

What You Need to Know:

Cardiac Conditioning Program

Mercy Heart & Vascular Institute offers you a comprehensive program to assist in your recovery from a cardiac event or procedure. Whether you have had a heart attack, angioplasty, open-heart surgery or chest pain, the Cardiac Conditioning Program can help you safely return to your everyday activities. Our goal is to give you the knowledge you need to reduce your risk factors and achieve an optimal recovery.

Who makes up the Cardiac Conditioning Program team?

Cardiologists, registered nurses, exercise physiologists, pharmacists, registered dietitians and medical social workers make up the team.

How do I get into the program?

If you have been diagnosed with coronary artery disease or have had a recent cardiac event or procedure, your cardiologist's referral makes you eligible for the Cardiac Conditioning Program. Most insurance companies cover the program.

How will I benefit from the program?

Whether you have had angina, a heart attack, stent, angioplasty, athrectomy, or heart surgery, the Cardiac Conditioning Program is a supervised exercise and education program individualized to provide you and your family the knowledge and support necessary to maintain your quality of life. The program

staff focuses on educating you to assist you in making lifelong changes to help prevent further hospitalizations for cardiac disease and related complications.

What is a supervised exercise program?

When you participate in the supervised exercise program, you will be carefully monitored by staff who are specialists in the field of cardiac rehabilitation. You will be taught appropriate levels for your resting and exercise blood pressure and heart rates. You will also wear an EKG monitor during your exercise sessions to allow staff to monitor your heart rate and rhythm. Blood sugars for diabetic patients and blood cholesterol levels are also monitored throughout the program, depending on your individual needs.

Will my doctor know how I am progressing?

The program staff will call your doctor or send your doctor a report if you are having any problems. A final report summarizing your

progress will be sent to your doctor when you complete the program.

What classes are offered as part of the program?

Educational classes will be offered throughout the program on topics such as: coronary risk factor modification; anatomy and physiology of the heart, including cardiac procedures and surgery; diet and nutrition; exercise; diabetes; stress management; emotions and heart disease; and medications. The team of professionals who teach the classes includes registered dietitians, exercise physiologists, registered nurses, pharmacists and medical social workers.

Where can I call for more information?

To find out more about the Cardiac Conditioning Program, call 537.5296 Mercy San Juan; 453.4521 Mercy General.