

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 Elk Cardiac Rehab Program is located on the ground floor of the Outpatient Rehabilitation building.

Sessions are held three times weekly:

Mondays, Wednesdays and Fridays

Various times are available, and sessions usually last one hour.

Our staff consists of registered nurses. Other support staff include a pharmacist and registered dietitian. The Penn Highlands Elk Cardiac Rehab Program is certified by the American Academy of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Cardiac Rehab is covered by most insurances.

CARDIAC REHABILITATION SERVICES

PENN HIGHLANDS ELK

757 Johnsonburg Road
St. Marys, PA 15857

CONTACT US

814-788-8400

DIRECTIONS

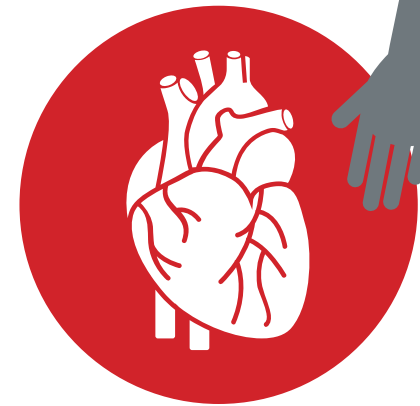
Our exercise room is located on the ground floor of the Outpatient Rehabilitation building at Penn Highlands Elk St. Marys Campus.

VISIT US ON THE WEB

www.phhealthcare.org

CARDIAC REHABILITATION SERVICES

AT
PENN
HIGHLANDS
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MARCH 2015

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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 start equipment settings. Orientation lasts approximately one and a half hours.

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 provides information on how to reduce your blood cholesterol levels and is taught by a registered nurse. You will be given your most current lipid profile (total cholesterol, triglycerides, HDL and LDL).

Coronary Artery Disease (CAD)

CAD affects more than 13.5 million Americans. A registered nurse helps you identify your risk 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. You will have an opportunity to meet with a staff pharmacist. He or she 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. Our staff will 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). A registered dietitian will show you ways to improve your diet for a healthier lifestyle.

