

How will I benefit from Cardiac Rehab



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

Who needs a cardiac rehab program?

You may benefit if you have or have had:

- A heart attack.
- Coronary artery disease (CAD)
- Heart failure or angina

Heart procedures or surgeries, to include:

- Coronary artery bypass graft (CABG) surgery
- Angioplasty,
- Stenting
- Valve replacement
- Pacemaker or implantable cardioverter defibrillator (ICD)

What benefits will I receive from a cardiac rehab program?

- Lessen your chances for another heart attack
- Control heart disease symptoms such as chest pain or shortness of breath
- Stop or reverse damage to your blood vessels in your heart
- Lessen the physical and emotional effects of heart disease
- Improve your stamina and strength, getting you back to your usual activities, like work, hobbies, and exercise
- Improve your confidence and well-being

Ask your cardiologist to refer you to Outpatient Cardiac Rehab at SIUH South site (718)226-8165

What can I expect to do in a cardiac rehab program?

- Assess your personal risk factors for heart and blood vessel disease
- Begin and maintain a personalized exercise plan that works for you
- Psychological/stress assessment and counseling
- Education and support to make healthy lifestyle changes such as:
 - Maintaining a healthy weight
 - Heart healthy eating
 - Avoiding tobacco and environmental smoke
- Opportunity to meet and share stories with other patients like you
- Monitoring and better control of:
 - Blood pressure
 - Lipids /cholesterol
 - Diabetes
- Improved communication with your doctor and other healthcare providers



**Staten Island
University Hospital**
Northwell Health®

How will I benefit from Pulmonary Rehab



Pulmonary Rehabilitation can be of great benefit and you may notice improved breathing effort and less breathing problems.

Who needs a pulmonary rehab program?

You may benefit if you have or have had:

- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Chronic Bronchitis
- Bronchiectasis
- Sarcoidosis
- Pulmonary Hypertension
- Pulmonary Fibrosis
- Interstitial lung disease
- Lung cancer and lung cancer surgery
- Lung volume reduction surgery before and after lung transplantation

What benefits will I receive from a pulmonary rehab program?

Pulmonary Rehabilitation helps you to improve your quality of life. Although Pulmonary Rehabilitation (PR) can't cure your lung disease, it can be of great benefit and you may notice improved breathing effort and less breathing problems.

Other benefits include:

- Decrease the symptoms of your disease or condition
- Ability to function better in your daily life
- Increased ability to exercise
- Decreased symptoms and better management of anxiety and depression

What can I expect to do in a pulmonary rehab program?

The education classes focus on COPD as well as other chronic lung diseases to provide you with information about:

- Medications, including drug action, side effects, using an inhaler, and self-care techniques
- Understanding and using oxygen therapy
- Diet, nutrition, and weight management
- Breathing retraining
- Importance of exercise
- Strategies for managing breathing problems
- Symptom assessment and knowledge about when to seek medical treatment

Ask your pulmonologist to refer you to Outpatient Pulmonary Rehab at SIUH South site (718)226-8165



**Staten Island
University Hospital**
Northwell Health®