

The Purpose of Cardiac Rehab

You can benefit from cardiac rehab if you:

- Have heart disease, such as angina, or have had a heart attack.
- Have had coronary bypass surgery, a balloon catheter, or stent procedure on your heart.

Cardiac rehab can make a difference.

It is a safe and effective way to help you:

- Feel better faster.
- Get stronger.
- Reduce stress.
- Reduce the risks of future heart problems.
- Live longer.

Almost everyone with heart disease can benefit from some type of cardiac rehab.

No one is too old or too young. Women benefit from cardiac rehab as much as men.

Saint Vincent Cardiac Rehabilitation Program
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THE SAINT VINCENT CARDIAC REHABILITATION PROGRAM



The Keys To Heart Health



Exercise	Regular physical activity that is tailored to your abilities, needs and interests.
Education	Learning about your heart problem, its causes and treatments, and how you can manage it.
Counseling	Advice on why and how to change your lifestyle to lower your risk of further heart problems.
Behavior Change	Learning specific skills to enable you to stop unhealthy behaviors (such as smoking) or to begin healthy behaviors (such as eating a heart-healthy diet).

The nurses will check your incision (if you had surgery), talk to you about your medications and answer any questions you may have concerning your care or recovery. Reports will be sent to your physicians informing them of your progress in cardiac rehab.

The exercise specialist will instruct you on how to take your pulse. You can apply this same skill any time you engage in an activity that requires more work than usual. The specialist will also show you the proper way to exercise both in and out of class including warm-up, cardiovascular and flexibility exercises. Your exercise program will be specifically individualized while taking into consideration any limitations you may have .

The Benefits of Cardiac Rehab and Exercise

By participating in the cardiac rehab program at the Saint Vincent Rehab Center and developing a regular exercise schedule, we anticipate that you will begin to feel both physically and emotionally healthy. Exercise promotes a general feeling of well-being and will increase your endurance and tolerance for physical activities.

We emphasize making dietary modifications to lower your cholesterol, losing weight to help lower blood pressure and the cessation of smoking. It is anticipated that participation in this type of program will lead you to living a happier, healthier lifestyle. Patients completing the program often comment on their increased self-confidence, improved sense of well-being, reduced fatigue and a feeling of increased energy. We often receive thanks for “setting them on the right track!”

One of the most important parts of the program is helping you, your family and your spouse understand that your heart disease does not mean the end of a meaningful life. With proper treatment, education, motivation and exercise, you may return to a lifestyle that is healthier than before the diagnosis of your heart disease.

Prevention through education and lifestyle changes are the greatest aid in having a healthy cardiovascular system and a happy and fulfilling life!

For more information contact the Saint Vincent Cardiac Rehab Center at (814) 452-7843.

How Does Cardiac Rehab Work At Saint Vincent?

Cardiac rehab is a series of physician-referred, monitored, medically supervised exercise sessions three times per week. Each session lasts about one hour and consists of a warm-up phase which prepares your heart and other muscles for exercise, an aerobic period for cardiovascular benefits using various machines (such as bicycles, treadmills, and free weights), light strength training, and a cool-down phase to gradually return your heart rate and circulation to a pre-exercise state while increasing your flexibility.

You don't compete with anyone, everyone proceeds at their own pace according to where they are in the healing process. Other health problems such as arthritis, and individual needs and concerns are addressed to make your participation in our program a pleasant, beneficial experience.

Because your exercise sessions are medically supervised, special attention is focused on your heart rate, heart rhythm, blood pressure and your response to exercise. A nurse constantly monitors your heart rate and heart rhythm through a monitor such as the one you wore during your hospital stay. Your blood pressure will be checked at least three times during each session.