

The new **Cardiac Rehabilitation Center**, located at Capital Health Medical Center – Hopewell, provides individually prescribed education and exercise for persons with heart disease who are recovering from a heart-related illness, surgery or other treatment procedures.

Our multidisciplinary team of physicians, nurses, exercise physiologists and registered dietitians assist each person in achieving specific lifestyle behaviors through personalized exercise, nutritional counseling, risk factor management approaches, and psychological support.

HOW DO I START?

Call 609.537.6420
to schedule an appointment.

All program candidates are interviewed prior to entering the program. The individual assessment includes a health history and review of risk factors. Using a team approach, we assess the candidate's needs as well as develop and implement a plan of care.

ABOUT OUR INSTITUTE

Our **Cardiac Rehabilitation Center** is part of the Capital Health Heart & Vascular Institute, which provides comprehensive heart and vascular care in one convenient location — Capital Health Medical Center – Hopewell. Our Institute offers a coordinated, multi-specialty approach, including:

- Cardiology
- Chest Pain Center
- Vascular Surgery
- Advanced Imaging, including Interventional Radiology
- Podiatry (*Foot Specialists*)
- Vein Center
- Center for Wound Management, including the Center for Hyperbaric Medicine
- Nephrology (*Kidney Specialists*)

For more information about the Capital Health Heart & Vascular Institute, visit capitalheartandvascular.org or call 1.855.VASDOC (827.2362).

For more information about our Cardiac Rehabilitation Center, call 609.537.6420.



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capitalhealth.org     

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CARDIAC REHABILITATION CENTER

Heart & Vascular Institute



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Minds Advancing Medicine

capitalhealth.org/cardiarehab

WHO CAN TAKE PART?

Participants include those who have experienced:

- Acute myocardial infarction (heart attack) within the past 12 months
- Coronary artery bypass surgery
- Current, stable chest pain (*angina pectoris*)
- Heart valve repair or replacement
- Angioplasty or stenting to open blocked coronary arteries
- Heart or heart-lung transplant surgery
- Stable, chronic heart failure

If you have experienced one or more of these, please speak to your doctor about participating in our program or call us at **609.537.6420**.

WHAT HAPPENS NEXT?

Those recovering from a heart-related illness or treatment procedure begin with a personalized program. It consists of telemetry monitored exercise, plus lifestyle modification under the direction of physicians and supervision of nurses and exercise physiologists.

Our team focuses on helping participants understand, cope and live successfully with heart disease. Each participant in this phase of the program will have an individualized consultation with a registered dietitian.



KNOWLEDGE IS POWER

Individual and group classes are offered regularly on topics such as:

- Heart health
- Nutrition
- Exercise guidelines
- Risk factor reduction
- Stress management
- Medications

WHERE DO I GO?

Our Cardiac Rehabilitation Center is located at Capital Health Medical Center – Hopewell. Our new location offers a full complement of aerobic exercise equipment and free weights.

INSURANCE

Most insurance carriers cover the cost of this program. Please check with your insurance carrier regarding coverage for cardiac rehabilitation.