

# Cardiac rehabilitation program

## Optimizing health and enhancing resiliency

Brigham and Women's Cardiac Rehabilitation Program is an 11-week outpatient medical program designed to assist you in making heart-healthy lifestyle changes to lower your risk of heart disease and stroke. If you have heart disease (angina, angioplasty/stent, congestive heart failure, heart attack, heart surgery) this program will benefit you.



For more information,  
call 508-718-4661.

### Program Goals

- Reduce cardiac symptoms
- Reduce blood pressure
- Lower cholesterol
- Regular exercise
- Achieve a healthy weight
- Smoking cessation
- Stress management
- Improve social support

### Program Components

#### A safe, supervised exercise program to help you:

- Become more physically active
- Meet your individual needs for daily activity

#### An individualized nutrition plan to help you:

- Prepare healthy foods and maintain a heart-healthy diet
- Assist in weight management
- Improve cholesterol and glucose levels

#### A comprehensive stress management program with an emphasis on:

- Learning relaxation techniques to help change the physical and emotional responses to stress
- Behavioral strategies to enhance your ability to cope with stressful situations

### Research demonstrates

- In a two-year Medicare study, patients with heart disease who participated in a program like this were able to avoid re-hospitalization and have a significant reduction in mortality compared to a traditional Cardiac Rehabilitation Program or matched controls over the three-year follow-up period.
- Thirty-six percent of patients with angina symptoms at the start of the program reported no longer having symptoms by the end of the program.

### Clinic visits and cost

Patients attend sessions once to twice weekly for 11 weeks. Classes are offered at a variety of days and times. The program cost will be billed to your medical insurance. We are located on the second floor at Brigham and Women's/Mass General Health Care Center in Foxborough.

### About the staff

Our staff includes a cardiac nurse, exercise specialists and dietitians.



*Our program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This certification means that these programs meet or exceed national care standards.*