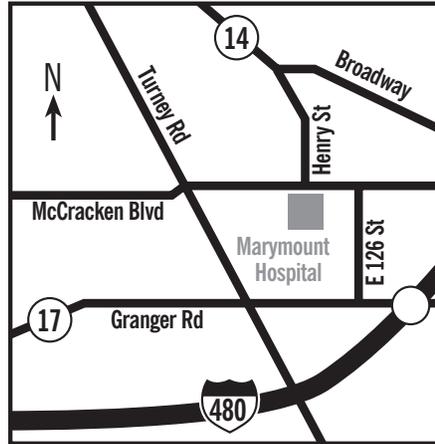




Cardiology Services at Marymount Hospital

Marymount Hospital's Cardiology team is dedicated to providing expert care to our patients through personal attention, support and education.



Marymount Hospital
Cardiac Rehabilitation Center
12300 McCracken Road
Garfield Heights, Ohio 44125
216.587.8819

marymount.org

 **Marymount Hospital**
a Cleveland Clinic hospital

A Catholic Hospital sponsored by the Sisters of St. Joseph of the Third Order of St. Francis

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Cardiac Rehabilitation



Our cardiology services include technologically advanced, diagnostic tests and rehabilitation programs including our Cardiac Rehabilitation Program and Congestive Heart Failure (CHF) Clinic, specially designed to help patients manage their conditions. Our testing capabilities include EKGs, echocardiograms, stress tests, interventional cardiology and cardiac catheterization.

Cardiac Rehabilitation Program

Cardiac Rehabilitation is a total health and fitness program designed to benefit patients recently hospitalized or under treatment for coronary heart disease. Our Cardiac Rehab Staff provides the individualized support and attention each patient needs to recover quickly and resume a full, satisfying life. We help our patients and their families understand what causes heart disease and how to reduce the risk of recurrent problems. Our goal is to provide positive guidance for healthy living at the right level of activity. Rehabilitation plans are tailored to each patient's individual needs, abilities and medical condition.

Our Cardiac Rehabilitation Program is comprised of four phases.

Phase I

At Marymount Hospital, your recovery begins immediately. Cardiac Rehab Phase I begins in the hospital, as soon as your acute heart condition is under control. Our cardiac rehab nurses provide support, education, and information about pertinent cardiac problems and risk factors to every patient and their family.

Phase II

Cardiac Rehab Phase II is an outpatient program of exercise and education. Patients who need cardiac strengthening are referred by their physician, and need not have completed Phase I. Before entering our program, a health history and the results of an exercise stress test are needed to develop a personal exercise prescription. This phase lasts 10–12 weeks with hour-long monitored exercise sessions, three

times a week. Each patient's progress is reviewed often, and the exercise plan is adjusted as the heart/lung capacity improves. Each physician is also advised of their patient's progress. At the completion of this phase, another stress test is performed to measure your overall success.

Phase III

Patients who have participated in Phase II and wish to maintain cardiac fitness may take advantage of Phase III. Exercise sessions are conducted much like those in Phase II, with each patient now accepting further responsibility for self-monitoring and record keeping. Phase III sessions meet for one hour, three times a week.

Phase II and III also include a weekly educational component at the end of an exercise hour. These "mini-seminars" are conducted by our Cardiac Rehab team, offering a range of practical, heart healthy information. Family members are invited to attend any or all of these sessions with their loved one.

Phase IV

Following a maximum of six months in Phase III, patients may continue their exercise regime indefinitely in Phase IV. This phase is an unmonitored "open" exercise program where Cardiac Rehab patients may continue exercising on their own in the familiar surroundings of Marymount's Cardiac Rehab Center. Overseen by our Exercise Physiologist, Phase IV patients conduct an independent exercise workout at any time during the Center's open hours.

Exercising in our Cardiac Rehabilitation Center

During exercise therapy, patients use such heart-strengthening equipment as a digital treadmill, bicycle ergometer, rowing machine, bicycle, stair climber, and arm ergometer. Phase II and III sessions include a warm-up stage of low-level exercise, a sustained aerobic stage, and a final "cool down" stage of muscle strengthening and relaxation.



Our Staff

Our Cardiac Rehabilitation Program is staffed by a highly skilled team of health professionals committed to the finest standards of safety and quality care. Our team includes an Exercise Physiologist, Cardiac Care Registered Nurse, and Cardiologist who serves as Medical Director. We can also coordinate referrals to a Registered Dietitian or Counselor as needed.

Fees and Insurance

Medicare and private insurance companies generally cover a major portion of the cost of Cardiac Rehabilitation. For specific questions about the extent of coverage or your co-payments, please check with your insurance carrier or employment benefits manager.

To Contact Us

If you need further information, you or your physician may contact our Cardiac Rehabilitation Center at **216.587.8819**.