

### 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

### 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
  - Coronary artery angioplasty or stents
  - Open heart surgery such as coronary bypass or valve surgery
  - 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

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

# AACVPR

American Association of Cardiovascular  
and Pulmonary Rehabilitation

Promoting Health & Preventing Disease