

WHAT IS CARDIAC REHABILITATION?

Cardiac Rehabilitation (Cardiac Rehab) is a professionally supervised outpatient program that helps patients recover from heart attacks, cardiac bypass surgery, stents, angioplasty and other heart related illnesses. 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.

The Penn Highlands Healthcare Cardiac Rehab Programs are certified by the American Academy of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Cardiac Rehab is covered by most insurances. Orientation maybe set up while you are an inpatient and is scheduled for one or two weeks after you are discharged from the hospital.



CARDIAC REHABILITATION SERVICES

Penn Highlands DuBois

100 Hospital Avenue
DuBois PA 15801
814-375-3591

Penn Highlands Brookville

100 Hospital Road
Brookville PA 15825
814-849-1818

Penn Highlands Clearfield

809 Turnpike Avenue
Clearfield PA 16830
814-768-2144

Penn Highlands Elk

Outpatient Rehab Building
757 Johnsonburg Road
St. Marys PA 15857
814-788-8400

Penn Highlands Huntingdon

1225 Warm Springs Avenue
Huntingdon PA 16652
814-643-7064

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www.phhealthcare.org

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CARDIAC REHABILITATION SERVICES AT PENN HIGHLANDS HEALTHCARE



CARDIAC REHAB PROGRAM
of 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 number one killer of both men and women
- This year, 1 million Americans will have a heart attack and 452,000 of these will die
- An estimated 72 million Americans age 20 and older have high blood pressure
- About 36 million Americans have high cholesterol
- About 66% of Americans age 20 and older are overweight or obese
- CDCP (Centers for Disease Control and Prevention) data shows that only 30% of Americans engage in some form of exercise
- At least 65% of people with diabetes die from some form of heart or blood vessel disease (stroke, kidney disease, peripheral vascular disease)

Source: American Heart Association (americanheart.org)

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 strengthen training program.

Cholesterol

This class is provides information on how to reduce your blood cholesterol levels. You will 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 risks factors and gives you ways that you can change them. We review the correct use of nitroglycerin and 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.