

CARDIAC REHABILITATION

INFORMATION

Lourdes Cardiac Rehabilitation Program is a customized plan of exercise, education and counseling created to help patients with heart disease return to a normal way of life after a heart attack, coronary bypass surgery, angioplasty, stabilized angina, valve surgery or heart transplant. It is a link between hospitalization and normal living.

The program's staff of specially trained Advanced Cardiac Life Support (ACLS) certified cardiac nurses, exercise physiologists and dieticians provide a coordinated team approach to meet the needs of each patient. Based on a patient's medical situation, lifestyle and abilities, an individualized program of exercise, education and counseling is established for each patient.

- Through exercise and education, the program will enable a patient to resume a lifestyle compatible with his or her cardiovascular fitness level. The benefits of regular activity in cardiac patients are now widely recognized.

(over)



- The patient attends 1 to 1-1/2 hours of exercise and education sessions three times a week for the duration of the program (between 6-12 weeks). These sessions involve warm-up, dynamic aerobic exercises, strength training and cool-down, education and group discussions.
- Because cardiac rehabilitation is a medically supervised and monitored program prescribed by your physician, it is covered by Medicare and most medical insurance contracts.

If you think the **Lourdes Cardiac Rehabilitation Program** can help you, call **607-798-5847**.

DON'T FORGET

The American Heart Association's modifiable risk factors for heart disease and heart attack are:

- Smoking
- High Blood Cholesterol
- High Blood Pressure
- Sedentary Lifestyle
- Obesity
- Diabetes
- Stress



169 Riverside Drive, Binghamton, NY 13905 607-798-5847
www.lourdes.com