

# HFpEF Program

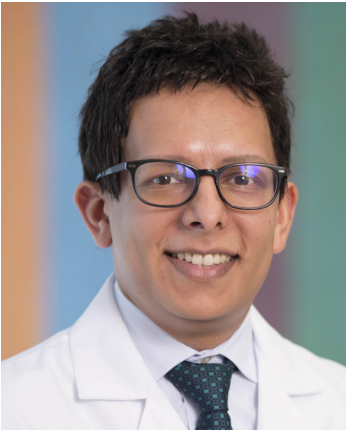
A Dedicated Program for Patients with Heart Failure with Preserved Ejection Fraction

Heart Failure with preserved Ejection Fraction (HFpEF) makes up half of all heart failure cases in the United States. If you have been diagnosed with this type of heart failure, you can benefit from our comprehensive management program in which we tailor therapy to your unique needs.



To schedule an appointment or for more information,  
please call (646) 962-7571

We accept all major insurance plans.



The HFpEF Program – one of the first in New York – is led by Parag Goyal, MD, MSc, an advanced heart failure physician and geriatric cardiologist.

## What is Heart Failure with preserved Ejection Fraction (HFpEF)?

Unlike other types of heart failure where the heart pump is damaged, HFpEF is a heart condition in which the heart pump is normal (preserved). However, stiffening of the heart muscle and abnormalities in the blood vessels can still cause heart failure symptoms, including shortness of breath, fatigue, swelling, and limitations in exercise.

## Why do we offer a program specializing in HFpEF?



### **To Ensure an Accurate Diagnosis**

Diagnosing HFpEF can be challenging. It cannot be determined by a single blood test. Our program provides a comprehensive evaluation in which we assess cardiovascular function, identify other chronic medical conditions, and evaluate for age-related concerns such as frailty and cognitive impairment.



### **To Develop an Optimal Care Plan**

We will individualize therapy based on your unique cardiovascular and medical profile. We hope to provide a treatment plan that can help relieve your symptoms, improve your quality of life, and preserve your independence.



### **To Offer Access to the Newest Therapies**

We offer some of the newest state-of-the-art therapies in our program. You will also have the opportunity to participate in clinical trials if you are interested.



### **To Provide Education**

We will help you understand how HFpEF affects you and we will provide you with the knowledge and tools to best manage this condition with the help of our team.



### **To Help Patients Take Control**

We want our patients to take part in decision-making about their care. We believe that in order to make the best medical decisions, it is important that we understand your value system and collaborate with you to help you reach your health goals.

## **What can I expect at my first appointment?**

Your visit will take about one hour. In addition to seeing our cardiologist, you may also meet other team members who will help us collect the information necessary to provide you with the best possible care.

### **Your appointment will include:**

- Detailed interview about your medical conditions and medications
- Comprehensive assessment of your function, mobility, and cognition
- Physical exam & blood tests
- Additional diagnostic testing as needed

### **Our services:**

- Evaluation of cardiovascular function
- Confirmation and explanation of a HFpEF diagnosis and how it may affect you
- Careful review and improvement of your medication regimen
- Individualized treatment strategies
- Education on best strategies for self-care
- Coordination of care and communication with your other doctors

## Meet Our Care Team



### **Parag Goyal, MD, MSc**

Dr. Goyal is a board-certified cardiologist specializing in advanced heart failure, particularly in older adults.



### **Daniel McDonald, MD**

Dr. McDonald is a board-certified cardiologist specializing in advanced heart failure.



### **Christina Ramasami, AGNP-BC**

Christina is a nurse practitioner specializing in cardiac care.

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### **The Program for the Care and Study of the Aging Heart**

New York-Presbyterian  
Weill Cornell Medical Center  
1305 York Avenue, 8th Floor  
New York, NY 10021

The Program for the Care and Study of the Aging Heart is offered by the Division of General Internal Medicine and the Greenberg Division of Cardiology of New York-Presbyterian/Weill Cornell Medical Center and its affiliated medical school, Weill Cornell Medicine. New York-Presbyterian Hospital is ranked New York's #1 hospital and our cardiology and heart surgery program is ranked #6 in the nation according to the U.S. News & World Report survey of America's Best Hospitals. The doctors and scientists of Weill Cornell Medicine are engaged in world-class clinical care and cutting-edge research that connect patients to the latest treatment innovations and prevention strategies.

