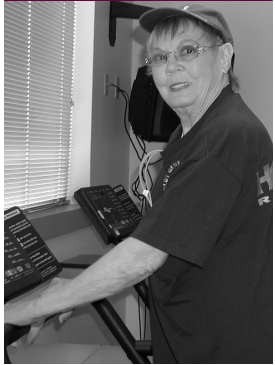


"I would recommend this program to anyone who has cardiac problems that need to be addressed. It sure made a difference for me."

—Jeanne Insley



If you're just recovering from a cardiac incident, walking on a treadmill may be the last thing you're interested in. You may feel tired and depressed and simply worried about survival—not about getting in a workout. But exercising under the watchful eyes of our cardiac rehabilitation team may be the ticket to survival and a better quality of life. In fact, if you're adjusting to life after a heart attack or you're living with certain other heart diseases, cardiac rehabilitation may help you feel better than you thought possible. Just because you have had heart problems—or have been told you are at risk for heart disease—you don't have to become a spectator. Trust your heart to Humboldt General Hospital and begin building a better life today.

HGH

Humboldt General Hospital

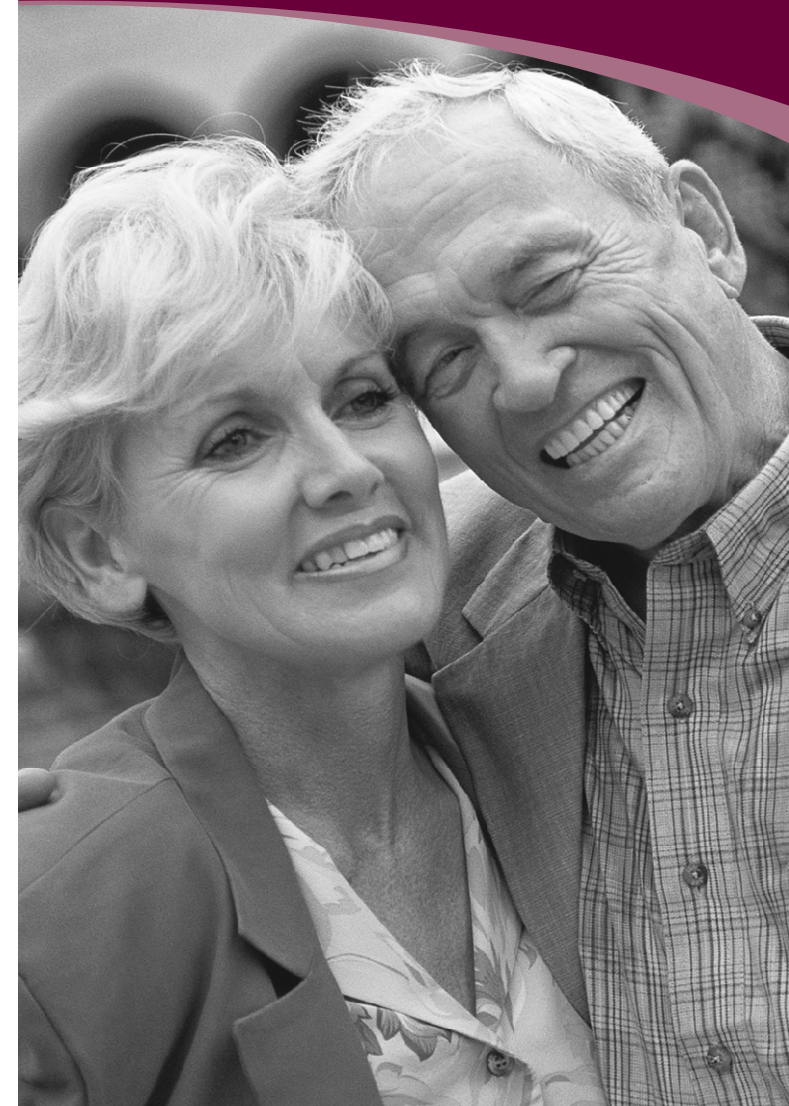


118 E. Haskell Street
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775.623.5222
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For more information about the
Cardiac Rehab Program
at Humboldt General Hospital,
please contact Cardiac Rehab Tech
Cindy Manuel at 775.623.5222, ext. 230,
or Cardiac Rehab Wellness Coordinator
Melissa House at 775.623.5222, ext. 258.



Cardiac Rehabilitation



Cardiac Rehabilitation

at Humboldt General Hospital



WELCOME TO CARDIAC REHAB

If you are one of the 13 million Americans at risk for heart disease, or if you are one of the 1.5 million Americans who had a heart attack this past year, you may be a candidate for Cardiac Rehabilitation.

Cardiac Rehab is a 12-week outpatient exercise and education program designed to help heart patients reduce or control cardiac risk factors, improve cardiovascular fitness and adjust to living with heart disease.

ARE YOU A REHAB CANDIDATE?

Cardiac Rehab is designed for anyone with an existing or potential heart problem. Your physician can determine if our program is for you. Generally, our program benefits patients who have:

- ♥ Suffered a heart attack
- ♥ Had coronary bypass surgery
- ♥ Undergone angioplasty
- ♥ A heart pacemaker
- ♥ High-risk factors such as obesity, inactivity, diabetes, stress or smoking
- ♥ Family history of heart disease or hypertension

BENEFITS OF CARDIAC REHAB

You've heard that exercise can help prevent heart disease before it starts. But it also helps people with current heart conditions. Even light exercise can make a positive difference in your overall health. A structured and monitored exercise program can lower your pulse, blood pressure and cholesterol, while helping you function better in everyday life. The benefits don't stop there. By being informed and taking positive steps to reduce your risks, you'll gain confidence, feel an improved sense of well-being and have a renewed interest in life.

HOW CARDIAC REHAB WORKS

You'll exercise three times a week for one hour each time. Your exercise sessions will be one-on-one and monitored by a professional. During



each session, your heart rate and rhythm will be continuously monitored. Your exercise "prescription" will be adjusted throughout your program as your cardiovascular health improves. Progress reports will be sent to your physician. Of course, our center has the medical equipment necessary to handle any emergency situation. In addition to exercise, we emphasize education for both you and your family. This education focuses on nutritional guidance, stress management and modification of risk factors.

FREQUENTLY ASKED QUESTIONS

Do I need a referral to participate?

Yes, you must be referred, in writing, to our program by your physician.

Who staffs the program?

Our team of health care professionals includes a supervising physician who will coordinate with physical therapists, Cardiac Rehab technicians, a wellness coordinator, a registered dietitian, and a stress management counselor to tailor a program specifically for you.

Will insurance cover the cost?

Medicare and most insurance companies cover Cardiac Rehab costs when ordered by your physician. Please feel free to ask us specific questions about the costs of the program.

What happens after the 12 weeks?

We will encourage you to enroll in a private exercise program after you finish our 12-week program. Your motivation will remain high as you continue to reduce your health risks through exercise and proper nutrition.