

Cardiovascular Prevention and Rehabilitation Program

For people who want to improve their heart health after a heart event

This pamphlet covers:

- What cardiovascular rehabilitation (cardiac rehab) is
- How cardiac rehab can help you
- How the cardiac rehab programs at UHN work
- Where to get more information



What is cardiovascular rehabilitation

Cardiovascular Rehabilitation (also known as Cardiac Rehab) is an exercise, education, and counseling program to help people recover from a heart condition or heart event.

When you join a cardiac rehab program, an exercise therapist will work with you to create an exercise program that is safe and effective for you.

You will also take part in a structured education program where you will learn how to treat your disease, get active, eat healthy, feel well, and take control of your health.

How will cardiac rehab help me?

People who complete their cardiac rehab program can lower the chance of dying from a second heart event by up to 50%.

Your cardiac rehab team will help you set goals and create a plan to improve your health. Your exercise program will help you:

- improve your fitness
- increase the strength of your muscles
- improve your balance and reduce falls
- improve your quality of life

Cardiac rehab helps you learn more about your heart condition, any procedures you may have had, and why it's important to take your heart medicines. You will also learn how to:

- exercise safely
- make heart healthy food choices
- manage stress and depression
- improve your sleep

What cardiac rehab programs are at UHN?

The Cardiovascular Prevention and Rehabilitation Program is offered at 2 locations within UHN:

- Toronto Rehab – Rumsey Centre (Cardiac Rehab – Rumsey Centre)
- Toronto Western Hospital – GoodLife Fitness Cardiovascular Rehabilitation Unit

The teams at both sites are trained to help you reach your exercise and lifestyle goals.

Who can join the cardiac rehab programs at UHN?

Cardiac rehab can help all people with heart problems.

If you had a heart attack, heart surgery, valve surgery, angioplasty, arrhythmia, angina, congenital heart disease (heart problems you are born with), or a different heart condition, cardiac rehab can help you.

The cardiac rehab team works with your medical team to help manage your heart problem. The team also works closely with other care providers to help you manage your diabetes, stress, and help you quit smoking, if needed.

Not from Toronto?

Anyone who lives in Ontario can join the UHN cardiac rehab program. And the virtual options can make it easier to join if you live far away. Our staff can also help you find a program closer to home, if you prefer.

What will I do in cardiac rehab?

Cardiac rehab at UHN is offered as a hybrid (a mix of onsite and virtual sessions) or fully virtual program. In our programs, 'virtual' means you will join a session by phone or computer.

Your program includes several parts:

- Intake Assessment – at the start of the program, you talk to our clinical staff and program doctor about your medical history and risk factors for heart disease
- Exercise Assessment – you may come to the hospital to complete an exercise stress test. This test measures your fitness level. The team uses the information from this test to create an exercise program that is safe and effective for you.
- Weekly Sessions – join weekly sessions to get expert advice from your cardiac rehab team on exercise and education related to your care.

Who is part of the cardiac rehab team?

The cardiac rehab teams at both sites include health care professionals who work together to support your rehab journey.

An exercise therapist will lead most of your weekly sessions. They are trained to provide safe and effective exercise programs and education to help you manage your health. The exercise therapists are registered professionals in health care areas such as kinesiology, nursing, and physiotherapy.

Your exercise therapist can also connect you to other members of our team such as a dietitian, social worker, psychologist, staff physician or pharmacist, if needed.

Interpretation Services

If you feel more comfortable speaking in a language other than English, we welcome your family member or friend to help with interpretation. We can have an interpreter help us talk to you in your language, if needed.

How do I learn more?

To learn more about our programs or to find trusted information on how to manage heart disease, stroke or diabetes, visit our [Health e-University website](http://www.healtheuniversity.ca) (www.healtheuniversity.ca).

Health e-University has 2 colleges to support your learning: Cardiac College and the Sun Life Diabetes College.

Where to find us

UHN Cardiovascular Prevention and Rehabilitation Program
Toronto Rehab – Rumsey Centre
347 Rumsey Road Toronto, ON M4G 1R7
Phone: 416 597 3422 ext. 5200
Fax: 416 425 0301

UHN Cardiovascular Prevention and Rehabilitation Program GoodLife Fitness
Cardiovascular Rehabilitation Unit
Fell – 7th floor (Room 108)
Toronto Western Hospital
399 Bathurst St. Toronto, ON M5T 2S8
Phone: 416 603 5200
Fax: 416 603 5373

About The Peter Munk Cardiac Centre:

For more information about heart and circulation conditions, a glossary of terms maps, information about our location and how to be referred, please visit www.petermunkcardiaccentre.ca



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