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## 28 Days of Heart Health by SoutheastHEALTH

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FEBRUARY 03RD 2017 BY DEE LOFLIN

28 Days of Heart Health by SoutheastHEALTH

**Dexter, Missouri** - February is National Heart Month! Throughout the month of February, SoutheastHEALTH will feature articles about Heart Health. They are sponsoring 28 days of heart health with heart healthy tips, facts and events.

Click [HERE](#) for more details and to go to their website.

*Research has proven that [participants in cardiac rehab programs](#) have 25% reduction in risk of recurrent heart attack.*

Cardiac Rehab is a monitored program, prescribed by a physician, which helps individuals achieve heart healthy lifestyles through exercise training, nutrition education and risk factor modification.

Southeast's program was awarded Certification by the American Association of Cardiovascular and Pulmonary Rehabilitation - one of just three programs in the region to attain this certification.

### **Phases of Cardiac Rehab**

#### PHASE I

The initial phase of Cardiac Rehab begins during the time a patient is hospitalized, recovering from a heart-related problem or surgery.

#### PHASE II

The second phase of the program includes a 12-week monitored exercise program and educational sessions on topics such as cardiac risk factors, stress management and healthy eating. On an outpatient basis, patients attend exercise sessions one to three times per week, using treadmills, arm ergometers, stationary bicycles, seated steppers and weights. Exercise is done under the supervision of RNs and an exercise physiologist who help them attain cardiovascular fitness.

#### PHASE III

This phase is a continuation of Phase II activities but patients do not wear a cardiac monitor. This phase is also self-paid.

Cardiac Rehab may be appropriate for any individual who recently experienced:

- Heart attack

- Cardiac stenting
- Stable angina that is being treated medically
- Open heart surgery (coronary artery bypass graft)
- Valve surgery
- Congestive heart failure
- Angina equivalent dyspnea

In most cases, yes. With a qualifying diagnosis and physician prescription, most health insurance companies will cover Cardiac Rehabilitation. Ask your physician for a prescription to Cardiac Rehabilitation. Then call 573-331-7950 to set up an appointment.

Unlike most fitness facilities, Southeast's Cardiac Rehab program follows specific guidelines for exercise in keeping with the American College of Sports Medicine and the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

The staff includes registered nurses, an exercise physiologist, respiratory therapist and registered dietitian. Regular reports are sent to your physician for his or her review. The program also includes:

- ECG and blood pressure monitoring
- Individualized exercise programming to meet specific needs of each participant
- Individualized risk factor modification and education
- Exercise sessions in a small group setting with others who have experienced similar health issues

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