

# HEALTH ALERT!

## Star Encourages People To Have A Heart-To-Heart With Their Parents

(NAPSA)—Jennie Garth's former zip code may have been 90210, but the film and TV star is just like millions of other Americans whose loved ones are affected by heart failure. Her father, John, suffers from this serious condition. Like many others who have heart failure, John wasn't aware of his condition and wasn't receiving the optimal therapy for his condition, which includes ACE inhibitors and beta blockers. This is why the Garths are encouraging everyone who may be at risk for heart failure to look for the signs and symptoms, and if diagnosed, to make sure that they're educated about the disease and treatment options.

Many of the five million Americans who suffer from heart failure are unaware that they have it. That is because they assume that some of the most common symptoms of heart failure—such as feeling tired and shortness of breath—are signs of “just getting older.” Heart failure is a condition that occurs when the heart cannot pump well enough to meet the body's needs. This is generally because the heart muscle is too weak. Experts report that heart failure is the only major cardiovascular disorder on the rise, with an estimated 400,000 to 700,000 new cases of heart failure diagnosed each year.

The good news is that doctors can do a lot to treat heart failure, enabling patients to live more normal and fulfilling lives. The story of Jennie Garth's father is a good



**Jennie and her father, John, who has heart failure and is now living a more normal and fulfilling life.**

example of how treatment can help.

“I was very young when my dad had his first heart problems,” Jennie Garth said. “I think I was about ten when he had his first heart attack. What my family and I didn't realize was that all of his cardiovascular problems put such a strain on his heart that he later developed heart failure.”

“About a year ago, my heart condition seemed to gradually worsen,” John Garth said. “I was finding it increasingly difficult to do the things I enjoyed—especially on the ranch. I couldn't ride horses or go camping or hiking, I could barely even walk. I remember I often felt short of breath and congested in my chest.”

After his diagnosis with heart failure, John was prescribed the

beta blocking agent *Coreg*<sup>®</sup> (carvedilol) in addition to his other heart failure medications. With the addition of *Coreg* and an ACE inhibitor to his treatment, John is now able to do more of the things he enjoys, like taking walks around the ranch and working on his barn.

*Coreg* is the only beta-blocking medication approved to improve survival for patients with mild, moderate and severe heart failure. Studies have also shown that *Coreg* has reduced heart failure hospitalizations.

Although it has been confirmed that the combination of beta-blockers and ACE inhibitors can save lives, nearly 80 percent of eligible heart failure patients don't receive this combination of drugs.

### Know the Signs and Symptoms of Heart Failure:

#### Remember F.A.C.E.S.

- F - Fatigue
- A - Activities limited
- C - Chest congestion
- E - Edema or ankle swelling
- S - Shortness of breath



If you or a loved one has had a heart attack, had high blood pressure for a long time, or diabetes, you may be at risk for heart failure and should talk to your doctor. For more information on heart failure and the story of Jennie and John Garth, visit [www.coreg.com](http://www.coreg.com).

*Note to Editors: This document was written and distributed by GlaxoSmithKline. Coreg<sup>®</sup> (carvedilol) is a drug with beta-blocking properties that was approved in the U.S. for mild or moderate heart failure in May 1997. Coreg is also indicated for the treatment of severe heart failure and is the first and only beta-blocking agent proven to both save lives and be well tolerated in these patients. Some common side effects associated with Coreg include shortness of breath, weight gain, fatigue, dizziness or faintness. Patients taking Coreg who have any of these symptoms should call their doctor. Additionally, if patients experience fatigue or dizziness, they should sit or lie down and avoid driving or hazardous tasks. As with any medicine, there are some people who should not take Coreg. The people who should not take Coreg include those with severe heart failure who are hospitalized in the intensive care unit. Also, people who require certain intravenous medications to help support their circulation (inotropic medications) should not receive Coreg. Other people who should not take Coreg are those with asthma or other breathing problems, those with a very slow heartbeat, or heart that skips a beat (irregular heartbeat), those with liver disease or those who are allergic to Coreg. People with diabetes should report any changes in blood sugar levels to their physician. Contact lens wearers may produce less tears or have dry eyes. As with any medicine, patients taking Coreg should also first tell their doctor what other medications they are taking.*