



## Locations

**CarePoint East**  
 543 Taylor Ave.  
 Third floor, Room 3068  
 Columbus, OH 43203  
 614-688-6306

**Martha Morehouse Medical Plaza**  
 2050 Kenny Road  
 Suite 1010  
 Columbus, OH 43221  
 614-293-6937



## Outpatient Cardiac Rehabilitation

### What is Cardiac Rehabilitation?

Cardiac rehabilitation is a personalized program that helps improve the health and well-being of people with heart problems. Ohio State's comprehensive programs involve medical evaluation, prescribed exercise, cardiac risk factor modification, education and counseling.

While the core of cardiac rehabilitation is exercise, the program also targets nutrition and diet, weight optimization, management of lipid abnormalities (cholesterol and triglycerides), blood pressure, diabetes and stress response.



**Wexner  
 Medical  
 Center**



**Wexner  
 Medical  
 Center**

# The Cardiac Rehab Program

## Cardiac Rehab can help you:

- Recover after a heart attack or heart surgery (bypass surgery or valve surgery).
- Reduce and assist in the recovery if you have angina (chest pain due to lack of oxygen in the heart muscle).
- Improve your heart health if you have heart failure.
- Prevent future hospital stays, heart problems and death related to heart problems.
- Address risk factors that can lead to coronary heart disease and other heart problems, including high blood pressure, high blood cholesterol, overweight or obesity, diabetes, smoking, lack of physical activity, depression and other emotional health concerns.
- Adopt a healthy lifestyle. These changes may include following a heart healthy diet, being physically active and learning how to manage stress.
- Improve your overall health and quality of life.

Cardiac rehab can save your life and increase your chance of survival. Cardiac rehab is recommended by the American Heart Association and the American College of Cardiology for these heart conditions for prevention of heart disease in the future.

- Heart attack
- Coronary angioplasty
- Stents
- Coronary artery bypass
- Valve surgery
- Congestive heart failure
- Heart transplant
- Angina (chest pain)
- Vascular problems (small vessel disease, peripheral artery disease or aortic aneurysm)

*Your cardiac rehab program will be designed to meet your personal needs.*

## The Cardiac Rehabilitation Team

Cardiac rehab involves a long-term commitment from the patient and a team of health care providers.

Our cardiac rehabilitation team consists of physicians, nurses, exercise physiologists, pharmacists, dietitians and behavioral medicine specialists. This team of professionals works with you and your family to ensure a successful rehabilitation experience. Sometimes a case manager will also help track your care.

Working with the team is an important part of your cardiac rehab. You should share questions and concerns with the team. This will help you reach your goals.

To learn more about Cardiac Rehab at Ohio State visit: <http://go.osu.edu/cardiarehab> or call **614-293-7677**.

