



Cardiac rehabilitation can dramatically enhance the physical and mental status of any participant during recovery of cardiac conditions.

Benefits include:

- Improved exercise tolerance
- Improved cholesterol levels
- Improved quality of life
- Confidence to perform routine daily activities
- Increased understanding of heart disease and its management
- Improved self-esteem
- A feeling of being in control of your life



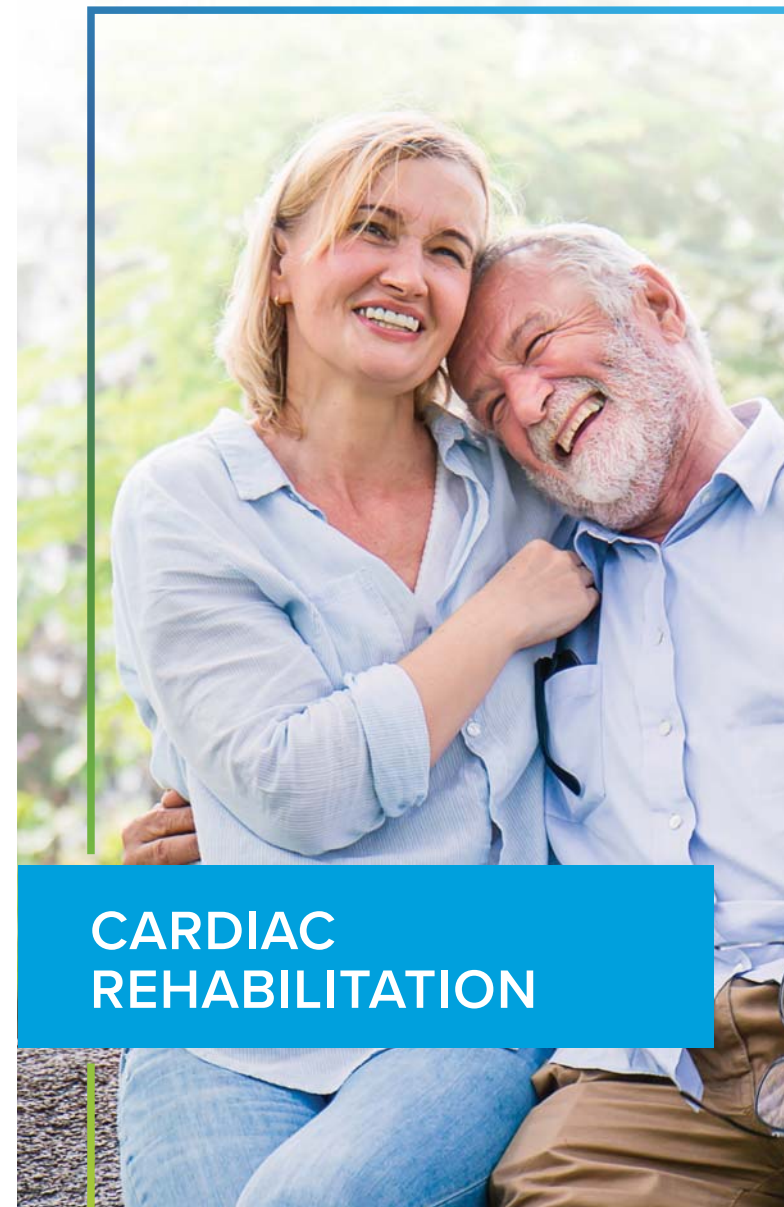
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EXPERIENCE MAKES *the* DIFFERENCE.

JennieStuartHealth.org

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CARDIAC REHABILITATION



EXPERIENCE MAKES *the* DIFFERENCE.



A NEW SERVICE TO HELP STRENGTHEN YOUR HEART

Jennie Stuart Health recognizes that one of the greatest concerns facing any person with a heart condition is preventing a heart event in the future. Cardiac rehabilitation is a planned program to improve both your heart function and your overall health. It involves:

- Medical evaluation
- Prescribed exercise
- Education
- Counseling

Cardiac rehabilitation teaches individuals about their disease, symptoms and management—ultimately helping those with heart disease improve their coronary risk factors. The outpatient program's mission is to help individuals with heart disease achieve a full and productive life while enabling participants to reach a personal level of physical, psychological, vocational and social health.

OUTPATIENT CARDIAC REHABILITATION

Jennie Stuart Health offers an outpatient cardiac rehabilitation program that typically begins shortly after a heart patient's discharge from the hospital. Individuals who have undergone coronary bypass surgery, angioplasty, myocardial infarction, heart failure, heart transplant, valve repair/replacement or those who are diagnosed with stable angina may be referred to the program by their primary physician.

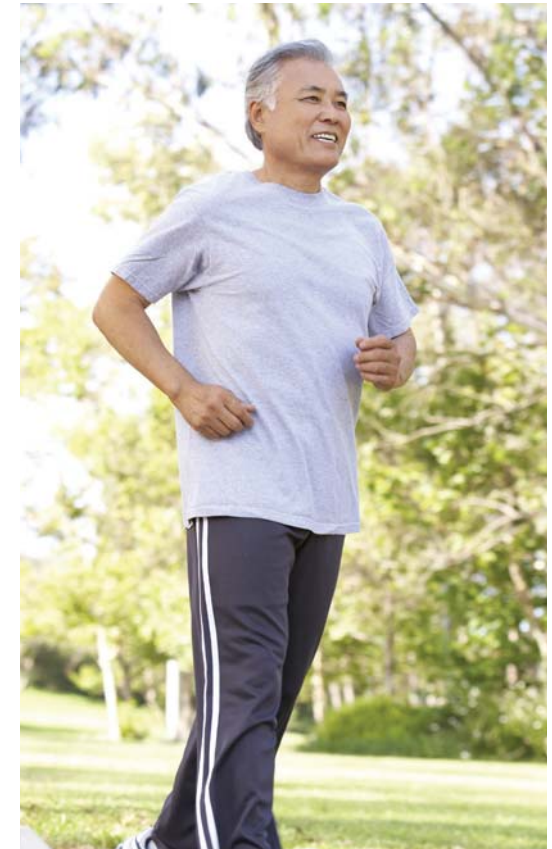
Cardiac rehabilitation monitors and improves the recovery process, increases physical fitness and reduces the risk of new cardiac events.

THE PROGRAM

Dr. Rao Velaga, medical director of the cardiac rehabilitation program, leads our team of experts who closely monitor your recovery process. The structured 12-week program begins with an initial medical evaluation from which a personalized exercise program is developed. This exercise prescription is tailored to meet your specific cardiovascular needs. Our primary focus is to enable you to return to your typical activities of daily living, with an emphasis on aerobic exercise. For heart patients, the benefits of exercise are tremendous. Numerous studies reveal that regular aerobic exercise is one of the most important factors in recovering from a cardiac event, and is documented to even decrease the risk of having another heart event.

YOUR EXERCISE PRESCRIPTION

Typically, participants attend exercise sessions three times per week for 12 weeks in our Cardiac Rehabilitation Unit, located on the 8th floor. Individuals safely perform their monitored exercises under the watchful eye of our supportive medical rehabilitation team, with continuous monitoring of blood pressure, heart rate, rhythm and overall response. Emphasis is placed on aerobic exercise such as walking and cycling, but regimens also include flexibility and muscle strength training.



EDUCATION

Strengthening your heart is not the only benefit to Jennie Stuart Health's cardiac rehabilitation program; we instruct patients on how to reduce their risk of cardiac events through healthy lifestyle changes, involving:

- Stress management
- Nutrition/Cholesterol management
- Smoking cessation
- Hypertension management
- Diabetes management

Many patients can return to usual activities within a few months after a heart attack or heart surgery.