

# Cardiac Rehabilitation

## HELPING HEAL AND STRENGTHEN YOUR HEART

Whether you've been diagnosed with heart disease, including angina and coronary heart disease, or have had a heart attack, getting your heart back to health takes extra care. Our approach to cardiac rehabilitation combines education, exercise and emotional support. It's designed to help reduce the risk of repeat cardiac events.

The Cardiac Rehabilitation program at Van Wert Health combines cardiovascular conditioning exercise with education and counseling in order to make lifestyle changes necessary to reduce the risk of heart disease or slow its progression.

## WHAT ARE THE BENEFITS?

- Live longer and lessen your chances for another heart attack
- Control heart disease symptoms such as chest pain or shortness of breath
- Maintain a healthy blood pressure and heart rate
- 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 lipid panel
- Improve your confidence and well-being

Cardiac rehab typically runs for one hour, three days a week. The program lasts between six and 12 weeks, depending on your needs. Most insurers cover cardiac rehabilitation programs.

Certified through the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)

[vanverthealth.org/rehab](http://vanverthealth.org/rehab)  
419-238-8604

## REHABILITATION CUSTOMIZED FOR YOUR HEART

Our team will partner with your cardiologist to help you with a safe and healthy recovery. Your personalized care program will include:

- An exercise plan that changes as you get stronger
- Training to help you lower your heart disease risk and make healthier choices
- Techniques to manage stress in your everyday life

Focusing on your heart, we're committed to helping you get back to greater independence and better quality of life.

## POST CARDIAC REHABILITATION

At the completion of your cardiac rehabilitation, you will have the tools necessary to continue living a heart-healthy life. You will likely feel stronger, have more physical endurance, and feel confidence in your heart while performing physical tasks.

## WHO IS ELIGIBLE?

Your doctor may refer you for cardiac rehabilitation if you have one of the following:

- Angina
- Heart attack
- Coronary bypass surgery
- Heart valve replacement or repair
- Balloon angioplasty or stenting
- Other heart-related conditions and procedures

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