



Cardiac Rehabilitation

What is cardiac rehabilitation?

Cardiac Rehabilitation generally refers to a medically supervised exercise program combined with classes on how to improve your diet, quit smoking, and reduce stress in your life. The goal is to help you regain energy and strengthen your cardiovascular system. Cardiac rehabilitation is intended primarily for individuals with known coronary artery disease who need to improve their level of fitness.

Is cardiac rehabilitation right for me?

You may be a candidate for cardiac rehabilitation if you have been diagnosed with any of the following heart problems:

- Angina or chest pain.
- Abnormal stress EKG.
- Heart attack.
- Heart failure.
- Hypertension or high blood pressure.
- High risk factors for heart disease, including high total or LDL cholesterol levels or diabetes.

You should also consider Cardiac Rehabilitation if you have recently had any of the following procedures:

- Coronary angioplasty.
- Stent placement.
- Coronary bypass or valve surgery.
- Heart transplant.



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What are the benefits of cardiac rehabilitation?

Cardiac Rehabilitation can help you significantly reduce your chances of having repeat problems with your heart and can improve your chances for long-term survival. Specifically, you can:

- Reduce your risk factors for heart disease.
- Help decrease chest pains and improve your heart health.
- Maintain or improve current cardiovascular fitness.
- Monitor medications and instructions prescribed by your doctor.
- Learn how to develop and stick to a healthy nutrition plan for life.

How long will I need to be in cardiac rehabilitation?

Cardiac Rehabilitation usually begins while you are still hospitalized for heart problems. A Silver Cross nurse or exercise physiologist may visit you to help you practice breathing exercises, muscle relaxation techniques and range-of-motion (flexibility) exercises.

Once you are discharged from the hospital, you may choose to join Silver Cross Hospital's outpatient Cardiac Rehabilitation program held in the LaVerne and Dorothy Brown Cardiovascular Institute.

The length of time of your Cardiac Rehabilitation program will depend on the type of medical treatment you received, your physical condition and your discussions with your physician. The exercises and health education classes you complete should be tailored to your individual medical needs.

At the end of this 6- to 12-week period, you and your physician may decide that a long-term maintenance Cardiac Rehabilitation program is appropriate for you.

Take care. Take charge. Take heart.

Heart disease is the #1 killer of women. It is a greater threat than all cancers combined. Since 1984, more women than men have died each year of heart disease.

Silver Cross Hospital's Women's HeartAdvantage Program is committed to helping women with heart disease. But while there is much a hospital, its physicians and nurses can do, we can make an even greater difference together with you. Take care of yourself. Know what your risk is. Know what your heart health indicators are. And then take charge. Choose to quit smoking, to eat better, to exercise more, and to improve your health. Because women of America, this is your life. We hope you'll put your heart into it.

For more information on the Silver Cross Hospital Women's HeartAdvantage Program, call 1-888-660-HEAL (4325) or go to www.silvercross.org.



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