



MDwise

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Cardiac Rehab: How It Can Help

Cardiac rehabilitation is a program for people who have a heart problem.

A team will design a cardiac rehab program to meet your goals. The team may include your doctor, a nurse specialist, a dietitian, an exercise therapist, and a physical therapist.

You may be part of a group, but each person will follow their own plan.

You will learn how to:

- Reduce your risk for more heart problems.
- Exercise safely.
- Eat heart-healthy foods.
- Stay at a healthy weight or lose weight if you need to.
- Quit smoking.
- Manage other health problems.
- Manage stress.

By the end of the program, you will be ready to do these things on your own.

Why is it done?

Your doctor may suggest cardiac rehab if:

- You have had a heart attack.
- You have coronary artery disease and angina (such as chest pain or discomfort).
- You have heart failure.
- You had coronary angioplasty or bypass surgery.



- You had a heart valve replaced or repaired.
- You had a heart transplant.

Ask your doctor if cardiac rehab is right for you.

What are the benefits?

Cardiac rehab has many benefits. It may help you:

- Have better overall health and quality of life.
- Lower your risk for a heart attack or dying from heart disease.
- Recover well after a procedure or surgery.
- Stay out of the hospital.
- Manage your symptoms.
- Manage the emotional effects of having heart disease.

- Have more energy for your usual activities.

One of the benefits may be getting to know other people in cardiac rehab. It can help to have the support of others who have had a similar experience and to know that you are

not alone.

Do you have any questions or concerns after reading this information? It's a good idea to write them down and take them to your next doctor visit.



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