

# Mission Hospital Cardiac Rehab Center

## GENERAL CARDIAC REHAB INFORMATION FOR PATIENTS

- Cardiac Rehab is a physician-referred, individualized, therapeutic, progressive exercise and education program that will significantly improve your health and well-being and decrease your chances of having another heart event.
- Patients who attend all 36 visits have an 18% lower risk of death compared to those attending only 24 sessions, a 29% lower risk than those attending 12 sessions and a 58% lower risk than those who attend only one session!
- Attend rehab at least 2-3 times/week (usually Monday, Wednesday, Friday)
- Do your homework / your home exercise program!
- Please do not exercise while fasting—food is fuel! Be sure to eat something before exercising.
- If you exercise in the morning, please take your blood pressure medication at least 60 minutes before exercising.
- **Patients with Diabetes: Please remember to bring your glucometer** to rehab to test pre and post exercise blood glucose as well as a healthy snack in case your blood glucose is too low.
- Length of stay in the program is dependent on your insurance coverage, with a maximum number of 36 sessions.
- Complete your course of rehab in 12 weeks. If you have a medical reason, your time may be extended. **We expect everyone to complete rehab within 18 weeks of your first exercise session.**
- If you would like to accelerate your course of rehab, sessions may also be scheduled for Tuesday and Thursday mornings for a maximum of 5 times a week.
- If you cannot make an exercise appointment, or if you wish to re-schedule the time of your appointment, please notify the Cardiac Rehab Center at (949) 364-7755 at your earliest convenience
- Parking is \$1 per day, with validation.
- **Consistent attendance is necessary to achieve maximum benefit—make Cardiac Rehab a priority!**
- **Educational Opportunities and Support Groups:**
  - **One-on-one Nutritional Consult** with a registered dietitian—Mondays at 3, 4 or 5 p.m. and Wednesdays at 8, 9, 10 or 11 a.m.
  - **Patient and Family Discussion Group**—Mondays at 10 a.m.
  - **Healthy Heart and Lifestyle Series**—Wednesdays at 10 a.m.
  - **Smoking Cessation Classes**—schedule varies; inquire in the rehab center
  - **Heart Rhythm and Device Series**—schedule varies; inquire in the rehab center
  - **Mended Hearts** meetings—Third Wednesday of each month at 7 p.m. at the Mission Conference Center
  - **Gift of Heart Transplant Support Group**—Fourth Monday of “even” months at 7 p.m. at the Mission Conference Center
  - **Lending Library** of books and DVDs that are available for your use
  - **Spiritual Care Consult** available upon request

Our sincere best wishes for a successful program.

We strive to provide you an **excellent** rehabilitation experience!  
If there is any way we can improve your experience, please let us know.