

Do you have a heart problem? Have you just experienced a heart attack, angioplasty, or open-heart surgery? Are you and your family wondering about the next step in your recovery? By participating in our Cardiac Rehabilitation (Rehab) program, you can start on your road to recovery.

What is Cardiac Rehab?

Cardiac rehab can be lifesaving for many people. The goal of cardiac rehab is to assist you in developing a healthy lifestyle plan to lower the likelihood of future heart problems, cardiac events, and related death. Your plan will include many components of regular exercise, adoption of a heart healthy diet, stress management as well as medical therapy, education, and smoking cessation.

According to Julie Waltenberger, Cardiac Rehab Coordinator, "Participating in cardiac rehab can help you feel better physically and emotionally, and give you great control over your health."



If you have any questions about the Cardiac Rehab Program at KHC, please call **(641) 842-1558**.

Thank you for choosing
Knoxville Hospital & Clinics
for your health care needs.

For more than 80 years, Knoxville Hospital & Clinics has been helping families throughout south central Iowa and beyond. Voted as Best of Red Rock Area's "Best Place to Work" and "Best Hospitality," our mission of *faithfully providing exceptional health care* affects every decision we make and how we care for patients and families.

As a non-profit community hospital serving Marion County and the surrounding area, we take great pride in providing exceptional care close to home. Named a Top 100 Critical Access Hospital, our highly skilled medical team provides personal, compassionate, innovative, and quality health care to our patients.

Knoxville Hospital & Clinics complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call (641) 842-1421.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (641) 842-1421.

Knoxville Hospital & Clinics
(641) 842-2151

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(641) 947-2121

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(515) 848-3113

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(641) 628-2222



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**Cardiac
Rehabilitation
Program**

www.knoxvillehospital.org

How does the Cardiac Rehab Program work?

Our Cardiac Rehab Program is carefully designed to accommodate the individual needs of every cardiac patient.

The program typically spans three months, with sessions of two or three times a week (usually 36 sessions over a 12-week time period). The length of your program may depend on your goals, recovery progress, and health care provider's recommendations.

During the activity sessions, the cardiac rehab team will monitor you with an electrocardiograph (ECG) telemetry unit that will keep them informed of how you and your heart are reacting and adapting to activity.

You will also learn how to take your pulse, determine your exercise intensity, and exercise at a level which allows you to receive maximum benefits.

Is Cardiac Rehab covered by my insurance?

Your insurance may cover part or all of the cost of your cardiac rehab sessions. The amount of coverage depends on your insurance company. Check with your insurance company to clarify the extent of your coverage.

Who should participate in the Cardiac Rehab Program?

Many people with various heart problems can benefit from cardiac rehab. Cardiac rehab is recommended if you have had:

- A recent heart attack
- Heart surgery, such as coronary artery bypass surgery, heart valve repair, or transplant
- Heart procedures, such as percutaneous coronary intervention, which includes angioplasty and coronary stenting
- Stable angina (chest pain)
- Congestive heart failure
- Other diagnoses

What kind of exercises will I be doing?

In your cardiac rehab sessions, you will be doing aerobic exercises with a group of exercise machines that best suit your exercise needs. You may exercise on bicycles, recumbent steppers, or treadmills. You may also use free weights and stretching bands.



You will be connected to an EKG monitor while you exercise so your heart rate and rhythm are closely watched, as well as your blood pressure.

How will I benefit from the Cardiac Rehab Program?

Based upon each individual's personal goals, the benefits received from cardiac rehab may vary. Your benefits may include:

- Faster recovery
- Strengthening and conditioning of your heart and lungs
- Increased strength and endurance
- Decreased blood pressure and heart rate
- Reduced body fat, improved muscle tone
- Lowering of your cholesterol and triglyceride levels
- Knowledge about your medications, signs and symptoms of heart disease, and when to seek medical attention
- Better nutrition, and the know-how to make heart healthy choices
- Reduction of your symptoms and chances experiencing another cardiac event

How can I join the Cardiac Rehab Program?

To join our program, talk to your health care provider about a referral for you. Referrals are forwarded to the Cardiac Rehab department, and our staff will contact you to arrange your appointments. Referrals can be faxed to (641) 842-1526.