

Cardiac Rehabilitation Center

Caring for Your Heart



St. Joseph's Hospitals

BayCare Health System

HEART INSTITUTE

StJosephsHeart.org

Why Is Exercise Important?

Aerobic (oxygen-using) activity can reduce your heart rate and blood pressure responses to exercise and help your heart pump more efficiently. It also can help to lower your cholesterol level. The more efficiently your heart pumps, the less stress is put on the heart muscle. All systems of your body benefit from aerobic exercise.

The Benefits of Cardiac Rehabilitation

With comprehensive cardiac rehabilitation, patients can:

- Control heart disease symptoms such as chest pain or shortness of breath
- Stop or reverse damage to the blood vessels in your heart
- Improve stamina and strength, getting you back to your usual activities
- Lessen the physical and emotional effects of heart disease and improve your confidence and well-being



The Program

The program is divided into three phases.

Phase I

Teaches you about risk factor modification, your medications and your diet. This may be done while you are still in the hospital or after you are discharged.

Phase II

During this 12-week period, you will follow an exercise prescription tailored to your needs, based on the results of an exercise stress test. You will attend three, one-hour exercise sessions per week in the Cardiac Rehabilitation Center. Your heart's response to exercise will be strictly monitored by a cardiac rehabilitation specialist. You will also attend classes at the Center on different cardiac-related topics to learn how to minimize the factors that contribute to heart disease. Spouses and family members are also welcome to attend these classes.

Phase III

This maintenance phase consists of an appropriate exercise regimen to promote long-term lifestyle changes learned in Phase I and II.

Program Participation

Phase I is part of your hospitalization. Phase II requires a physician referral and is covered by most insurance companies and Medicare-covered cardiac rehabilitation. Phase III programs are not covered under most insurance plans. However, the cost for Phase III is comparable to most local fitness centers.

Our Team

In addition to the program's medical director, our multidisciplinary team of specially trained health care professionals includes a:

- Program coordinator
- Registered nurse
- Respiratory therapist
- Exercise physiologist
- Dietitian

For information about the Cardiac Rehabilitation Program at St. Joseph's Hospital or to register for the program: (813) 870-4844

Through St. Joseph's Hospital, our patients also have access to any other health care professionals needed. All of our resources are available to help you achieve your maximum level of health and well-being.





Improve Your Health, Improve Your Life

Following your heart attack, open heart surgery, stent placement or other major cardiopulmonary event, you and your family may be left with questions and doubts about the future. St. Joseph's Heart Institute's Cardiac Rehabilitation Center is designed to help you return to a full and productive life by restoring your optimal physiological, social and vocational function.

Cardiac Rehabilitation Offers:

- Supervised and monitored physical training program personalized for you
- Education and support to make healthy lifestyle changes
- Psychological/stress assessment and counseling

While in our program, you will remain under the care of your personal physician. We communicate with him/her regularly regarding your progress or any medical issues that may need their attention.

To Learn More

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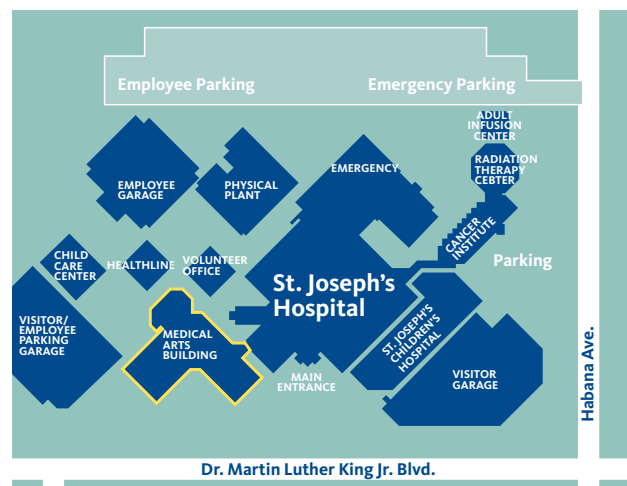


Cardiac Rehabilitation Center

3003 W. Dr. Martin Luther King Jr. Blvd.
Tampa, FL 33607
(813) 870-4844
StJosephsHeart.org

Where Is the Center?

The Cardiac Rehabilitation Center is located on the second floor of the Medical Arts Building, adjacent to St. Joseph's Hospital. Convenient, free parking is available. Visit us to tour our facilities and meet our staff.



St. Joseph's Hospitals Foundation relies on the generous support of our community to continually improve patient care at St. Joseph's Hospital, St. Joseph's Women's Hospital, St. Joseph's Children's Hospital and St. Joseph's Hospital-North. Funds contributed make possible new facilities and equipment, community education and outreach, and special programs to sustain excellence. Individuals, businesses and foundations provide funding through an array of programs, campaigns and events. For more information on how you can help, call (813) 872-0979 or visit SJHFoundation.org.

St. Joseph's Hospitals are a ministry of the Franciscan Sisters of Allegany.