

The University of Toledo Medical Center

CARDIAC REHABILITATION



What is cardiac rehabilitation?

Cardiac rehabilitation is a medically-monitored exercise program tailored to a patient's specific needs. This program of diet, exercise and education can dramatically improve your health and the quality of your life.

The University of Toledo Medical Center's (UTMC) cardiac rehab staff will help you make lifestyle changes that can lead to a stronger and healthier heart.

Patients in UTMC's cardiac rehab program undergo therapy three times a week for 12 weeks. To ensure your exercise program is safe and effective, you'll perform a cardiopulmonary exercise (CPX) test at the beginning and the end of the program. This test assesses the ability of your heart, lungs, blood vessels and muscles to use oxygen efficiently.

What are the benefits of cardiac rehab?

Cardiac rehab helps you feel better and reduces your risk of future heart problems. Patients who participate in a cardiac rehab program have a 50 percent lower risk of death and a 30 percent lower risk of a heart attack over four years, compared to patients who do not go through a cardiac rehab program.

Who should go through a cardiac rehab program?

Cardiac rehab is recommended for a variety of heart-related procedures, surgeries and diagnoses:

- Heart attack
- Angioplasty or coronary stents
- Coronary bypass surgery
- Heart valve surgery
- Heart transplant
- Stable angina (chest pain)

Therapeutic Lifestyles Changes (TLC)

The focus of UTMC's cardiac rehab program is to help you implement Therapeutic Lifestyle Changes to improve your risk factors for heart disease.

These risk factors include:

- High blood pressure
- Obesity/overweight
- High cholesterol
- Diabetes
- Stress
- Physical inactivity
- Tobacco use

Tracking progress

UTMC's cardiac rehab program staff tracks your progress in four ways. First, your abdominal girth is measured before and after the program. Second, the distance you're able to walk in 12 minutes is measured during your first and last therapy sessions. Third, you'll complete a diet habit survey. Finally, CPX test results are reviewed to establish your exercise prescription and assess the improvements of your exercise capacity.

Heart-healthy eating

A healthy diet is essential to improve or maintain your heart. UTMC's cardiac rehab staff evaluates your eating habits and provides you information about reducing fat, increasing fiber and decreasing portion sizes in order to manage your cholesterol and weight.

Do health insurance companies provide benefits for cardiac rehab?

Medicare and most health insurance companies provide benefits for cardiac rehab. Please contact your Medicare or health insurance provider for further information about your benefits for cardiac rehab.

Why should I do my cardiac rehab at UTMC?

UTMC's cardiac rehab program has the most comprehensive exercise facility in the Toledo area, with a large, indoor track and extensive weight training equipment. It is the only cardiac rehab program within the Toledo city limits. The program is staffed by professionals certified by the American College of Sports Medicine and is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

If you or your physician feels you can benefit from UTMC's cardiac rehabilitation program, please call us at **419.383.5378** for a clinic appointment. For more information, visit our Web site at utmc.utoledo.edu/clinics/cardiacrehab/index.html.