

What you do after your heart attack or heart surgery can literally save your life.



Location

Our program is conveniently located on the 1st floor of the Center for Health & Healing, a state-of-the-art facility located off the streetcar on the South Waterfront at 3303 S.W. Bond Ave., Portland, Oregon. Validated, covered parking is available.

The cardiac rehab program closest to you
(please have nurse complete at discharge):

Program Name: _____

Phone #: _____

For more cardiac rehab resources (educational videos, discharge instructions, program locations in Oregon), please visit our website at www.ohsuhealth.com/cardiarehab.

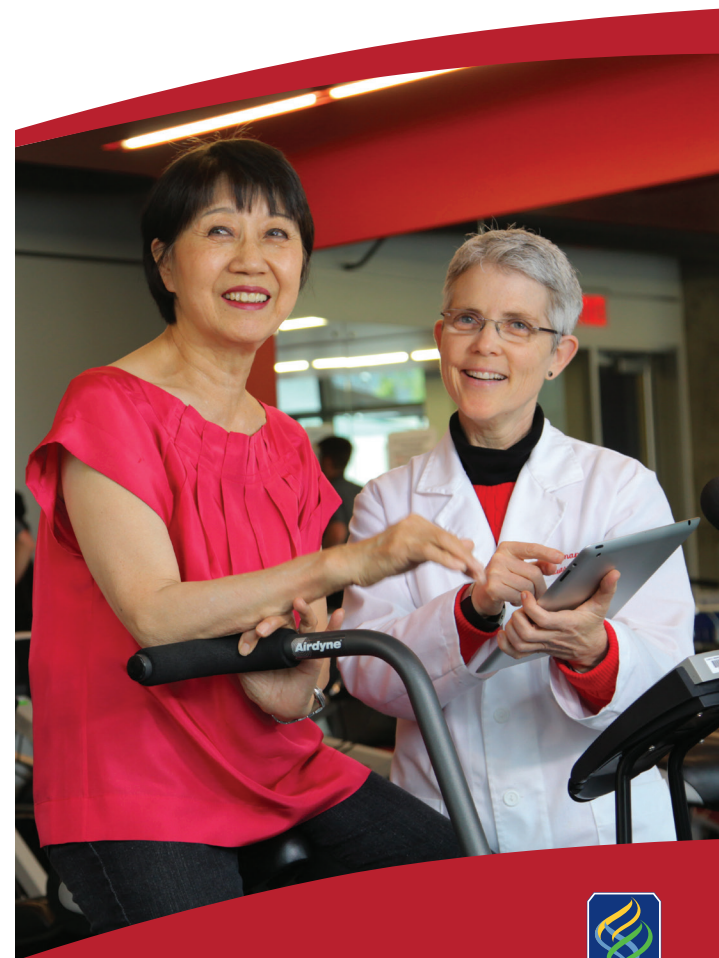


OHSU Knight Cardiovascular Institute
Center for Health & Healing, 1st Floor
3303 S.W. Bond Ave.
Portland, OR 97239
At the base of the Portland Aerial Tram
Appointments: 503 418-2406
www.ohsuhealth.com/cardiarehab

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OHSU KNIGHT CARDIOVASCULAR INSTITUTE

Cardiac Rehabilitation



OHSU Cardiac Rehabilitation

What you do after your heart attack or heart surgery can literally save your life. Cardiac rehabilitation is a crucial part of your treatment plan.

OHSU's Cardiac Rehab program combines exercise and education and provides a supportive, medically supervised environment to help you safely increase your physical fitness, make healthier choices to avoid future problems and return to a healthy, active lifestyle.

OHSU offers three phases of cardiac rehabilitation:

- Phase I: inpatient
- Phase II: outpatient
- Phase III: maintenance.

What is involved?

You will attend exercise classes three times a week for up to three months (36 sessions). Our exercise specialists will supervise you and monitor your heart and blood pressure. The more sessions you complete, the better your results!

Your exercise sessions will include a variety of aerobic exercises, stretches and weight training. In addition to the exercise classes, you will attend a separate stress reduction class twice a month. We will also provide you with education and counseling on diet, weight loss, smoking cessation, stress management and lifestyle changes.



We work together with your referring and primary care providers (PCP); periodic reports on your progress are shared with you, your cardiologist and PCP. A monthly patient support group is also available.

Benefits of cardiac rehabilitation

- Reduced risk of future heart problems
- Improved physical fitness and energy levels
- Increased strength and endurance
- Weight loss
- Improved blood pressure and cholesterol levels
- Improved mood and sense of well-being
- Improved stress management
- Increased ability to perform daily activities

Healthy Hearts exercise program

Healthy Hearts is an exercise program that coordinates with our Phase II classes. It is open to family members of current Phase II patients, as well as graduating Phase II patients. This is a free service for our patients and caregivers.

Insurance coverage

Outpatient cardiac rehabilitation is covered by most insurance companies for the following conditions:

- Myocardial infarction (MI)
- Angioplasty/stent
- Coronary artery bypass surgery
- Valve repair/replacement
- Heart transplant
- Stable angina
- Left ventricular assist device*
- Congestive heart failure*
- Peripheral vascular disease*

** Check with your insurance provider regarding coverage.*

Find out more about our services online at:
www.ohsuhealth.com/cardiarehab
For appointments call **503 418-2406**.