

Cardiac Rehabilitation



MARSHFIELD CLINIC



MINISTRY HEALTH CARE



Two Leaders, One Leading Heart Care Team



Cardiac Rehabilitation

Most patients return to usual activities within a few months after a heart attack and/or surgery. Cardiac rehabilitation (rehab) monitors and assists you with improving your recovery, increasing your fitness level, and reducing your



risk of any new cardiac events. Almost everyone with heart disease, or at risk for heart disease, can benefit from some type of cardiac rehab. No one is too old or too young. Women benefit from cardiac rehab as much as men. The Cardiac Rehab Team is comprised of multidisciplinary healthcare professionals.



You can benefit from cardiac rehab if you:

- Have open heart surgery (coronary artery bypass graft surgery, off pump bypass surgery or heart valve surgery).
- Have had a heart attack.
- Have had a balloon catheter procedure (angioplasty or stent).
- Have had a heart transplant.
- Have stable angina.



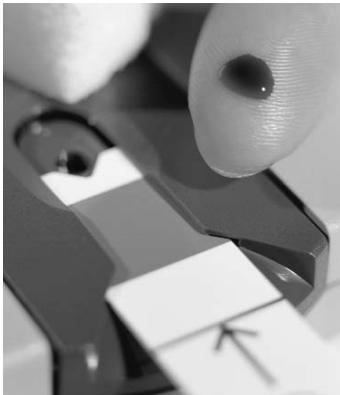


Cardiac rehab can help you control and reduce risk factors for heart disease, including:

- High blood pressure
- Abnormal cholesterol
- Being overweight
- Use of tobacco
- Diabetes
- Stress



You'll learn about the increased risk of heart disease caused by poor health maintenance, lack of exercise, overeating or smoking. Cardiac rehab will help you understand how to change habits and reduce risk factors.





Phases of Cardiac Rehabilitation

Phase 1: Inpatient Cardiac Rehab

This program begins in the hospital following a heart attack, heart surgery, or a balloon/stent procedure and requires close monitoring. Education and low-level activity are emphasized.

Phase 2: Outpatient Cardiac Rehab

Outpatient Cardiac Rehab is a physician-ordered program that begins shortly after hospital discharge. It emphasizes maintaining a healthy



heart through education and exercise. Heart rate, rhythm and blood pressure will be monitored. You may exercise three times a week in a supervised environment for six to eighteen weeks. Education classes with a focus on goal setting help reduce the risk for future heart disease.



Phase 3: Lifestyle Enhancement

Lifestyle Enhancement is a physician-ordered exercise and wellness program designed for patients who wish to exercise in a supportive environment while working on lifestyle changes that reduce their risk for heart disease and other health problems. It starts with an evaluation of individual risk factors, then focuses on exercise and education. Further education and risk factor counseling are available for those who desire these services.





Upon Completion

Most patients fully resume their normal daily activities of work and leisure after completing the cardiac rehab program. Because of their improved lifestyle, many patients feel better than ever and may have greater physical capacities than before their cardiac event.



Financial Concerns

Most medical insurance policies – including Medicare – cover a portion or all of Inpatient and Outpatient Cardiac Rehab charges. The Lifestyle Enhancement program is a self-pay program. The Cardiac Rehab Staff will discuss the program costs prior to enrollment and describe payment arrangements.

How do I get started?

You need your doctor's approval to start a cardiac rehab program. Tell your doctor that you are interested and ask for a referral.



CARDIAC REHAB LOCATIONS

EAGLE RIVER

Eagle River
Memorial Hospital
715-479-7411

MARSHFIELD

Marshfield Clinic
715-387-5511

MARSHFIELD

Saint Joseph's Hospital
715-387-1713

MERRILL

Good Samaritan
Health Center
715-536-5511

PARK FALLS

Flambeau Hospital
715-762-7477

PLOVER

Ministry Medical
Group
715-295-3800

RHINELANDER

Saint Mary's Hospital
715-361-2030

STANLEY

Our Lady of Victory
Hospital
715-644-5571

TOMAHAWK

Sacred Heart Hospital
715-453-7700

WESTON

Marshfield Clinic
715-393-1000

WESTON/WAUSAU

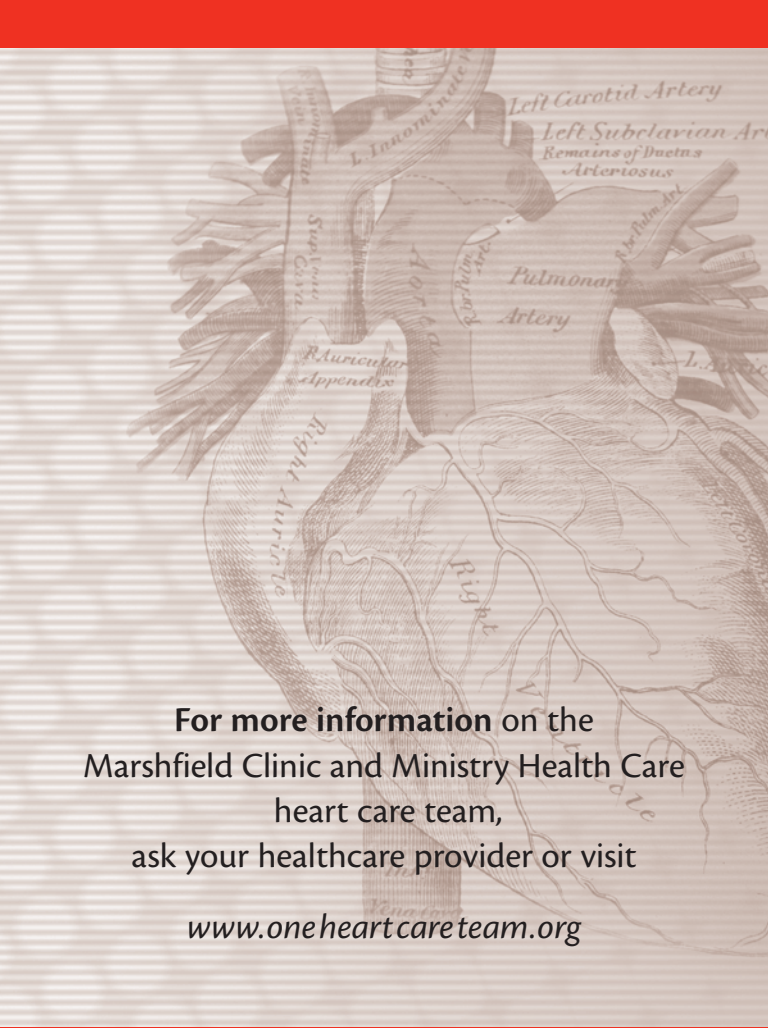
Saint Clare's Hospital
715-393-2290

WOODRUFF

Howard Young
Medical Center
715-356-8139

My contact's name and phone number:





For more information on the
Marshfield Clinic and Ministry Health Care
heart care team,
ask your healthcare provider or visit

www.oneheartcareteam.org



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