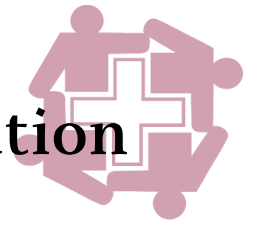
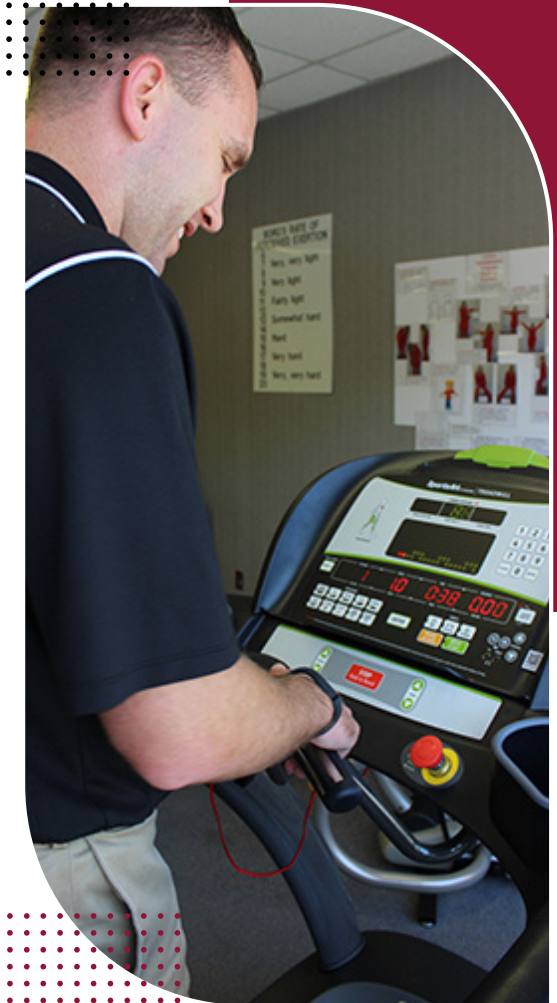


# Cardiac Rehabilitation



Phase II & III Programs

Stewart Memorial Community Hospital



*Left to right: Shelly Hammen, RN,  
Director of Cardiac Rehab &  
Diabetes Education; Sarah Oliver,  
RN; Casey Wetter, RD*

The SMCH Cardiac Rehab Team is committed to helping patients with heart disease recover faster and return to full and productive lives.

Programs include exercise, education, counseling and learning ways to live a healthier life.

Making healthy lifestyle changes can help you feel better and live a healthier and more fulfilling life.

The choice is yours - we're here to help you participate and follow a program prescribed just for you!

## Contact Us:

Stewart Memorial Community Hospital  
Cardiac Rehabilitation



(712) 464-4118



Scan to visit our website

## What is cardiac rehabilitation?

Cardiac rehab is a supervised program that includes

- Physical activity
- Education about healthy living, healthy eating, taking medicine as prescribed, and ways to help you quit smoking
- Counseling to find ways to relieve stress and improve mental health

## Phase II Program

Phase II is a medically monitored exercise program designed for those who had a recent heart illness or procedure. It is also a program for those with stable chronic heart failure. This program mixes regular physical exercise with education and support to help with recovery and strengthen the body.

The Phase II Program runs between four and twelve weeks. Each person's rehab program is determined individually based on physical condition and personal goals.

**Phase II candidates include patients who have had:**

- Percutaneous Transluminal Coronary Angioplasty (PTCA) with or without stenting
- Stable angina
- Bypass surgery
- Heart transplant
- Aortic valve replacement or repair
- Mitral valve replacement or repair
- Heart attack within preceding 12 months
- Stable chronic heart failure

*Most insurance companies, as well as Medicare and Medicaid, cover all or a portion of cardiac rehabilitation programs for those who qualify.*

## Phase III Program

Phase III is a supervised exercise program whereby individuals learn to self-manage their overall cardiovascular health. It is designed for those with known risk factors, existing heart problems, or for those who wish to improve their level of cardiovascular fitness.

This program is for patients who have successfully completed Phase II or have been referred by a physician.

Phase III Cardiac Rehabilitation is a private pay program. Each session costs \$5.00.

### Five Medication-Free Ways to Prevent Heart Disease

- 1** Don't smoke or use tobacco products
- 2** Be physically active
- 3** Eat a heart-healthy diet
- 4** Maintain a healthy weight
- 5** Get regular health screenings

## Exercise

- Free weights
- Warm up & cool down
- Treadmill
- NuStep
- Resistance bands strength training
- Stretching exercises

## Education

- Medication
- Diet
- Stress reduction
- Smoking cessation
- Risk factors
- Lifestyle changes



Persons who attend at least 36 hours of a cardiac rehabilitation program have a **47 percent** lower risk of death.



Those same participants had a **31 percent** lower risk of heart attack than people who attended only one session.<sup>1</sup>



<sup>1</sup> [www.cdc.gov](http://www.cdc.gov)

*"Our sessions are informal and allow for hands-on learning, which is why we see great success among participants. Our team is passionate about what we do, and we're there every step of the way to answer questions and provide resources."*

Director of Cardiac Rehab & Diabetes  
Education Shelly Hammen, RN