

How Do I Get Started?

Contact the Baylor Cardiac Rehabilitation Program on the Dallas campus by calling (214) 820-2109 for assistance with your program.

Entrance into the program will require a physician referral. If you feel you could benefit from Baylor's services, discuss the program with your physician and request a referral.

What Other Services Are Available?

Other services offered by Baylor include Leap for Life®, Caring Hearts®, the Heart Well Forum and Wired For Life.

Leap for Life®, a half day workshop that provides detailed information on how to manage heart disease, is available to all Baylor heart patients, Baylor Senior Health Center members and the community. Workshops are held twice monthly on the Dallas campus and participants are encouraged to bring a guest.

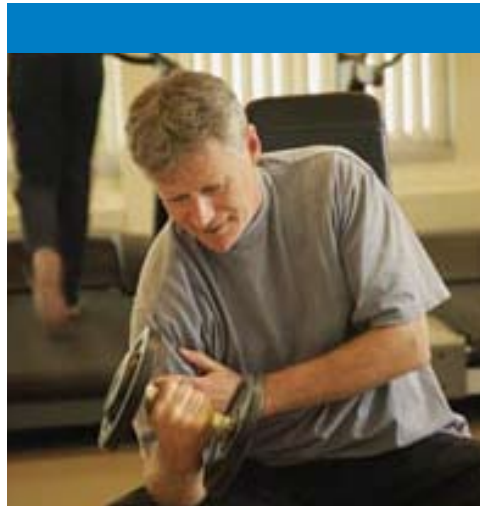
Caring Hearts® volunteers are former heart patients and/or family members of former heart patients that provide emotional support to current heart patients during their recovery period.

The Heart Well Forum is a monthly meeting and support group for heart and vascular patients and their families. The meeting features lunch, an educational program, and time for social interaction and support.

Wired For Life volunteers are past implantable cardioverter defibrillator (ICD) recipients who provide support, comfort and answers to questions to future ICD recipients.

Contact the Baylor Cardiac Rehabilitation Program today, or ask your physician for a referral. Take an important step forward toward the road to recovery.

Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Jack and Jane Hamilton Heart and Vascular Hospital, Baylor University Medical Center at Dallas or Baylor Health Care System. Photography may not represent actual patients. ©2008 Baylor Health Care System. All Rights Reserved. Revel 7/08-07BAY5005

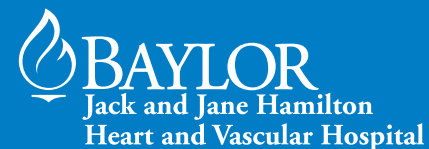


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A guide to cardiovascular rehabilitation

The road to recovery

Cardiac Rehabilitation Program

Have you been recently diagnosed with a heart problem? Have you just experienced a heart attack, angioplasty or open heart surgery? Are you and your family wondering about the next step in your recovery? Baylor can provide you with an answer. By participating in cardiac rehabilitation, you can start yourself on the road to recovery.

What Is Cardiac Rehabilitation?

Cardiac Rehabilitation's main goal is to assist you in developing a healthy lifestyle plan. Your plan will include major components of physical activity, education, stress management and nutrition counseling.

Monitored physical activity allows you to increase the efficiency of your heart and lungs, strengthen your body's muscles and, at the same time, help you gain the confidence you need to return to the daily activities you most enjoy. Activity sessions are designed to meet your personal needs, interests and abilities.

How Will I Benefit From Cardiac Rehabilitation?

Based upon each individual's personal goals, the benefits received from cardiac rehabilitation may vary. Your benefits may include:

- strengthening and conditioning of your heart and lungs
- controlling your weight and lowering your total cholesterol levels
- understanding your medications, the signs and symptoms of heart disease and when to seek medical attention
- increase your self-confidence
- laying the groundwork for the development of a healthier lifestyle
- reducing your symptoms and chances of experiencing another cardiac event
- an earlier return to work and daily activities
- developing coping and stress reduction skills, as well as relaxation techniques
- providing emotional support for you and your family



How Does The Program Work?

Our program is carefully designed to accommodate the individual needs of every cardiac patient. Participants typically spend 1 to 12 weeks in cardiac rehabilitation, attending three sessions per week. The length of your program may depend upon your goals, the progress of your recovery, or your physician's recommendation.

During the activity sessions, the Cardiac Rehabilitation Program team will monitor you with an electrocardiograph (ECG) telemetry unit that will keep them informed of how you and your heart are reacting and adapting to activity. You'll also learn how to take your pulse, determine your exercise intensity, and exercise at a level which allows you to receive maximum benefits.

Who Is On The Cardiac Rehabilitation Team?

The Baylor Cardiac Rehabilitation Program team draws from a wide array of health care professionals which may include cardiologists, internal medicine physicians, registered nurses, exercise specialists, registered dietitians, social workers, and pharmacists. Your physicians are provided with information about your recovery and progress.

The most important member of this team is you. As a team member, you are encouraged to follow your treatment plan, ask questions, and report any symptoms or problems you may be experiencing.

Is Cardiac Rehabilitation Covered By My Insurance?

Your insurance may cover part or all of the cost of your cardiac rehabilitation sessions. Insurance plans vary, so check with your insurance company to clarify the extent of your coverage.

Am I A Candidate For Cardiac Rehabilitation?

If you have been diagnosed with, treated for heart disease, or if you have experienced chest pain, a heart attack, bypass surgery, heart valve surgery, heart transplantation or a coronary angioplasty/stent, you may be a candidate for the Baylor Cardiac Rehabilitation Program. Even if you are at high risk for developing heart disease, this may be the first step to assist you in reducing your risk.



"Baylor Hamilton saved my heart, but cardiac rehab saved my life."