Progressive Cardiovascular Rehabilitation

STARTS HERE

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 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 increases the efficiency of your heart and lungs and strengthens your muscles, helping you return to a normal lifestyle. 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 in 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
• 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 6 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 Cardiac Rehabilitation team draws from a wide array of health care professionals which may include registered nurses, exercise physiologists, registered dietitians and physicians. 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 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.
Cardiac Rehabilitation Locations

Baylor Heart and Vascular Services at Dallas 214.820.2109
The Heart Hospital Baylor Plano 469.814.3550
Baylor All Saints Medical Center at Fort Worth 817.922.1139
Baylor Medical Center at Garland 972.485.2336
Baylor Medical Center at Irving 972.579.4260
Baylor Medical Center at Waxahachie 972.938.3311
Baylor Regional Medical Center at Grapevine 817.424.4564

Other locations available upon request. Please ask your health care provider for more information.

Notice Regarding Physician Ownership: Baylor Jack and Jane Hamilton Heart and Vascular Hospital and The Heart Hospital Baylor Plano are hospitals in which physicians have an ownership or investment interest. The list of the physician owners or investors is available to you upon request.

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, The Heart Hospital Baylor Plano, Baylor All Saints Medical Center at Fort Worth, Baylor Medical Center at Garland, Baylor Medical Center at Irving, Baylor Medical Center at Waxahachie, Baylor Regional Medical Center at Grapevine or Baylor Health Care System. ©2013 Baylor Health Care System. BHVH_533_2013. BHCS Cardiac Rehab Brochure. MOD_13039. 9/13.