

How Can Cardiac Rehab Help Me?

The ultimate goal of Cardiac Rehab is to help reduce your risk of future cardiac events and to improve your health. While each person's experience is unique, there are some common benefits experienced by most cardiac rehab participants including:

- Improved blood cholesterol and triglyceride levels
- Improved diabetes management
- Improved ability to perform work or other daily activities
- Increased strength and endurance of the heart and other muscles
- Heightened awareness and recognition of symptoms of heart disease
- Improved blood pressure control
- Decreased stress levels
- Identification and improvement of poor health habits
- Improved self confidence

How Do I Get Started With Cardiac Rehab?

Cardiac Rehab services are provided at several Trinity Mother Frances locations throughout east Texas and require a physician's referral. For information regarding Cardiac Rehab, please contact the location of your choice:

- Tyler (903) 531-4832
- Jacksonville (903) 541-4550
- Lindale (903) 266-4070
- Canton (903) 567-7744
- Corsicana (903) 872-4611 ext. 5240



TRINITY MOTHER FRANCES
HOSPITALS AND CLINICS

910 E. Houston, Suite 200 • Tyler, TX 75701
(903) 531-4832

2026 S. Jackson • Jacksonville, TX 75766
(903) 541-4550

3203 S. Main • Lindale, TX 75771
(903) 266-4070

18780 I-20 Service Road • Canton, TX 75103
(903) 567-7744

301 Hospital Drive • Corsicana, TX 75110
(903) 872-4611, ext. 5240

We're with you for the journey.

www.tmfhs.org

04/08



TRINITY MOTHER FRANCES
CARDIAC REHABILITATION



Trinity Mother Frances Cardiac Rehabilitation Program has two phases.

Phase I begins in the hospital after a heart attack, heart surgery or other cardiac admission. This phase includes risk factor education, mobilization, home exercise instruction from the cardiac rehab team, and nutritional information from a registered dietitian.

Phase II is an outpatient program that includes medical evaluation, education, and three monitored exercise sessions per week. These sessions are supervised by a physician, and offer cardiovascular conditioning, strength, and flexibility exercise. During Phase II, your heart rate, rhythm, and blood pressure are monitored by registered nurses and/or exercise physiologists. Education addresses topics such as medications, exercise guidelines and hypertension. Each participant is encouraged to attend nutritional counseling at Wisenbaker Diabetes Center (903) 531-4848.

Is Cardiac Rehab for Me?

Your physician can best determine if and when you are ready for cardiac rehab. You may be a candidate if you have experienced any of the following:

- Recent heart attack
- Stable angina
- Cardiac bypass surgery
- Angioplasty and/or stent
- Cardiac transplant
- Heart valve surgery
- Other cardiac conditions

Is Cardiac Rehab Covered by My Insurance?

Insurance policies differ, but most plans cover all or partial costs of physician-prescribed cardiac rehabilitation. Insurance coverage is verified, including the cost of co-payments, before the program begins, so participants are aware of their financial responsibility.

What is Cardiac Rehab?

Trinity Mother Frances Cardiac Rehabilitation program offers help for cardiac patients on the road to recovery. Cardiac Rehabilitation is a medically-supervised, two-phase program for individuals with heart disease. Our Tyler location is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

