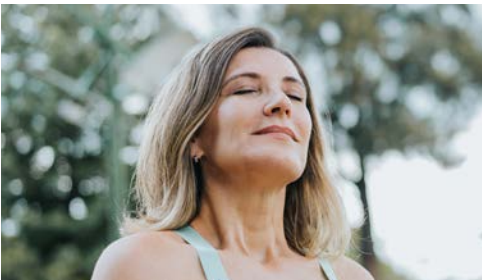


# Cardiac Rehabilitation Program

Optimizing health and enhancing resiliency



The Cardiac Rehabilitation Program at Brigham and Women's Faulkner Hospital is an 11-week outpatient medical program designed to assist you in making heart-healthy lifestyle changes to lower your risk of heart disease and stroke. If you have heart disease (angina, angioplasty/stent, congestive heart failure, heart attack, heart surgery) this program will benefit you.

For more information, call 617-983-7105 or visit [bwfh.org/cardiacrehab](http://bwfh.org/cardiacrehab).

## Program Goals

- Reduce cardiac symptoms
- Lower cholesterol
- Smoking cessation
- Reduce blood pressure
- Regular exercise
- Stress management
- Achieve a healthy weight
- Improve social support

## Program Components

### A safe, supervised exercise program to help you:

- Become more physically active
- Meet your individual needs for daily activity

### An individualized nutrition plan to help you:

- Prepare healthy foods and maintain a heart-healthy diet
- Assist in weight management
- Improve cholesterol and glucose levels

### A comprehensive stress management program with an emphasis on:

- Learning relaxation techniques to help change the physical and emotional responses to stress
- Behavioral strategies to enhance your ability to cope with stressful situations

## Research demonstrates

- In a two-year Medicare study, patients with heart disease who participated in a program like this were able to avoid re-hospitalization and have a significant reduction in mortality compared to a traditional Cardiac Rehabilitation Program or matched controls over the three-year follow-up period.
- Thirty-six percent of patients with angina symptoms at the start of the program reported no longer having symptoms by the end of the program.

## Clinic visits and cost

Patients attend sessions once to twice weekly for 11 weeks. Classes are offered at a variety of days and times. The program cost will be billed to your medical insurance. We are located on the first floor at Brigham and Women's Faulkner Hospital.

## About the staff

Under the direction of Jorge Alvarez, MD, and Program Manager Aggie Casey, RN, MS, staff includes a cardiac nurse, exercise specialists and dietitians.



Our program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This certification means that these programs meet or exceed national care standards.