

Cardiac rehabilitation

Cardiac rehabilitation (rehab) is an organized inpatient and outpatient program. It helps patients with cardiac diseases or patients who have had procedures quickly and completely recover through the use of education classes specifically for cardiac patients and supervised exercise programs.

Cardiac rehab can help patients manage their blood pressure, blood sugar and body weight, which ultimately leads to increasing overall heart health, ability to perform daily activities and knowledge about their disease.

Patients recovering from various heart or vascular procedures and conditions described below benefit most from cardiac rehabilitation:

- Cardiovascular disease, heart attack, heart valve replacement/repair, bypass surgery
- Heart transplant, aortic aneurysm replacement/repair, angioplasty/stents, heart failure
- Pacemaker/internal defibrillator devices or other forms of vascular or heart disorders

Indiana University Health locations:

Indiana University Health West Hospital (317.217.3627)

Indiana University Health Saxony Hospital (317.678.3900)

Mental health

Depression is a common condition among heart patients. It is normal, on occasion, to feel sad. However, if you feel sad for no reason for extended periods of time, you should seek help.

While you are in the hospital, or at home, there are many ways to get help and approach treating depression, such as medication, therapy, social support and lifestyle changes.

If you, or someone you know, is in need of help, contact:

- Adult & Child Center (317.882.5122)
- Gallahue Mental Health Services (317.612.7600)



Community resources



Indiana University Health

A private, nonprofit organization, Indiana University Health is Indiana's largest comprehensive health system and is comprised of hospitals, physicians and allied services dedicated to providing preeminent care throughout Indiana and beyond. Our unique partnership with the Indiana University School of Medicine gives our highly skilled physicians access to innovative treatments using the latest research and technology.

Discover the strength at iuhealth.org

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Indiana University Health

American Heart Association - Indiana

The American Heart Association - Indiana provides a variety of services through the My Heart. My Life. prevention platform that focus on healthy eating. My Heart. My Life. includes guidelines to make smart diet and lifestyle choices, tips for cooking, recipes and tips for eating healthy while dining out.

For more Information call or visit:

- 317.732.4700
- heart.org/nutritioncenter



Farmers market: Garden on the Go

The IU Health Garden on the Go program is a mobile farmers market for neighborhoods in Marion County with limited access to healthy food. The Garden on the Go truck makes stops in Marion County neighborhoods, community centers and public facilities year-round.

Produce comes from local sources, which creates a wide variety of vegetables and fruits available for purchase. Customers can pay with credit card, cash and SNAP/EBT.

Other farmers markets around Indianapolis:

- Eskenazi Health: 720 Eskenazi Ave. Contact 317.880.4785
- Broad Ripple: 1115 Broad Ripple Ave. Contact 317.251.2782
- Market at Hague: 7800 N. Hague Road. Contact 317.471.8229

To find more information and locations, follow Garden on the Go:

Follow on Twitter at @GardenonGo or visit iuhealth.org/gardenonthego

Transportation

American Red Cross of Indiana provides free, referral-based transportation for preventive and life-saving medical appointments in Boone, Clinton, Hamilton, Huntington, Marion and Tippecanoe counties. Transportation requires a referral from a social worker, physician or medical clinic.

IndyGo's Open Door is a curb-to-curb, shared ride service based on reservation. To utilize the IndyGo Open Door service, individuals must be deemed eligible for paratransit service. Applications are available through:

- IndyGo Customer Service Center at 317.635.3344
- Online at IndyGo.net under Open Door
- Eskenazi Health's Meadows and West in-person assessment/interview at 317.614.9260

Bring your completed application and verification forms with you to the interview.

If needed, transportation to and from the interview can be arranged at no cost to you.