

*Dear Patient,*

*The doctor who cared for you in hospital 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 hospitalizations and emergency room visits, often 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 problems. This handout explains more about the rehabilitation program that your doctor referred you to during your hospital stay.*

### **What is cardiac rehabilitation?**

Cardiac rehabilitation is an exercise, health coaching and education program for people who had a heart event, heart surgery or have been diagnosed with a heart condition. The program will help you to regain your strength, improve your cardiovascular and physical fitness as well as your mental and occupational well-being, and put you on the road to recovery. Our program will provide you with the information, support, and tools to improve your heart health and to maintain behaviour changes after you have completed the program. Participating can help you:

- ♥ Reduce your risk of future heart problems and hospital visits
- ♥ Decrease or alleviate symptoms brought on by activity
- ♥ Improve your ability to perform daily activities
- ♥ Regain strength and improve overall fitness

During your 12-week rehabilitation program, you will work with a team of doctors, including cardiologists, registered nurses, and clinical exercise physiologists to improve your heart health. We also offer nutrition and psychology services to support participants in managing their condition.

### **How do I join the TotalCardiology rehabilitation program?**

While you were in hospital, your doctor 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:

- ♥ An appointment (in-person or tele-consult) with one of our program doctors to review your medical history, medications, and risk factors and see if cardiac rehabilitation is right for you.
- ♥ An exercise stress test may 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 participate in cardiac rehabilitation:

- Require fewer hospitalizations and repeat procedures.
- 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**.

## What happens in the cardiac rehabilitation program?

After your initial appointment, you will have an exercise orientation with a member of the rehab team to get you safely started in the program. This may occur in-person during an onsite exercise session or virtually. During your time in the program, you will receive regular follow-up from a member of your rehab team see how you are doing, discuss questions or concerns you may have, and provide ongoing support and advice to help you set and reach your heart health goals. Your rehab team will support you in safely exercising at home or onsite.

As part of the program, your rehab team will also provide you with information and tools to support you in making long-term changes to manage your risk factors and improve your heart health. These resources are easy to access on our website and can also be provided in hard copy as needed. Reviewing these educational resources will enhance your experience in the program and help you to be more successful in reaching your goals for heart health.

Your rehab team will also work with you to develop a plan for maintaining the changes and improvements you have made once you have completed the program.



**Risk factor identification +  
medication management**



**Onsite or home-based  
exercise + ongoing support**



**Educational tools to  
support heart health goals**

## Is there a cost to attend the program?

There is no cost for the initial appointment to determine if the program is right for you. Should you decide to take part in cardiac rehabilitation following this assessment, there is a fee to join. We have flexible payment options and financial assistance to ensure you can participate regardless of your financial situation.

## Where is the program located?

TotalCardiology Rehabilitation is in the lower level of Repsol Sport Centre, located at 2225 Macleod Trail South. There is a large amount of free parking in front of the building.

Our office is open Monday – Friday: 7:30 am – 4:30 pm, closed weekends and statutory holidays.

For more information about our program, visit [tcrehab.ca](http://tcrehab.ca).



*“The real benefit of this program 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 oil patch.” ~ Nick. C*

