

Dear Patient,

Your hospital cardiologist strongly recommends that you take part in a 12-week cardiac rehabilitation program to help you recover. People who participate in a cardiac rehabilitation program reduce their chances of future hospital re-admissions and emergency room visits, are able to return to their daily activities and work sooner, and have improved quality of life.

The TotalCardiology Rehabilitation program is one of the largest outpatient programs in Canada. Each year, the program helps thousands of people make long-lasting changes that improve their heart health and reduce their risk of future heart events and hospitalizations. This handout explains more about our rehabilitation program that your cardiologist referred you to during your hospital stay.

What is cardiac rehabilitation?

Cardiac rehabilitation is a health coaching, education and medically-supervised exercise program for people who had a cardiac event, heart surgery or have a heart condition. The program is designed to restore and maintain your ideal physical, mental, social and occupational well-being and put you on the road to recovery. Participating in the program will help you to:

- ♥ Reduce your risk of future heart problems
- ♥ Decrease or alleviate symptoms
- ♥ Improve your ability to perform daily activities and quality of life
- ♥ Regain strength and overall fitness

During your 12-week rehabilitation program, you will work with a team of doctors, including cardiologists, registered nurses, clinical exercise physiologists and a registered dietitian to improve your heart health.

How do I join the TotalCardiology rehabilitation program?

While you were in hospital, your cardiologist referred you to our program. Our office will contact you to set up your first appointments when you return home. Your initial appointments will include:

- ♥ A series of education classes that provide information about cardiac rehabilitation and important lifestyle changes;
- ♥ An appointment with one of our program doctors to review your medical history, medications, and risk factors with you;
- ♥ An exercise stress test will be scheduled for you when it is safe to do so. This test provides a measure of your fitness so that a safe exercise program can be developed to fit your abilities. If you have recently had surgery, a recovery period will be necessary before we can schedule this appointment.



The Heart of the Matter

People who attend cardiac rehabilitation:

- Require fewer hospitalizations and emergency room visits.
- See an improvement in their risk factors for heart disease.
- Enjoy improved physical fitness and quality of life.



Research shows that participating in cardiac rehab will help you **live longer** and **stay out of hospital**.



After attending your education classes and completing your exercise stress test, you will start a 12-week personalized exercise program. You will exercise at the Repsol Sport Centre under the supervision of our exercise, nursing, and medical staff.

- ♥ Supervised exercise sessions are two mornings per week for one hour. Your program will involve a variety of activities that fit *your abilities*. These may include walking, running, biking, stretching or other physical activities you are comfortable doing.
- ♥ For those who are unable to travel to our centre or attend the exercise sessions on a regular basis, our *home exercise program* may be an option.

If you are from outside of Calgary, our office will send your cardiac rehabilitation referral to your local program.



Is there a cost to attend the program?

Yes. Alberta Health Services provides partial funding to our program which allows us to reduce the program fee. We also have several financial assistance options available; please contact our office for more information.

Where is the program located?

TotalCardiology Rehabilitation is located in the lower level of Repsol Sport Centre, which is located at 2225 MacLeod Trail South. Parking is free.

Office Hours: Monday – Thursday: 7:30 am – 5:00 pm
Friday: 7:30 am – 4:30 pm
Closed Weekends and Holidays

For more information, visit us online at tcrehab.ca.



“Their exercise program is good. Their nutritional guidance is good. But the real benefit is the people. I have had more caring and support during my brief time in cardiac rehab than I had in over 40 years in the oilpatch.”

~ Nick. C

