Cardiopulmonary Rehabilitation has two major parts:

1. After a thorough evaluation by our specially trained professionals, medically supervised and monitored exercise is started at a level that is not too strenuous for your present state of health. As your exercise tolerance increases you will gain the confidence in resuming your favorite activities at a safe and gradual rate. Your physician will receive periodic progress reports and will be notified of any changes to your condition.

2. The education, counseling and training component of the rehabilitation program can help you:
   a. Understand your specific heart or pulmonary condition and the important signs and symptoms you should report to your doctor.
   b. Select realistic goals to lower your risk factors that put you at risk for future problems.
   c. Make dietary changes that are important to your health. Appointments for private diet consultations with the program’s registered dietitian are also available at no additional cost to program participants.
   d. Incorporate safe and effective exercise into a daily, life long routine.

Generally covered by most health insurance companies, but check your plan to determine copays or other requirements. Call us to discuss options if your insurance does not provide coverage. Our staff will be glad to assist you.

Call 210-575-8235 for more information.
If you or someone you are close to is a potential candidate for Cardiopulmonary Rehab, our staff will be glad to talk to you and answer your questions.

Methodist Heart Hospital
A Campus of Methodist Hospital
“Serving Humanity to Honor God”
www.SAHeart.net

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Cardiopulmonary Rehabilitation is a multi-disciplinary program important for the treatment, and management of any acute and/or chronic cardiopulmonary disease.

It is an individualized and personalized treatment plan, including evaluation and instruction on physical activity, nutrition, stress management, and other health related areas.

The program is designed to assist each patient to attain optimal physical, psychological, social and vocational well-being. Emphasis is placed on incorporating long term lifestyle changes that will help to protect and preserve cardiopulmonary function and maintain optimal health.

Our services are provided by qualified Registered Nurses, Respiratory Therapists, Dietitians, and Exercise Physiologists. Your referring physician will be updated frequently about your progress.

You will need a physician’s order to enter the program. Information on your health status will then be assessed by your insurance.

For participation in the program it is necessary to have a doctor’s order. Our office will call to verify your diagnosis is covered by your insurance.

WHO SHOULD PARTICIPATE?

All participants with evidence of a cardiac or pulmonary problem are candidates for Cardiopulmonary Rehabilitation. Patients at high risk for developing heart and/or lung disease are also encouraged to participate.

The program is designed for patients with the following cardiac or pulmonary problems, but is not limited to:

**Pulmonary**
- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Asthma
- Bronchiectasis
- Cystic Fibrosis
- Pulmonary Fibrosis
- Pulmonary Hypertension
- Pre and Post Lung Transplant

**Cardiac**
- Coronary Bypass Surgery
- Heart Valve Surgery
- Heart Attack
- Angioplasty or Coronary Stent Placement
- Heart Failure
- Stable Angina
- Pre and Post Heart Transplant
- Peripheral Artery Disease (PAD)

Cardiopulmonary Rehabilitation offers:
- Assessment of your personal risk factors for heart and blood vessel disease, and pulmonary disease
- Education and support to make healthy lifestyle changes
- Beginning and maintaining a personalized exercise plan that works for you
- Monitoring and better control of blood pressure, lipids, diabetes
- Psychological/depression assessment and support
- Opportunity to meet and share stories with other patients like you
- Improved communication with your doctor and other healthcare providers about your progress following your cardiac event

Your involvement in the Cardiopulmonary Rehabilitation can help you to experience these benefits:
- Enhanced recovery after hospitalization
- Stop or reverse damage to your blood vessels in your heart
- Lessen the physical and emotional effects of heart or pulmonary disease
- Live longer and lessen your chances for another heart attack
- Improve your stamina, strength and flexibility, getting you back to your usual activities, including work, hobbies, and regular exercise
- Reduced body fat and increased muscle mass
- Improved blood cholesterol levels
- Weight loss and ability to control weight
- Improve your ability to quit tobacco use
- Improve your ability to handle stress
- Improve your confidence, self-esteem, well being, and independence

Recent scientific studies have shown that people who complete a cardiac rehabilitation program can increase their life expectancy by up to five years.