February is

Cardiac Rehabilitation Month

Cardiac Rehabilitation Facts

- Each year about 1 million people survive heart attacks in the United States. Additionally, more than 7 million people have stable angina, more than 1 million patients have angioplasty, a procedure to unblock coronary arteries, and almost half a million patients have bypass surgery.
- In 2007, direct and indirect costs of heart disease were estimated at approximately $277.1 billion.
- All persons with heart disease could benefit from cardiac rehabilitation (rehab). The purpose of cardiac rehab is to modify a person's coronary risk factors and to reduce morbidity, mortality, and functional disability due to cardiovascular illness.
- In 2005, 21 states and the District of Columbia included questions in the state-based Behavioral Risk Factor Surveillance System (BRFSS) survey regarding receipt of cardiac rehab services following a heart attack. The findings indicated that about one-third of heart disease patients had participated in cardiac rehab even though most might have benefited from these services.
- Comprehensive cardiac rehab has been shown to reduce re-hospitalization rates, reduce recurrent sudden cardiac death, lessen the need for cardiac medications, and increase the rate of persons returning to work.

Who should attend a cardiac rehabilitation program?
Cardiac rehabilitation programs are appropriate for a wide variety of heart patients, including those who have recently had or been diagnosed with:

- Heart attack
- Bypass surgery
- Pacemaker implanted
- Angioplasty placement
- Chest pain due to clogged arteries
- Heart Failure
- Heart transplant
- Congenital heart disease
- Peripheral artery disease

Goals of Cardiac Rehabilitation Program

- Improve functional capacity and quality of life
- Reduce risk of sudden death and subsequent heart attack
- Ease angina pectoris symptoms
- Prevent progression of underlying disease

Symptoms of a Heart Attack:
The five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.

Source: Centers for Disease Control and Prevention

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