

## What is Cardiac Rehabilitation?

**Cardiac Rehabilitation** (Cardiac Rehab) is a professionally supervised outpatient program that helps patients recover from heart attacks, cardiac bypass surgery, heart failure (CHF), stable angina, valve replacement/repair, coronary stenting and heart transplant. Cardiac Rehab provides support and guidance through exercise and education. The goals of the program are to improve strength and endurance, reduce cardiac symptoms (chest pain, shortness of breath), improve health and reduce the risk of future cardiac problems.

Cardiac Rehab is covered by most insurances. Orientation may be set up while you are an inpatient and scheduled for one or two weeks after you are discharged from the hospital or your doctor may refer you to the program.



### Cardiac Rehabilitation Program at Penn Highlands Healthcare

**Penn Highlands Brookville\***  
100 Hospital Road | Brookville PA  
**814-849-1818**

**Penn Highlands Clearfield\***  
A Campus of Penn Highlands DuBois  
809 Turnpike Avenue | Clearfield PA  
**814-768-2144**

**Penn Highlands DuBois\***  
100 Hospital Avenue | DuBois PA  
**814-375-3591**

**Penn Highlands Elk\***  
757 Johnsonburg Road | St. Marys PA  
**814-788-8400**

**Penn Highlands Huntingdon\***  
1225 Warm Springs Avenue | Huntingdon PA  
**814-643-7064**

**Penn Highlands Mon Valley**  
Mon Valley HealthPlex  
800 Plaza Drive, Suite 200 | Belle Vernon, PA  
**724-379-1920**

\*Certified by the American Academy of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

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# Cardiac Rehabilitation Program

Penn Highlands Healthcare



# Orientation

## WHAT WILL HAPPEN IN ORIENTATION?

During orientation, a thorough **medical history** is obtained and you will be asked some questions regarding your diet, emotional status and knowledge of coronary artery disease. You will walk in the hallway for six minutes to assess your current state of fitness and where to begin your exercise program. Orientation lasts approximately one hour.

## WHAT TO BRING:

- A current list of medications
- Your insurance cards
- Comfortable clothing and shoes
- Reading glasses, if needed

## Why It's Important To Attend

By attending the **Cardiac Rehab Program**, you will experience many health benefits that help with heart disease, such as:

- Improving the quality of your life
- Decreasing the risk of heart disease and mortality rate
- Decreasing cardiac symptoms such as chest pain, shortness of breath and fatigue
- Increasing your overall strength and endurance
- Increasing self confidence
- Decreasing stress
- Changing your risk factors of heart disease (improved cholesterol, blood pressure, blood sugars)
- Decreasing depression and anxiety
- Being able to return to work and perform activities of daily living with less difficulty

## Facts you should know:

- Heart disease is the leading cause of death for men and women
- In the United States, someone has a heart attack every 40 seconds
- An estimated 116 million adults in the United States have high blood pressure
- Around 38% of American adults have high cholesterol
- About 74% of American adults aged 20 or older are overweight or obese
- Only 22.9% of Americans get the minimum amount of exercise recommended by federal guidelines
- If you have diabetes, you are twice as likely to have heart disease or a stroke

Source: Centers for Disease Control and Prevention ([cdc.gov](http://cdc.gov))

## CARDIAC REHAB EDUCATIONAL CLASSES

Classes are held in an informal manner during class time and cover a variety of topics.

### EXERCISE FOR YOUR HEART

This class is geared toward establishing a safe and effective home exercise program. You will also learn of many benefits of a cardiovascular and strength training program.

### CHOLESTEROL

This class provides information on how to reduce your blood cholesterol levels. You may be given your most current lipid profile (total cholesterol, triglycerides, HDL and LDL).

### CORONARY ARTERY DISEASE (CAD)

CAD affects over 13.5 million Americans. Learn to identify your risk factors and ways that you can change them. We review the correct use of

nitroglycerin and the signs and symptoms of cardiac problems requiring medical attention.

### MEDICATIONS

When a patient has heart disease that requires intervention, many medications may be added to what you already take on a daily basis. We will review your medications and will answer any questions that you may have.

### PSYCHOLOGICAL ASPECTS OF HEART DISEASE AND STRESS MANAGEMENT

There are many changes that accompany heart disease, and these changes can have a major impact on daily life. We will hold an informal discussion to review stress management techniques and alert you to signs of depression.

### NUTRITION

Good nutrition is important in altering your risk factors of heart disease (obesity, diabetes, high blood pressure and high cholesterol). We will show you ways to improve your diet for a healthier lifestyle.