Cardiac Rehab: How It Can Help

Who should enroll?
Your doctor may suggest cardiac rehab if:
• You have had a heart attack.
• You have coronary artery disease and angina (chest pain or discomfort).
• You have heart failure.
• You have had heart surgery, such as coronary artery bypass, heart valve replacement, or heart transplant.
• You have had angioplasty for coronary artery disease.

You need your doctor's approval to start cardiac rehab. 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 surgery.
• Manage your symptoms.
• Feel more hopeful and less depressed, stressed, or worried.
• 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.

Cardiac rehabilitation is a program for people who have a heart problem or have had heart surgery. Cardiac rehab can help you recover, feel better, and prevent future problems.

A team will design a cardiac rehab program to fit your needs. 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 his or her own plan.

You will learn how to:
• Reduce your risk for more heart problems.
• Exercise safely.
• Manage stress.
• Eat heart-healthy foods.
• Quit smoking.

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