

## Did You Know...

"An analysis of 22 different studies that followed more than 4,000 patients for three years found that the death rate among patients who participated in a cardiac rehab program that included exercise was 20 to 25 percent lower than among those who didn't exercise."

Dr. Berry L. Zaret, MD  
Yale University School of Medicine



*Imagine better health.<sup>SM</sup>*

## Shaw Heart & Vascular Center

### Our Core Values

Reverence Integrity Compassion Excellence

### Cardiac Rehabilitation

### Cardiac Rehabilitation

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# Rebuilding Your Heart and Soul

## Are you a candidate for Cardiac Rehabilitation?

If you have a history of heart disease, or have ever had angina (chest pain), heart attack, angioplasty, stents, coronary artery bypass surgery, or valve surgery, your physician may refer you to Mercy's nationally certified Cardiac Rehabilitation Program. Your cardiac rehabilitation team includes your health care providers, dietitians, nurses, pharmacists — and your own family.

We will work toward one common goal: Your return to an enjoyable and productive life. The program is based on your particular needs and abilities.

## After Discharge

Once we have received a referral from your physician, you will be scheduled for a one-on-one interview with a registered nurse or exercise specialist. During the interview we will assist you in developing your own individual treatment plan which will include exercise. A physician will authorize an exercise prescription based on your individual needs.

## Education

Education is an important part of the healing process. We offer one-on-one counseling, as well as group education sessions with fellow heart patients. Classroom sessions provide essential information for disease management through lifestyle changes. We will accommodate your exercise schedule to allow for convenient class participation.

## Exercise

Regular exercise, such as walking, is necessary to prevent the worsening of heart disease. Our exercise program is medically-supervised so you will be wearing a heart monitor during exercise sessions as we observe your activity. We will also recommend a safe pace and length of time.

## Maintenance

To help you maintain your new and healthier habits, we encourage ongoing participation in an exercise program (preferably one that is medically-based). Our goal is that after completing the Cardiac Rehabilitation Program you will have the tools to continue your heart-healthy lifestyle.

## Make a Change for the Better

From the day you begin cardiac rehabilitation, our goal is to help you through the recovery process and guide you back to a happy, healthy and active life.

# Committed to Your Recovery

The staff of Mercy's Cardiac Rehabilitation Program bring three vital qualities:

**Understanding:** The ability to empathize in the emotional aftermath of a life-altering experience and to offer meaningful counseling and support.

**Expertise:** Our cardiac rehabilitation team includes all the experts needed to help oversee your return to health, including:

- You
- Your family
- Your physician
- Registered nurses
- Dietitians
- Exercise Specialist
- Pharmacist

**Involvement:** True to Mercy's philosophy of caring for the needs of the whole person, the cardiac rehabilitation staff develops a personal connection with every patient and works to revitalize the spirit, as well as the body.

