My Heart’s Content Class

FREE Class: Includes a review of heart disease management; information on congestive heart failure, healthy eating, exercise, medications, diabetes education, fall prevention and stress management. Meet with other patients and staff to discuss how to cope with health issues. Family and friends are welcome!

Speakers: Cardiac physician and nurses, registered dietitian, physical therapist, exercise physiologist, stress reduction nurse, clinical pharmacist and diabetes educator.

Times/Locations:
Wednesdays 12:30 - 2:15pm
Four Consecutive Wednesdays in 2014 for:
March, May, July, September, November

LifeStyleRx
Cardiac Rehab Education Room
2nd Floor, Studio 3
1119 E. Stanley Blvd.
Livermore

Contact: For information on class dates, please call Cardiac Rehabilitation 925-373-8094 or email cardiacrehab@valleycare.com.
When cardiovascular disease rears its head, protecting your heart assumes extra importance and urgency. But so many threads are needed to weave a blanket of protection that it’s easy to get tangled up or lose hold of what you need to do. A rehabilitation program, commonly called cardiac rehab, can help. Think of it as one-stop shopping for all your cardiovascular needs, from getting more exercise and learning about your medications to adopting a more healthful diet and easing stress.

Sadly, most people who could benefit from a cardiac rehab program don’t embark on one. That’s a shame, because it can be a life-changing and life-saving tool. People who successfully complete a cardiac rehab program have fewer heart attacks and strokes than people who don’t exercise their right to rehab. They also lower their chances of dying within the next few years by 25% or more. Just as important, cardiac rehab can give you back some of the confidence and security that heart disease often snatches away.

Try this at home
If you can’t take part in a certified cardiac rehab program, or prefer not to, a home-based option is an alternative. It works like this: With your doctor or a cardiac rehab specialist, you devise a set of exercises to do at home and learn about how fast your heart should be beating during exercise and the warning signs that signal you should stop exercising and call your doctor. You exercise at home, but check in often with your rehabilitation contact. You also have other assignments to work on, such as quitting smoking or reducing stress.

Does home cardiac rehab work? It does, say British researchers. Their evaluation of a dozen studies of center-based and home-based programs showed similar results from both types (BMJ, Jan. 30, 2010).

For some people, advice, encouragement, and support from the members of a cardiac rehab team and others going through the program. Standard programs include three one- to two-hour sessions a week for 12 weeks. These are generally covered by Medicare and most private insurers.

The more sessions you complete, the more long-term protection you get against future cardiovascular trouble (Circulation, Jan. 5, 2010). Yet only one-third of those who start a cardiac rehab program finish it. That’s understandable—there are plenty of hurdles. You need to get yourself to the rehab center three times a week. Programs aren’t always offered at convenient times. Or maybe you don’t relish the thought of exercising in public, or are wary of "group therapy."

Stick with it
Heart disease overwhelms some people and makes others feel out of control. Cardiac rehab is a great way to regain control, while at the same time strengthening and improving the heart and blood vessels.

The best cardiac rehab programs integrate supervised exercise with other ways to protect the heart. They include help with smoking cessation and weight loss, information about medications and healthful eating, and approaches to depression and stress reduction. They also offer invaluable support from the cardiac rehab team and others going through the program. Standard programs include three one- to two-hour sessions a week for 12 weeks. These are generally covered by Medicare and most private insurers.

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