



TAKE CONTROL OF YOUR HEART

CARDIAC REHABILITATION



YOU ARE SCHEDULED:

- John and Marnie Demmer Wellness Pavilion and Dialysis Center**
820 Arlington Avenue
Petoskey, MI 49770
Phone: (231) 487-4830
- McLaren Northern Michigan Cheboygan Campus**
748 S. Main Street
Cheboygan, MI 49721
Phone: (231) 627-1458

DATE: _____

TIME: _____

OTHER: _____

LOCATION

PHONE



mclaren.org/northern





TAKE CONTROL OF YOUR HEART HEALTH

The best way to ensure a long life after a heart event is participating in cardiac rehab. Many patients find this support key to their recovery and well-being.

YOU HAVE BEEN REFERRED TO CARDIAC REHAB BY YOUR HEALTH CARE PROVIDER DUE TO:

- Myocardial infarction
- Atherectomy/PTCA/STENT
- Open heart surgery (Valve/CABG)
- Heart failure (ER _____)
- TAVR/TMVR
- Peripheral artery disease (PAD)
- Angina
- Thoracic dissection aneurysm repair
- Other _____

Cardiac rehabilitation is a medically supervised exercise/education program to help you recover and improve your quality of life. Sessions are tailored to the needs of each individual patient. Sessions last an hour and are 3 times a week for up to 12-36 sessions.

Generally, exercise modalities in cardiac rehab include both aerobic exercise such as walking, cycling, arm ergometry, and muscle-strengthening activities that may include lifting weights or using elastic bands.

CARDIAC REHAB FEATURES

- Ongoing medication awareness
- Mediterranean diet
- Early recognition and reporting of signs and symptoms to avoid hospitalization
- EKG monitored exercise
- Daily blood pressures
- Healthy lifestyle guidance
- Blood glucose monitoring
- Referrals to resources such as:
 - Smoking cessation
 - Diabetes education
 - Weight management
 - Behavioral services
 - Social services
- Contact with physician as needed
- Improved stamina and strength

95
PERCENT

3-year survival rate for participants vs. 64% for those who did not

25
PERCENT

reduction in risk of recurrent heart attack

20
PERCENT

TO

30
PERCENT

reduction in all-cause mortality rates

KNOWING YOU'RE NOT ALONE

You will receive emotional support and camaraderie as you talk with others in similar situations who understand your feelings and fears.

After experiencing a heart event, it's not enough to eat healthier and improve exercise habits. These are definitely steps in the right direction, but it's important to improve your lifestyle and monitor your health with the assistance of a trained professional. Our staff acts as a liaison between you and your doctor.

YOUR CARDIAC REHAB TEAM INCLUDES:

- AACVPR Certified Registered Nurse
- ACSM Certified Clinical Exercise Specialist
- Daily Physician Coverage
- Medical Director Physician