

# Cardiac Rehabilitation

## An Individualized Supervised Program For You

### What is Cardiac Rehabilitation?

- An individualized and personalized treatment plan, including evaluation and instruction on physical activity, nutrition, stress management, and other health related areas
- An important part of the treatment of your specific heart problem. If you have one of the following diagnoses you may be eligible to participate
  - » Heart Attack
  - » Angina
  - » Cardiac surgery, such as coronary bypass or valve surgery
  - » Coronary artery angioplasty or stents
  - » Heart failure
  - » Heart transplantation
- Generally covered by most health insurance companies but check your plan to determine copays or other requirements. Contact your local Cardiac Rehabilitation facility to inquire what programs are available for patients who do not have insurance

### Benefits of Cardiac Rehabilitation:

- Live longer and lessen your chances for another heart attack
- Control heart disease symptoms such as chest pain or shortness of breath
- Stop or reverse damage to your blood vessels in your heart
- Lessen the physical and emotional effects of heart disease
- Improve your stamina and strength, getting you back to your usual activities, including work, hobbies, and regular exercise
- Improve your confidence and well-being



*Recent scientific studies have shown that people who complete a cardiac rehabilitation program can increase their life expectancy by up to five years.*

### Cardiac Rehabilitation Offers:

- Assessment of your personal risk factors for heart and blood vessel disease
- Beginning and maintaining a personalized exercise plan that works for you
- Psychological/stress assessment and counseling
- Education and support to make healthy lifestyle changes such as:
  - » Maintaining a healthy weight
  - » Heart healthy eating
  - » Avoiding tobacco and environmental smoke
- Opportunity to meet and share stories with other patients like you
- Monitoring and better control of:
  - » Blood pressure
  - » Lipids /cholesterol
  - » Diabetes
- Improved communication with your doctor and other healthcare providers about your progress following your cardiac event