

ENHANCED EXTERNAL COUNTERPULSAION

What is Enhanced External Counterpulsation?

Enhanced External Counterpulsation (EECP) is a noninvasive treatment offered to patients with chronic stable angina (chest pain due to blockages in the arteries of the heart). It is done in the outpatient setting at a clinic or hospital. EECP works by increasing the flow of blood to the heart by squeezing blood from the legs up towards the heart.

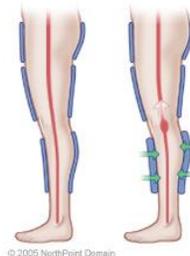
EECP was developed by scientists in the 1950's but was approved for treatment of chronic stable angina in 1995 by the FDA. This treatment is generally recommended for patients who have exhausted other treatments for chronic stable angina such as surgery, angioplasty and stents, and various medications.

What happens during an EECP session?

EECP is generally conducted in a series of 35 one-hour sessions. You will arrive to the hospital or clinic and lie flat on a bed in a treatment room. Heart monitor electrodes (EKG monitoring) are attached to your chest to monitor your heart rhythm and heart rate. Your oxygen level may also be monitored through a small electrode placed on your fingertip.



EECP cuffs are wrapped around your calves, lower thighs, and upper thighs. The cuffs are inflated and deflated according to the rhythm of the patient's heart beat. The cuffs are inflated one at a time in a sequence from lower leg (calves) to upper leg (upper thighs). The cuffs deflate at the same time while the heart pumps blood out from the heart to the rest of the body. This inflation and deflation is repeated for the one-hour session.



Is there anything specific to do after an EECP treatment session?

- No, there are no specific after care instructions. You may resume your usual activity level and diet immediately after the session.

- You may feel slightly fatigued after the first few treatment sessions, but this is likely to decrease after the first few sessions are completed.

Please do not hesitate to contact our office if you have any questions or concerns prior to your test.

Thank you!