



Welcome to Cardiac Rehab

patient education packet

Sources

National Institutes of Health
U.S. Centers for Disease Control and Prevention
U.S. Department of Health and Human Services



What is Cardiac Rehabilitation?

Cardiologists agree that cardiac rehabilitation is a critical component of your recovery process. At Lake Regional, cardiac rehabilitation is a three-part program aimed at healing and recovery.

Lake Regional's Cardiac Rehabilitation program is designed to help you exercise safely while learning about and maintaining a healthy lifestyle. Our team of professionals includes registered nurses, an exercise physiologist and dietitians who will help you recover and learn how to live with heart disease.

Cardiac Rehab = A Road to Recovery

- 8–12 weeks of rehab
- 3 times per week
- Exercise program (walking, biking, rowing, strength training, etc.)
- Nutritional guidance
- Stress management
- Positive lifestyle changes
- Encouragement
- Social Support

Does Insurance Cover Cardiac Rehab?

The first and second phases of cardiac rehabilitation are covered by Medicare and most health insurance companies for patients with an approved diagnosis. The third phase, which is recommended but optional, is generally a self-pay membership program. Lake Regional Cardiac Rehab staff will help you determine your benefits, but you should check your plan for copays or other requirements.

The Three Phases of Cardiac Rehab

First Phase. An educator visits you while you are hospitalized and discusses changes you need to make to your medications, diet and exercise routine.

Second Phase. You begin this phase after being discharged from the hospital. At your first appointment, a registered nurse will lead you through exercise testing using the gym's rehab facilities. The nurse will evaluate your response to various exercises by monitoring your blood pressure, heart rate and oxygen levels. The results will determine which exercises you need, as well as how intensely you should do them and for how long each time. The registered nurse also will provide a medication review and an evaluation of your health history.

Third Phase. In this phase, you receive continued access to the workout facilities, as well as to the nurses, dietitian and exercise physiologist, who monitor your health and regularly update your exercise prescription.

Who Needs Cardiac Rehab?

If you have one of the following diagnoses, you may be eligible to participate in cardiac rehabilitation.

- Heart attack
- Angina
- Coronary artery angioplasty or stents
- Open heart surgery such as coronary bypass or valve surgery
- Heart failure
- Heart transplantation
- Peripheral artery disease

What Care Will I Receive in Cardiac Rehab?

Your personalized treatment plan will include:


- An assessment of your personal risk factors for heart and blood vessel disease
- Education and support to make healthy lifestyle changes, including maintaining a healthy weight, eating in a heart-healthy way and avoiding tobacco and environmental smoke
- Help beginning and maintaining a personalized exercise plan that works for you
- Monitoring and care to achieve better control of blood pressure, lipids/cholesterol and diabetes
- Ongoing medication review
- A psychological/stress assessment and education
- An opportunity to meet and share stories with other patients like you, including through support groups
- Updates, sent at least once a month, to your doctor about your progress following your cardiac event.

What are the Goals of Cardiac Rehabilitation?

The Phase II Outpatient Cardiopulmonary Rehabilitation Program at Lake Regional Health System is for individuals with known cardiac and/or pulmonary disease. Participants receive assistance to restore and maintain an optimal state of health based on their individual needs.

The specific goals of the program are to:

- Increase the patient and family's understanding of the patient's disease and its treatment through education
- Establish positive behavioral changes necessary for attainment of an optimal health state
- Provide a therapeutic exercise program to help the patient progress to optimal physiological function
- Provide psychological support to the patient in order to increase confidence, emotional stability and psychological well-being
- Provide a stimulating environment that motivates the patient to permanently alter his/her attitude toward regular exercise and other lifestyle modifications
- Provide a consistent professional contact for any questions, concerns or communication needs
- Provide the referring physician with additional information concerning the effectiveness of the patient's medical therapy
- Provide rehabilitative care to the individual within their community



Scientific studies show that people who complete a cardiac rehabilitation program can increase their life expectancy by up to five years.

In cardiac rehab, participants work to

- Decrease their risk factors for Coronary Artery Disease
- Lower their blood pressure
- Lower their LDL (bad cholesterol)
- Increase their HDL (good cholesterol)
- Decrease/eliminate their tobacco and/or nicotine use
- Increase their physical activity
- Maintain a healthy weight
- Better manage their diabetes
- Manage their stress
- Achieve alcohol moderation

Why Should I Do Cardiac Rehab?

Research has proven many benefits of cardiac rehabilitation:

- Longer life and decreased chances for another heart attack
- Controlled heart disease symptoms, such as chest pain or shortness of breath
- Stopped or slowed advancement of heart vessel disease
- Lessened physical and emotional effects of heart disease
- Improved stamina and strength, enabling participants to return to their usual activities, including work, hobbies and regular exercise
- Improved confidence and well-being

Eat Heart-Smart





Good nutrition is essential to a healthy heart. The following tips will help you eat heart-smart.

- **Choose your fats wisely.** Limit foods high in saturated fats, such as fatty meats, poultry skin, bacon, sausage, whole milk, cream and butter. Also avoid trans fats, which are found in foods that contain hydrogenated oils, such as stick margarines, shortenings and some fried and packaged foods. Get most of your fats from such foods as olive or canola oils, nuts, lean meats and fish.
- **Increase your daily fiber.** Strive for 20 to 30 grams of fiber a day. Fruits, vegetables, whole grains and dried beans are good sources of fiber. Aim for three ounces of whole-grain foods daily.
- **Increase your fruit, vegetable, nuts and beans intake.** A heart-smart diet includes five cups of fruits and vegetables a day. Try to include a serving of beans at least four times a week and a palm-size serving of nuts every day.
- **Practice portion control.** Talk with your doctor or dietitian about what a healthy weight is for you. Set small weekly goals to help attain that weight. Remember, half of your plate should be fruits and vegetables, a quarter should be meat or protein, and one-quarter should be grains.
- **Reduce your sodium intake.** Limit your daily sodium intake to around 2,400 milligrams. Avoid the salt shaker, limit intake of processed and fast foods, and start reading food labels.



Eat This, Not That

Use the following lists to choose healthy foods and avoid unhealthy ones.

Recommended Foods

Grains

- Whole grain breads and cereals
- Oats
- Whole wheat pasta
- Brown Rice
- Low-fat crackers and pretzels

Vegetables

- Fresh, frozen or canned vegetables without added fat or salt

Fruits

- Fresh, frozen, canned or dried fruit

Milk

- Skim or 1% milk
- 1% buttermilk
- Nonfat or low-fat yogurt and 1% cottage cheese
- Fat-free or low-fat cheese, cream cheese and sour cream
- Fat-free half and half

Meats and Protein

- Lean cuts of beef and pork (loin, leg, round, 90% lean hamburger)
- Skinless poultry
- Fish (twice a week)
- Venison and other wild game
- Dried beans and peas
- Nuts and nut butters
- Lean deli meats, such as turkey, ham or roast beef

Fats and Oils

- Olive, canola or peanut oil
- Soft or liquid margarines, or butters
- Reduced-fat mayonnaise and salad dressings
- Seeds, nuts, avocado

Foods to Avoid

Grains

- High-fat bakery products, such as donuts, biscuits and croissants
- Snacks containing partially hydrogenated oils, such as cheese puffs, snack mixes and some crackers and popcorn

Vegetables

- Fried vegetables
- Vegetables prepared with butter, cheese and cream cheese

Milk

- Whole or 2% milk
- Whole milk yogurt
- Regular ice cream
- Cream or Half and Half
- Regular cream cheese or sour cream
- Full-fat cheese or 4% cottage cheese

Meats and Protein

- Higher-fat cuts of meat (ribs, rib eye steak, 80% hamburger, prime cuts)
- Bacon
- Sausage
- Cold cuts, such as bologna and salami
- Corned beef
- Hot dogs
- Organ meats, such as liver or brains
- Poultry with the skin
- Fried meat, poultry or fish

Fats and Oils

- Stick margarine
- Shortening
- Lard
- Partially hydrogenated oils
- Tropical oils, including coconut, palm or palm kernel oils

Also, cut back on food and beverages with added sugars, and limit alcohol to one drink a day for women or two drinks a day for men.

Healthy Shopping Tips

Concentrate on the perimeter of the store for the most healthful choices.

- Produce:** Except for coconuts and avocados, all fruits and vegetables are low in fat with very little sodium. The fat in avocados is heart-healthy monounsaturated fat, so these can be enjoyed. Buy in season for the best bargains and flavor.
- Dairy:** Choose skim or 1% milk. Look for fat-free or low-fat yogurts, cream cheese and sour cream. Look for low-fat cheeses and those made with 2% milk. Aim for no more than 2 grams of fat per ounce with cheese.
- Meat/ Deli:** Stick to deli turkey, chicken or roast beef to control fat and sodium content. Choose lean cuts of meat, and trim all visible fat before cooking. Buy skinless poultry, or remove the skin before eating. Choose 90% lean hamburger, or try ground turkey breast. Look for un-breaded fish or canned tuna or salmon. Avoid processed meats as much as possible.
- Margarines, Butters and Oils:** Choose soft margarines over stick varieties. Look for margarines made with olive, canola oils or soft butters blended with olive or canola oils, and stick to less than 7 grams of fat per tablespoon. Olive or canola oils are the best for heart health.
- Cereals:** Choose whole grain cereals that have no more than 2 grams of fat, less than 7 grams of sugar, 200 milligrams of sodium and at least 3 grams of fiber per serving.
- Breads/Bakery:** Choose bakery products that have less than 3 grams of fat per serving. Avoid obvious high-fat products, such as donuts, pastries and croissants. Choose bread that has 1.5 to 2 grams of fiber per slice. Look for 100% whole wheat bread.
- Chips/Snack Foods/Cookies:** Look for less than 3 grams of fat per serving. Choose baked chips, rice cakes, low-fat popcorn. Avoid products that have partially hydrogenated fats in the ingredient list. Choose nuts and pretzels without added salt.
- Frozen Foods:** Choose frozen vegetables without added sauces or seasonings. Frozen entrees should have no more than 10 grams of fat and less than 800 milligrams of sodium. Choose lower-fat ice creams that have no more than 2 grams of fat per half-cup serving.
- Canned Beans, Vegetables and Soups:** For vegetables and beans, choose nonfat varieties with less than 300 milligrams of sodium per half-cup serving. Rinsing vegetables and beans will help reduce the sodium, but look for the no-added-salt varieties. Canned soups should be the lower-sodium, lower-fat varieties. Limit fat grams to no more than 3 per cup, and keep sodium to less than 480 milligrams per cup.
- Pasta and Rice:** Watch out for seasoned, packaged mixes because these are often high in sodium. Strive for 3 grams of fat or less and less than 300 milligrams of sodium per half-cup serving. Choose whole wheat pastas or brown rice to boost your fiber intake.
- Mayonnaise, Salad Dressings and Condiments:** Choose reduced-fat varieties, or use vinegar-and-oil-based dressings. Watch for sodium content in condiments such as barbecue sauce, ketchup, soy and teriyaki sauces.





Heart Smart Sample Menu

	DAY ONE	DAY TWO	DAY THREE
BREAKFAST	1 cup oatmeal 1 serving fruit 1 cup skim milk	3/4 cup whole grain cereal 1 cup skim milk 1 piece whole wheat toast with 1 Tbsp peanut butter Fruit or juice	Omelet 1 cup skim milk English muffin with nonfat cream cheese Fruit or juice
SNACK	1/2 cup fruit with 1/2 cup low-fat cottage cheese	Banana	Palm-sized serving of nuts
LUNCH	Salad with romaine or spinach and lettuce, carrots, tomatoes, cucumbers and 1 Tbsp low-fat dressing 3 oz grilled chicken breast 2 Tbsp almonds Whole grain dinner roll with margarine Fruit	1 cup low-sodium vegetable soup 3 oz lean hamburger patty on bun Mustard, ketchup, tomato, lettuce Fresh fruit salad	Turkey sandwich on whole wheat bread with light mayo, lettuce and tomato 1 small bag of pretzels Low-fat yogurt
SNACK	Carrot or celery sticks with hummus	1 cup skim milk 4 graham crackers	Apple with peanut butter
DINNER	3 oz grilled salmon 1 cup steamed broccoli 1 cup brown rice Salad with low-fat dressing 1 cup skim milk	3-4 oz grilled lean steak 1 cup fresh steamed green beans Baked potato with margarine and low-fat sour cream Salad with low-fat dressing Whole grain roll 1/2 cup low-fat ice cream or frozen yogurt	Pasta with marinara sauce 3 oz grilled chicken breast Garden salad with low-fat dressing Whole grain French bread with margarine 1 cup skim milk
SNACK	Low-fat yogurt	12-15 grapes and 1/4 cup almonds	1/2 cup sorbet



Heart Smart Recipe Makeover

Did you know you can substitute heart-smart ingredients for standard ingredients? Before making any recipe, look for items you could substitute to make the recipe more heart friendly. Here are some ideas.

- ❑ **Butter, margarine or oil.** You can replace fat in a baking recipe with an equal amount of applesauce or pureed prunes (try baby food). For best results, leave 1/4 to 1/2 of the original amount of fat and replace the rest with the fruit. Use the prunes for chocolate items.
- ❑ **Sour cream.** Reduce calories and saturated fat by using light or nonfat sour cream. Or try nonfat plain yogurt (not sweetened). Greek yogurt provides the best consistency. Try blending low-fat cottage cheese as a dip base. Nonfat sour creams tend to taste sweeter when heated, so don't use in savory dishes. Use light or nonfat cream cheese in recipes, but be aware that nonfat cream cheese tends to get runny in frostings and dips.
- ❑ **Milk.** Use skim milk instead of whole milk in recipes. Replace heavy cream with equal amounts of evaporated skim milk in recipes. Instead of cream to thicken soups, you can puree a cup or two of the soup and stir back in the pot or use instant mashed potatoes. Also try fat-free half and half for cream soups.
- ❑ **Sugar.** You can reduce sugar in most recipes by 1/4 without compromising the end results.
- ❑ **Flour.** You can increase your daily fiber by substituting whole wheat flour for half the regular flour in recipes.
- ❑ **Nuts.** Although nuts have heart-healthy fats, they are also high in calories. So make a little go a long ways. Try toasting the nuts to maximize flavors and then using less in the recipe. To toast nuts, you can either put them on a baking sheet in the oven or in a dry skillet on top of the stove. Heat until fragrant and lightly browned. Watch carefully — nuts burn quickly.
- ❑ **Cheese.** Try reduced-fat cheese or simply reduce the amount you use. Using a stronger flavored cheese such as sharp cheddar instead of Colby is one way to use less cheese but keep the flavor.
- ❑ **Salt.** Instead of using seasoned salts, such as garlic salt, celery salt or onion salt, substitute garlic powder, celery seeds or onion flakes or powder. Or use a couple tablespoons of the finely chopped vegetables. Use low-sodium, reduced-fat versions of cream soups in recipes. In recipes that do not use yeast, you can cut the salt by 1/2 or even eliminate it. Do not reduce salt in recipes with yeast, or they may not rise as they should.
- ❑ **Method.** Consider how the recipe says to cook the food. Could it be baked or broiled instead of fried? Could you baste the meat with reduced-sodium broth, wine or fruit juice, instead of butter or oil? Do you need the oil in the pan to sauté, or could you use pan spray or a little broth? Could you use 1/2 the amount of frosting called for? Could you cut the portions a little smaller?

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- **Serving Size:** The nutrition information is for one serving. Check the serving size. If you eat more than this amount, then you are getting more calories and nutrients.
 - **Calories:** Choose foods that help you get the nutrients you need without going over your daily calorie goal.
 - **Total Fat, Saturated Fat and Trans Fat:** Choose foods with less than 5 grams of total fat per serving. Try to pick foods with less than 3 grams of saturated fat and 0 grams of trans fats.



Heart Smart Label Reading Tips

Remember to check ingredient lists. If partially hydrogenated fats are listed, then the food contains trans fat even if it says 0 grams.

Sodium: Look for foods that have less than 300 milligrams of sodium.

Total Carbohydrates and Sugars: Choose foods that have less than 30 grams of total carbohydrates and less than 15 grams of sugars.

Dietary Fiber: Aim to get 25-30 grams of fiber daily. Any food with 5 grams or more is a high-fiber food.





Heart Smart Fiber Tips

Benefits of Fiber: Fiber prevents constipation, hemorrhoids and diverticulosis. It also helps prevent some cancers and may help lower LDL (bad) cholesterol and total cholesterol. Fiber also can help regulate blood sugar for people with diabetes. Increase the fiber in your diet gradually, and drink plenty of fluids.

There are two types of fiber: soluble and insoluble. Both pass through our bodies undigested. Insoluble fiber provides bulk, helping things move through the intestines. Soluble fibers bind with fatty acids and prolong stomach-emptying time, making us feel fuller longer.

Food Sources of Insoluble Fiber

- Dark green leafy vegetables
- Whole wheat products
- Fruit skins and root vegetable skins
- Corn bran
- Seeds and nuts

Food Sources of Soluble Fiber

- Oat bran and oats
- Dried beans and peas
- Nuts
- Barley
- Flaxseed
- Fruits
- Vegetables

Tips for Adding Fiber to Your Foods

- Sprinkle a high-fiber cereal, such as Fiber One, on your regular cereal or in yogurt
- Add nuts to your salad, cereal or yogurt
- Include dried beans in a soup
- Mix ground flaxseed into baked goods, or sprinkle it on your food
- Eat whole fruit rather than drinking juice
- Look for whole grain products, such as oats, barley and whole wheat
- Select higher-fiber vegetables, such as Brussels sprouts, lima beans, broccoli, acorn squash, okra and eggplant
- Eat the skin on potatoes and fruits



Heart Smart Omega 3s

Omega 3 fatty acids have a number of health benefits. One is decreased inflammation throughout the body, including in blood vessels, joints and elsewhere. Omega 3s also can help lower triglyceride levels and decrease platelet adhesion.

There are different types of Omega 3 fatty acids:

- Alpha linolenic acid is found in some vegetable oils, nuts, seeds, flax and soy products
- EPA and DHA are found in fatty, dark-fleshed fish, such as tuna, salmon, mackerel and sardines. EPA and DHA provide the most heart-healthy benefits.

Tips for Adding Omega 3s to Your Diet

- Select oil that has omega 3s, such as canola oil.
- Use flaxseed oil on salads (do not cook with this).
- Grind flaxseeds and add to foods (must be ground to be digested).
- Enjoy walnuts or walnut oil regularly.
- Have two servings of skinless fatty fish weekly.

Fish oil supplements can be used to ensure you are getting enough omega 3 fatty acids. Add up the amounts of EPA and DHA in the capsules to get the actual amount of omega 3s provided. Aim for 2 grams daily. More than 3 grams a day is not recommended without physician supervision.

Heart Smart Plant Sterol Tips

Eating foods with plant sterols and stanols can help lower your LDL (bad) cholesterol. You should have 2 grams of plant stanols and sterols every day. These are found naturally in small amounts in fruits and vegetables. However, to get the biggest benefit, it is recommended that you try some of the following products that have stanols and sterols added.

Some margarines have plant sterols or stanols added. Brands include Benecol and Smart Balance. Look for the addition of esterified plant stanols or sterols to be sure your margarine has these.

To get the 2 gram recommendation requires 2 to 3 tablespoons a day.

Some orange juices are fortified with plant sterols, including Minute Maid Heart Wise. Two cups a day is recommended. Cholest-Off tablets and Benecol Smart Chews are supplements that contain about 2 grams of plant sterols per serving.

There are other foods that are fortified with plant sterols, including some granola bars. To find them, read nutrition labels.



Heart Smart Dining Out Tips

Following a heart-healthy eating plan when dining out can be difficult. When possible, choose restaurants that have heart-healthy options. You can check online for menus and nutritional analysis of many chain restaurants.

Here are some basic tips to help make good choices.

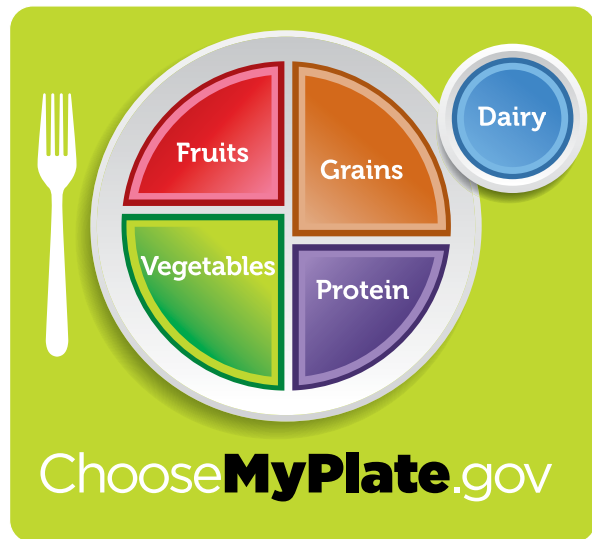
Control the serving size. Avoid all-you-can-eat buffets; they only encourage you to eat more. Ask for smaller servings, or split the meal with a friend. Box up part of your meal as soon as the food arrives. Eat slowly to allow your brain time to register that you are full. Ask that the bread or tortilla basket not be brought until the meal is served.

Ask how the food is prepared. Choose foods that are baked, broiled, roasted, grilled or steamed instead of fried. Ask that gravy, butter, sour cream, sauces and salad dressings be served on the side. Ask that salt not be added during cooking. Ask for toasted breads or rolls to come dry.

Ask to substitute. If the entrée is served with fries or chips, ask to substitute a vegetable or side salad. Or even a baked potato. Ask for whole grain bread.

Be aware of descriptive words. The following words often mean that food is prepared with added fat, saturated fat or cholesterol.

- Rich, basted, braised, marinated, au gratin, escaloped
- Crispy, pan-fried, sautéed, stewed, stuffed
- Hollandaise, casserole, pot pie
- Buttered, creamy or in cream sauce, bisque
- Covered with cheese sauce or gravy, bacon, croutons



Look for words that indicate the food is prepared with a minimum of added fat.

- Baked, roasted, broiled, boiled, grilled, poached or steamed
- Broiled, with lemon juice or wine
- Fresh or garden fresh
- In its own juices, lean

When eating fast food, choose sandwiches without added cheese, bacon or mayo. Order the small size or the kid's meal. Don't drink your calories — large regular sodas can have more than 500 calories.



Heart Smart Cooking Tips



Tips to cut back on fat:

- Select lean cuts of beef and pork, such as those labeled “loin” or “round”
- Take the skin of poultry before serving
- Bake, broil, roast, stew or stir-fry lean meats, fish or poultry.
- Cook ground meat, then drain off the fat and rinse with hot water.
- Refrigerate broths to skim off the fat, then reheat and serve.
- Eat fish regularly — experiment with different recipes.
- Use nonstick cooking sprays instead of butter or oils to cook in.
- Use low-fat dairy products.
- When you do add fat, choose healthy fats, such as olive or canola oils.
- Aim for a meatless meal at least once a week. It could be something made with beans, peanut butter, eggs or cheese, for example.

Tips to cut back on sodium:

- Prepare foods at home instead of eating out so you can control the amount of sodium.
- Use as little salt in cooking as possible. You can cut at least half of the salt from most recipes.
- Do not salt food at the table.
- Avoid mixes or instant products, such as Hamburger Helper or instant rice pilaf. These often contain a lot of sodium.
- Select no-added-salt or low-sodium canned vegetables and soups.
- Season foods with herbs, spices, onions, garlic, peppers or lemon juice to add flavor without salt.

NOTE: Sea salt has the same sodium content as regular salt.

Seasoning Suggestions

- **Vegetables:** Try lemon juice, nutmeg, basil, dill, oregano, vinegar, mint, pepper
- **Meats:** Try cayenne, dry mustard, tarragon, thyme, curry powder, rosemary, garlic
- **Eggs:** Try chili powder, cumin, fennel, marjoram, turmeric, paprika, pepper hot sauce

FOODS AND FLAVORINGS HIGH IN SODIUM

- | | |
|------------------------|-----------------------|
| x canned soups | x MSG |
| x canned broths | x meat tenderizers |
| x cheeses | x fast foods |
| x lunchmeats | x frozen meals |
| x canned vegetables | x seasoning mixes |
| x canned meats | x salty snacks |
| x cured meats | x popcorn |
| x catsup | x tomato sauce |
| x processed foods | x instant pudding |
| x Worcestershire sauce | x pickled foods |
| x soy sauce | x instant hot cereals |
| x bouillon | x hot dogs |

Heart Smart on the Web

American Heart Association

www.heart.org

Many resources, fact sheets and “Delicious Decisions” recipe book. AHA food pyramid, label reading, supermarket shopping, eating out and fitness/weight control tips.

U.S. Centers for Disease Control and Prevention

www.cdc.gov

Information and links to other sites on nutrition, physical activity and weight control

Choose My Plate

www.choosemyplate.gov

Recipes, menu examples and online tools for healthy eating and physical activity

Eating Well

www.eatingwell.com

Diet and health information along with heart healthy recipes.

Fit Day

www.fitday.com

Free registration allows you to enter foods you eat and track your calories and activities.

MegaHeart

www.megaheart.com

Low-sodium recipes and information



Understanding Your Heart Medications





Types of Medications

Following a hospitalization for a cardiac event, many patients are instructed to begin new medications or adjust their current medications. The following are the most common medications, although yours may differ.

Beta Blockers

- Lopressor
- Metoprolol
- Coreg
- Carvedolol
- Toprol
- Betapace
- Sotolol

Ace Inhibitors

- Lisinopril
- Zestril
- Altace
- Ramipril

Calcium – channel blockers

- Procardia
- Cardizem
- Diltiazem
- Norvasc

Used for:

- Blood pressure control
- Heart rate (pulse) control
- Protects heart
- Relaxes vessels
- Controls rhythm (regularity)
- CHF
- Angina

Anti-platelets

- Effient
- Plavix
- Brilinta

Anti-coagulants

- Xarelto
- Pradaxa
- Coumadin

Used for

- Blood clots
- Atrial fibrillation
- Heart valve repair

Anti-platelets and Anti-coagulants keep blood from “clumping” or “clotting”

Tips for You

- ✓ Never miss a dose!
- ✓ Learn how to handle bleeding emergencies.
- ✓ Tell your doctors what medications you are taking.
- ✓ Alert dentists.
- ✓ Follow diet restrictions (watch leafy greens).

Cholesterol and Triglycerides

- Zocor
- Atorvastatin
- Simvastatin
- Lovastatin
- Lipitor
- Crestor
- Repatha – injection

Used for:

- Reduces cholesterol through the liver
- Treats high cholesterol and triglycerides

Most heart patients should be on cholesterol-lowering medication *even if your cholesterol is normal.*

Aspirin

- Treats vessel disease (anywhere in the body)
- Lifetime therapy
- May be 81 (baby) or 325mg
- Can increase bleeding
- May cause stomach irritation

Things to think about:

- Some cardiac medications interact with grapefruit or grapefruit juice. Toxicity may be increased.
- Fill all of your prescriptions at the same pharmacy. Lake Regional Pharmacy offers competitive pricing and free delivery.
- All of your doctors need complete, updated lists of your medications.
- Know about the medications you are taking.
- Keep a list of medications and facts about them in your wallet.
- If you develop side effects, contact your physician.
- Consult with your physician before making any changes in your medications.

Exercising at Home





Exercise is an important part of a healthy lifestyle. Rehabilitation and fitness centers can offer a wide variety of activities to get you to the recommended 75-150 minutes of exercise per week with varying levels of supervision. Home exercise is a good option for people with such barriers as busy schedules, childcare or transportation. With the approval of your physician and proper monitoring of your body's response, use the following guide for home exercise to include a combination of cardiovascular, resistance, flexibility and balance training.

Warning Signs during Exercise

Any of the following symptoms is an indication that you are progressing too rapidly and should slow down.

- Chest pain or discomfort during or following an activity
- Palpitations or pounding heart during or following an activity
- Severe or very severe shortness of breath
- A feeling of unusual fatigue at any time during the day or at the end of the day

Any of the following symptoms should prompt you to **seek emergency medical attention immediately**.

- Severe chest pain or sudden onset of shortness of breath not relieved by rest or nitroglycerin, if prescribed. This pain may or may not be spreading to your arms, neck or jaw.
- An unexplained fainting or blackout spell

Any of the following symptoms should prompt you to **call your doctor within 24 hours**.

- Recent onset of shortness of breath or an increase of shortness of breath
- Several episodes of waking at night and finding it difficult to catch your breath
- Noticing that you want to sleep on more pillows than before
- Unexplained episodes of lightheadedness or dizziness
- Onset of chest pain that is relieved by rest, or any increased frequency, duration or severity of such episodes after you have taken nitroglycerin, if prescribed, and rested
- Palpitations or pounding of your heart not related to activity
- An unexplained episode of sudden, extreme weakness and sweating
- General feeling of malaise

If you have any questions after leaving the hospital, do not hesitate to call your doctor.



Exercising at Home

What Is Your Pulse?

Your pulse is your heartbeat, or your heart rate. One of the easiest places to feel your pulse is on your wrist, just below your thumb. You can feel your pulse in other areas of your body, including the crease of your elbow, in your groin or behind your knee.

Why And When Should You Check Your Pulse?

Being aware of your pulse is important because it may indicate an abnormal heart rate or rhythm. It is a good idea to take your pulse at various points throughout the day (before and after various activities). Your pulse rate will change during the day depending on what activity you are doing. This is normal. To get your baseline pulse and normal rhythm, take your resting pulse when you wake in the morning and before going to bed.

What Is a Normal Pulse?

A normal pulse is between 60 and 100 beats per minute. However, there are normal reasons why your pulse may be slower or faster. This may be due to your age, medications, caffeine, level of fitness, or any illness, including heart conditions, stress and anxiety.

When Should You Seek Further Advice?

Everyone is different, and it is difficult to give precise guidelines. Certainly, many people may have pulse rates over 100 beats/min (bpm) and less than 60 bpm. Irregularity is quite difficult to assess because the normal pulse is a bit irregular, varying with the phase of respiration. You should see your doctor if you have a persistent heart rate above 120 bpm or below 40 bpm. Also seek advice if:

- Your pulse seems to be racing some or most of the time and you are feeling unwell.



- Your pulse seems to be slow some or most of the time and you are feeling unwell.
- Your pulse feels irregular (“jumping around”), even if you do not feel unwell.

Know your Pulse in Four Steps

1. To assess your resting pulse rate in your wrist, sit for five minutes. Remember that any stimulants taken before the reading will affect the rate (such as caffeine or nicotine). You will need a watch or clock with a secondhand.
2. Take off your watch and hold your left or right hand out with your palm facing up and your elbow slightly bent.
3. With your other hand, place your index and middle fingers on your wrist, at the base of your thumb. Your fingers should sit between the bone on the edge of your wrist and the stringy tendon attached to your thumb. You may need to move your fingers around a little to find the pulse. Keep firm pressure on your wrist with your fingers in order to feel your pulse.
4. Count for 30 seconds, and multiply by two to get your heart rate in beats per minute. If your heart rhythm is irregular, you should count for one minute and not multiply.

Home Walking Schedule

Simple walking can be a great way to start an exercise regimen following a hospitalization. Check with your physician before beginning any exercise.

- Week 1 . . . Walk nonstop 5-10 minutes every two hours.
- Week 2 . . . Walk nonstop 10-15 minutes, 3-4 times a day.
- Week 3 . . . Walk nonstop 15-20 minutes, 3 times a day.
- Week 4 . . . Walk nonstop 30-40 minutes, 1-2 times a day, 5 days per week.
- Week 5+ . . . Walk nonstop 40 minutes, 1 time a day, gradually increasing pace.

Workout Tips

Before you begin working out at home, here are a few things to keep in mind.

Safety always comes first.

- Talk with your doctor about your workout plans.
- Ask if there are any reasons to modify your program or to adjust the exercises for safety.
- Always listen to your body and only do what you can as long as you're comfortable.

Drink plenty of water.

- Unless your doctor has asked you to limit fluids, be sure to drink water when you exercise.

Wear comfortable clothes.

- Be sure to wear clothes that let you move freely.





Exercising at Home

Get Ready, Get Set, Go!

The following exercise routine is designed to be an on-the-go workout using everyday household items. Pay special attention to the phases of a workout to ensure that you are properly warming up to prevent injury.

Phases of a Workout

- Warm up with stretching
- Strength and balance exercises
- 10-15 repetitions
- 3 sets
- Cool down with stretching

WORKOUT EQUIPMENT

For this workout, you will need:

- two tennis balls
- a sturdy chair with arms
- a towel
- two equally weighted objects
 - hand or wrist weights
 - soup cans
 - water bottles

You may need to use only 1- or 2-pound weights when starting out. As the exercises become easier, gradually add more weight.





Warm Up

The warm-up phase takes five minutes at the beginning of your routine. It gives your muscles a chance to get ready to work. This can help prevent injury and reduce muscle soreness later.

Your warm up exercises could be to take a walk, march in place or walk up and down a set of stairs for a few minutes. You should also do stretches. If you have shoulder, hip or back problems, talk with your doctor before doing these stretches.

Point and Flex

- Sit securely toward the edge of a sturdy chair.
- Stretch your legs out in front of you.
- With your heels on the floor, bend your ankles to point toes toward you.
- Hold the position for 10-30 seconds.
- Bend ankles to point toes away from you and hold for 10-30 seconds.
- Repeat 3-5 times.

Back

- Sit toward the front of a sturdy chair with armrests
- Feet flat on the floor, shoulder-width apart.
- Stay as straight as possible.
- Slowly stretch to the left from your waist without moving your hips.
- Turn your head to the left.
- Lift your left hand and hold on to the left arm of the chair.
- Place your right hand on the outside of your left thigh.
- Hold the position for 10-30 seconds. Slowly return to face forward.
- Repeat 3-5 times. Reverse positions and repeat 3-5 times on the right side.

Thigh

- Stand behind a sturdy chair with your feet shoulder-width apart and knees straight, but not locked.
- Hold on to the chair for balance with your right hand.
- Bend your left leg back and grab your foot in your left hand. Keep your knee pointed to the floor. If you can't grab your ankle, loop a resistance band, belt, or towel around your foot and hold both ends.
- Gently pull your leg until you feel a stretch in your thigh.
- Hold the position for 10-30 seconds.
- Repeat 3-5 times.
- Repeat 3-5 times with your right leg.

Shoulder and Upper Arm

- Stand with your feet shoulder-width apart.
- Hold one end of a towel in your right hand.
- Raise and bend your right arm to drape the towel down your back.
- Reach behind your lower back and grasp the towel with your left hand.
- Pull the towel down with your left hand. Stop when you feel a stretch in your right shoulder.
- Repeat 3-5 times.
- Reverse positions and repeat 3-5 times to stretch your left shoulder.



Strength Training

The following exercises use everyday objects and your own body weight to help build strength in your muscles. Strength training not only increases your muscle mass but also can help slow the advancement of brittle bones (osteoporosis) and the narrowing of blood vessels (peripheral vascular disease).

Hand Grip

- Hold a tennis ball in each hand.
- Slowly squeeze the ball as hard as you can for 3-5 seconds.
- Relax the squeeze slowly.
- Repeat 10-15 times.

Wall Push-Up

- Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
- Lean forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
- Slowly bend your elbows and lower your upper body toward the wall
- Keep your feet flat on the floor.
- Hold the position for 1 second.
- Slowly push yourself back until your arms are straight.
- Repeat 10-15 times.

Overhead Arm Raise

- Stand or sit with your feet flat on the floor, shoulder-width apart.
- Hold weights at your sides at shoulder height with palms facing forward.
- Slowly raise both arms up over your head keeping your elbows slightly bent.
- Hold the position for 1 second.
- Slowly lower your arms.
- Repeat 10-15 times.

Back Leg Raise

- Stand behind a sturdy chair, holding on for balance.
- Slowly lift one leg straight back without bending your knee or pointing your toes.
- Hold the position for 1 second.
- Slowly lower your leg.
- Repeat 10-15 times.
- Repeat 10-15 times with the other leg.

Side Leg Raise

- Stand behind a sturdy chair, holding on for balance.
- Slowly lift one leg out to the side.
- Hold the position for 1 second.
- Slowly lower your leg.
- Repeat 10-15 times.
- Repeat 10-15 times with the other leg.

Toe Stand

- Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.
- Slowly stand on tiptoes as high as possible.
- Hold the position for 1 second.
- Slowly lower heels to the floor.
- Repeat 10-15 times.

SAFETY TIPS

- Breathe regularly during strength exercises.
- Use smooth, steady movements when lifting weights.
- Stop if you feel pain.



Balance Exercises

Balance training is a vital part of any exercise routine. Good balance can increase coordination, prevent serious injuries from falls and build strength in the center of your body, or core.

- Stand on One Foot**
 - Stand on one foot behind a sturdy chair, holding on for balance.
 - Hold the position for 10 seconds.
 - Repeat 10-15 times.
 - Repeat 10-15 times with the other leg.
- Heel-to-Toe Walk**
 - Try doing this exercise near a wall so you can steady yourself if you need to.
 - Place the heel of one foot just in front of the toes of the other foot so that they touch or almost touch
 - Raise arms to your sides, shoulder height.
 - Choose a spot ahead of you and focus on it to keep you steady as you walk.
 - Take a step. Put your heel just in front of your other foot.
 - Repeat for 20 steps.
- Balance Walk**
 - Raise arms to your sides, shoulder height.
 - Choose a spot ahead of you and focus on it to keep you steady as you walk.
 - Walk in a straight line with one foot in front of the other.
 - As you walk, lift your back leg.
 - Pause for 1 second before stepping forward.
 - Repeat for 20 steps.

MAKING PROGRESS

- Gradually increase the amount of weight you use to build strength.
- Try some of the challenges to improve your balance.
- Reach farther in your stretching exercises.
- Congratulate yourself on your efforts.



Cool Down

The cool down phase takes about five minutes and gives your muscles a chance to return to rest gradually. It is important to prevent injury.

- For your cool down...**
 - Repeat the stretches used in your warm up.

See Your Doctor





EVERYONE NEEDS A PRIMARY CARE PHYSICIAN. HERE ARE 5 REASONS WHY:

1 Primary care providers keep the big picture in mind.

Visiting a community health fair for a blood pressure screening every once in a while is fine, but that shouldn't be the main source of your health care.

Regular visits to a primary care physician allow your doctor to know what's normal or optimal for you. That's essential information for diagnosis and treatment.

A primary care physician is also in charge of knowing about *all* of your health issues and coordinating care from other providers. It's a role that no walk-in clinic can fulfill.

2 Your doctor can make referrals.

If you need to see a specialist, your primary care physician is the best source for a referral. Be sure to follow up with your primary care doctor afterward. That way, your doctor is in the loop and can look out for potentially dangerous drug interactions or duplications in tests.

3 Having a regular doctor saves you time.

Eventually, you will need to see a physician. Most doctor offices schedule new-patient appointments weeks or even months out because these appointments require more time. Being an established patient with a doctor often means you can get an appointment more quickly.

4 Seeing a doctor regularly can help prevent illness.

Your primary care physician is there to treat you during an illness, but your primary care physician is also there to help you prevent illness before it starts. With regular visits, your doctor can remind you of necessary screenings and immunizations and help you better manage chronic conditions.

5 Lots of insurance plans require it.

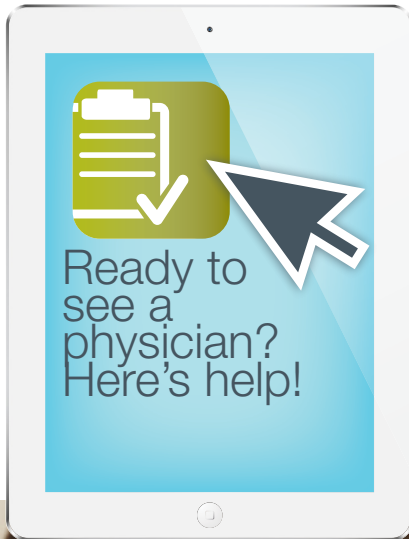
If you have an HMO or a POS plan, you are required to have a primary care physician. If you don't choose one, one will be assigned to you. So, better to pick one yourself! Find information online at www.lakeregional.com/physicians or call the Lake Regional Physician Referral line at 573-348-8385.



See Your Doctor

How to talk to your doctor or nurse

- List your questions and concerns.** Before your appointment, make a list of what you want to ask. When you're in the waiting room, review your list and organize your thoughts. You can share the list with your doctor or nurse.
- Describe your symptoms.** Say when these problems started. Say how they make you feel. If you know, say what sets them off or triggers them. Say what you've done to feel better.
- Give your doctor a list of your medications.** Tell what prescription drugs and over-the-counter medicines, vitamins, herbal products and other supplements you're taking.
- Be honest about your diet, physical activity, smoking, alcohol or drug use and sexual history.** Not sharing information with your doctor or nurse can be harmful!
- Describe any allergies to drugs, foods, pollen or other things.** Don't forget to mention if you are being treated by other doctors, including mental health professionals.
- Talk about sensitive topics.** Don't let embarrassment keep you from getting help. Many "embarrassing" conditions are common and treatable.
- Ask questions about any tests and your test results.** Get instructions on what you need to do to get ready for the test(s). Ask if there are any dangers or side effects. Ask how you can learn the test results and how long it will take to get the results.
- Ask questions about your condition or illness.** If you are diagnosed with a condition, ask your doctor how you can learn more about it. What caused it? Is it permanent? What can you do to help yourself feel better? How can it be treated?
- Ask more questions if you don't understand something.** If you're not clear about what your doctor or nurse is asking you to do or why, ask to have it explained again. Don't leave something out because you're worried about taking up too much time.
- Bring a family member or trusted friend with you.** That person can take notes, offer moral support and help you remember what was discussed. You can have that person ask questions, too!



- To find a physician, visit lakeregional.com/physicians. You can do an online search using the physician's name or specialty. You can also download a Lake Regional Health System Provider Directory. Or, call 573-348-8385.
- Are you up-to-date on your health screenings and vaccines? Find out at womenshealth.gov/screening-tests-and-vaccines. There is screening information for both women and men on the site.



Take Charge





Take Charge of Your Health!

Health screenings give you the information you need to take charge of your health. The numbers you receive today will provide valuable insights into your risk for various health problems. Talking about your screening results with your doctor will enable you to make a plan to improve numbers that need improved for you to live healthy.

Understanding your results

Cholesterol

If you are 20 years old or older, you should have your cholesterol measured at least once every five years. A blood test called a lipid panel can help show whether you're at risk for coronary heart disease by checking:

- **Total cholesterol**, a measure of the total amount of cholesterol in your blood, including low-density lipoprotein (LDL) cholesterol and high-density lipoprotein (HDL) cholesterol.
- **LDL (bad) cholesterol**, the main source of cholesterol buildup and blockage in the arteries
- **HDL (good) cholesterol**, which helps remove cholesterol from your arteries
- **Triglycerides**, another form of fat in your blood that can raise your risk for heart disease

Total Cholesterol Levels

Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and higher	High

LDL (Bad) Cholesterol Levels

Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and higher	Very high

HDL (Good) Cholesterol Levels

Less than 40 mg/dL	Major risk factor for heart disease
40-59 mg/dL	The higher the better
60mg/dL and higher	Considered protective against heart disease

Triglycerides Levels

Less than 150 mg/dL	Borderline high
200-499 mg/dL	High
500 mg/dL and higher	Very high



Take Charge

Blood Pressure

About 1 in 3 adults in the United States has high blood pressure. It's known as "the silent killer" because the condition itself may have no signs or symptoms. You can have it for years without knowing it. During this time, however, high blood pressure can damage your heart, blood vessels, kidneys and other parts of your body.

Knowing your blood pressure numbers is important, even when you're feeling fine. If your blood pressure is normal, you can work with your health care team to keep it that way. If your blood pressure is too high, treatment may help prevent damage to your body's organs.

When is high blood pressure an emergency?

If you get a blood pressure reading of 180 or higher on top or 110 or higher on the bottom, and are having any symptoms such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, do not wait to see if your pressure comes down on its own. Call 9-1-1.

Blood Pressure Levels

Category	Systolic (top number)	and	Diastolic (bottom number)
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-89
High blood pressure: Stage 1	140-159	or	90-99
High blood pressure: Stage 2	160 or higher	or	100 or higher



Blood Glucose

Blood glucose is sugar that has entered the bloodstream. With help from the hormone insulin, cells throughout the body absorb blood glucose and use it for energy.

	Fasting Plasma Glucose (mg/dL)
Normal	99 or below
Pre-diabetes	100 to 125
Diabetes	126 or above

Diabetes develops when the body either does not make enough insulin or is unable to use insulin effectively, or both. As a result, cells do not absorb blood glucose, leaving it to build up in the blood. Chronic high blood glucose levels damage nerves and blood vessels, leading to such complications as heart disease, stroke, kidney disease, blindness, dental disease and amputations.

An estimated 8 million people in the United States have type 2 diabetes and don't know it, according to 2012 estimates by the U.S. Centers for Disease Control and Prevention. Because diabetes can cause serious damage before any symptoms develop, screening is critical. A fasting plasma glucose, or FPG test, measures your blood glucose after you have gone at least eight hours without eating.

How to Find Reliable Health Information on the Internet

It is possible to find reliable health information on the Internet, but you must know how to look for it. Follow these tips during your online searches.

Domain Names

Choose sites with domain names that end in .gov or .edu whenever possible. Many sites with a domain name ending in .org are also good sources of information.

Mission Statements

Look for a mission statement that describes the organization and what its values are.

Credentials and Affiliations

Look for the author's credentials. Credible authors should have designations that are connected with accredited bodies. Note that some terms, such as nutritionist or physical trainer, may not imply formal education. Also research the author's affiliations to determine if any conflict of interest exists. **Check** names, qualifications and organizations supporting the site.

Updates

Look for peer-reviewed information. This means that the article was checked for accuracy by a team of other well-educated professionals. Information should be up-to-date, including dates of when the information was last revised.

Contact Us

Reliable websites will provide an email address for questions and feedback.

References

Articles should include references, as well as other reliable sources of information.

Claims

Be aware of unrealistic claims, and remember that if it sounds too good to be true, it probably is. **Be cautious of miracle cures.**

Number

Don't rely on just one site. Compare information between sites. A reliable site will provide links to other relevant sites.

Balance

Look for a balance of information. All treatments have pros and cons, risks and benefits. Be wary of information that favors one treatment.

Ask the Expert

Review your findings with your doctor. If you find legitimate information from a reputable source that differs from what you've been told by your doctor, make an appointment. Bring in the information that you've found, and review it together.

Lake Regional Cardiopulmonary Rehabilitation Locations

Lake Regional's Cardiopulmonary Rehabilitation Program has earned certification from the American Association of Cardiovascular and Pulmonary Rehabilitation. AACVPR-certified programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available.

Phase I Location

Osage Beach

Lake Regional Hospital
54 Hospital Drive
2nd Floor
573-302-2280

Phase II Locations

Osage Beach

Lake Regional Hospital
54 Hospital Drive
2nd Floor
573-302-2280

Eldon

302 E. Fourth St.
573-392-9400

Laurie

156 Missouri Blvd.
573-374-4546

Phase III Locations

Osage Beach

Lake Regional Hospital
54 Hospital Drive
2nd Floor
573-302-2280

Camdenton

1930 N. Business Route 5
573-346-9783

Lake Ozark

1870 Bagnell Dam Blvd.
573-964-6018

Eldon

302 E. Fourth St.
573-392-9400

Laurie

156 Missouri Blvd.
573-374-4546



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