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By 2030, it is estimated that over 8 million Americans will suffer from heart failure. Teaching heart failure patients about their disease is critical if they are to understand and comply with their treatment plan. Learning how to perform self-care and detect changes in their condition can help avoid negative outcomes and may also reduce readmission rates.

To suggest a topic, please email wellness@rochesterregional.org. To read the full article, click the linked title or contact the Werner Medical Library.


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