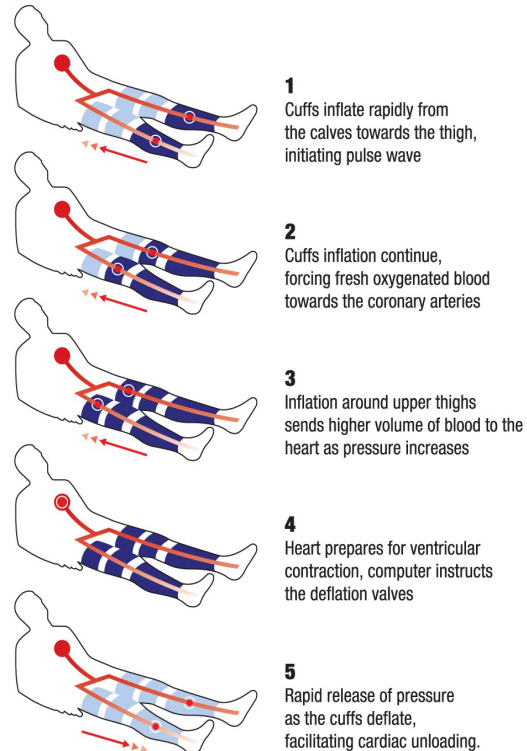
### 3. How does EECP treatment work ?

EECP therapy works to improve circulation to the heart muscle, increasing oxygen - rich blood flow to the heart and reducing the heart's workload. EECP therapy can help to build new pathways around blocked arteries in the heart by expanding networks of tiny collateral blood vessels that facilitate blood flow to the heart muscle, thereby creating a natural bypass.



### 4. What happens during an EECP treatment ?

EECP treatment is a simple and comfortable procedure. The patient relaxes on a comfortably padded mattress while a trained nurse or therapist wraps the muscular areas of the patient's calves, thighs buttocks with pneumatic cuffs, similar to blood pressure cuffs. Hoses connect the cuffs to an air pressure / vacuum pump enclosed within the bed base. The patient will feel the sensation of a strong “hug” moving upwards from the calves to the thighs to the buttocks as the cuffs inflate and deflate. Each cycle is electronically synchronized with individual's heart beats. The patients can relax and talk to visitors, watch TV or a video, listen to music, or even take a nap during the hour long procedure.



### 5. How long does this treatment take ?

EECP involves 35 days of treatment. Each treatment session is for 1 hour and the patients are asked to come five days a week for seven weeks.

### 6. Who needs EECP treatment ?

You are recommended EECP treatment if :

- You have a chronic chest pain (angina).
- Not receiving adequate relief from chest pain by taking medication.
- You do not qualify as a candidate for invasive procedure.
- You are breathless after walking a short distance / climbing stairs.
- You are unwilling to go for treatment like Bypass or Angioplasty.
- You have a re-block after a Bypass or Angioplasty.
- You want to opt for an economical and effective treatment for angina.
- You are not in a position to be hospitalized for a surgical procedure.
- You are suffering from stroke.

### 7. Does EECP give symptoms relief as in bypass and angioplasty ?

All these current modes of treatment help the heart by increasing the blood flow to the area of heart muscle not receiving adequate blood supply. Once the blood supply is increased towards normal, the patient's chest pain will be decreased or eliminated and his exercise tolerance will improve.

### 8. How do I personally know that treatment has helped me?

- Patients can walk more distance without chest pain.
- Patients would have few or no angina episodes.
- Episodes of angina would be less painful.
- Patients need for anti - anginal medications can be reduced.
- Patients can return to work and can participate in their active life style once again.
- Patients would be more energetic and confident.