

**Cardiac Rehabilitation** will not change your past, but it can help you improve your heart in the future.

Cardiac rehab is a medically supervised program designed to improve your cardiovascular health if you have experienced a heart attack, heart failure, angioplasty, or heart surgery. Cardiac rehab has three equally important parts:

- **Exercise counseling and training:** Exercise gets your heart pumping and your entire cardiovascular system working. You will learn how to get your body moving in ways that promote a healthy heart.
- **Education for heart-healthy living:** A key element of cardiac rehab is educating yourself: How can you manage your risk factors? Quit smoking? Make heart-healthy nutrition choices?
- **Counseling to reduce stress:** Stress hurts your heart. This part of cardiac rehab helps you identify and tackle everyday sources of stress.

Cardiac rehab is a team effort. You do not need to face heart disease alone. You will partner with doctors, nurses, respiratory therapists, pharmacists, dieticians – plus family and friends – to take charge of the choices, lifestyle and habits that affect your heart.

**Pulmonary Rehabilitation** is a program of educational classes and supervised exercise sessions for people with chronic breathing difficulty.

Pulmonary rehab can benefit people diagnosed with COPD (chronic obstructive pulmonary disease), bronchiectasis, pulmonary hypertension, interstitial lung disease, and other chronic pulmonary disorders.

Pulmonary rehab is designed to help you better understand your breathing, learn how to live better with your condition, and improve your strength, stamina, and endurance. Pulmonary rehab will likely reduce your shortness of breath (breathlessness), improve your feelings of low energy, and increase your ability to exercise and stay active.

### **Is Pulmonary Rehabilitation Right For Me?**

Have you been told that you have chronic lung disease?

Do you have symptoms from your chronic lung disease such as shortness of breath, fatigue, cough, or wheezing?

Are you taking medications for your chronic lung disease, but feel they are not helping you enough?

Are you limited in your daily activities due to your chronic lung disease?

**If so, then Pulmonary Rehab may help you.**

### **Health Benefits**

Pulmonary rehab can help you realize some or all of the following health benefits:

1. Decreased shortness of breath/ breathlessness
2. Increased exercise capacity (your ability to do exercise)
3. Increased energy and stamina
4. Improved feeling of well-being
5. Decreased feelings of depression and anxiety
6. Increased ability to do things in life that you need and want to do
7. Communicating more effectively with your healthcare team
8. Connecting with other people with similar breathing problems
9. Increasing your ability to manage your own lung problems in collaboration with your health care team

### **Getting started**

Here is how to get going and make the most of Cardiopulmonary Rehabilitation:

- Ask your doctor if you are eligible.
- If you are, have your doctor send a referral or call **806.244.9221**
- In consultation with your medical team, set goals for your heart and lung health.
- Work together to create a cardiopulmonary rehab plan.
- Take an active role in your care to achieve your goals.
- Keep taking your medicines as prescribed.
- Call 911 if you experience new or worsening symptoms.