

Saint Elizabeth Cardiac Rehab is located on the north side of the medical center. Parking is available adjacent to the rehab center with signs indicating where you may park.

Do it for your life!

For more information call 219-8717 and leave your name and telephone number where you can be reached during daytime hours.



Cardiac Rehabilitation

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**Saint Elizabeth
Regional Medical Center**

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Cardiac rehabilitation (rehab) is a service provided by Saint Elizabeth Regional Medical Center for individuals with heart disease. Our team of professionals will help you recover faster and return to a healthier lifestyle. Our program will help you:

- *Become physically stronger*
- *Reduce your risks of heart disease*
- *Cope with feelings of fear or apprehension*
- *Learn to recognize and deal with stress*
- *Understand the medications you take*
- *Exercise for life*

We will provide you with information and support to successfully learn a lifestyle that your heart needs to become healthier and to stay healthy. Coronary disease risk factors that you can modify include:

- Smoking
- High blood pressure
- High cholesterol/lipids
- Stress
- Sedentary lifestyle
- Overweight
- Diabetes

Who should be in cardiac rehab?

Cardiac rehab is an important part of your treatment plan if you have had a:

- Heart attack
- Coronary artery bypass surgery
- Balloon (Angioplasty) stent insertion, or athrectomy
- Congestive heart failure
- Cardiac valve replacement
- Angina

Who provides cardiac rehab?

The key to your success is our professional team.

- Nurses specially trained in cardiac care
- Physical therapists
- Exercise physiologists
- Registered dietitians
- Pharmacists
- Respiratory therapists
- And most importantly, you!

Our program has been approved by a physician advisory committee consisting of board certified cardiologists, internists and family practice physicians from the Lincoln community. Our program is the first in our community to receive national certification through the American Association of Cardiovascular & Pulmonary Rehabilitation.

How much does it cost?

We offer a very competitively priced program within this region. Cardiac rehabilitation services are covered by most insurance plans and by Medicare. We will assist you in understanding the benefits of your insurance or Medicare plan.

Why should I be in cardiac rehab?

Your life is important! You and your family need care and support as you learn to live with heart disease. This is a big step towards a longer and healthier life. You will experience the benefits of:

- Reduced risk for future heart problems
- Renewed self-confidence
- Less fear and worrying by you and your family
- Feeling and looking great
- Knowing about your heart and its health

How do I get started?

- *Cardiac Rehab requires a referral from your physician. If you have a cardiac condition, ask your physician to refer you to the Saint Elizabeth Cardiac Rehab program.*
- *Schedule an entry appointment by calling 219-8717.*
- *At your first visit, we will design a program to meet your specific needs.*

Exercise sessions are scheduled on Mondays, Wednesdays and Fridays and various education sessions are scheduled throughout your program. Every effort will be made to schedule your sessions at a time most convenient for you. Qualified staffs supervises each session monitoring your pulse, blood pressure and cardiac rhythm as indicated. Each session is limited in size to provide you with the attention and support you need.