

## Research Shows...

the average cardiac mortality rate is **26% lower** in rehab patients who are exercise trained.

### Cardiac Rehab is more than just exercise.

*Cardiac Rehab includes:*

- ♥ **Assessment**
- ♥ **Education** to Reduce Risk Factors
- ♥ **Encouragement** of Lifestyle Changes
- ♥ **Multi-Session Reports** to Physicians

For more information, contact  
**Kelly McLemore, R.N.**



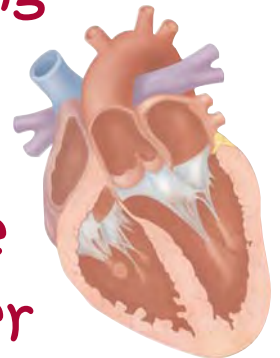
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Hours: 7 a.m. - 3 p.m., M-F

## Cardiac Rehab

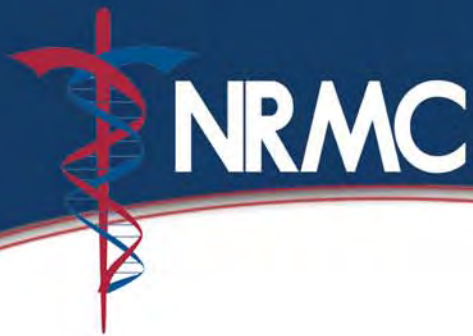
Getting  
to the  
Heart  
of the  
Matter



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## What is Cardiac Rehab?

Nevada Regional Medical Center Cardiac Rehab provides patients a safe and supervised exercise program. There are several modalities of exercise to fit individual needs.

By participating in the cardiac rehab program we expect our patients to reach these goals:

- ♥ Return to optimal functioning level.
- ♥ Adjust to changes in lifestyle.
- ♥ Reduce the effects of heart and lung disease.
- ♥ Improve quality of life.



## Phase II Exercise (Acute Phase)

Includes:

- ♥ **Continuous heart monitoring during exercise**
- ♥ **Blood sugar monitoring**
- ♥ **Blood pressure checks on each exercise modality**
- ♥ **Reports of progress for each physician appointment**

## Phase III Exercise (Maintenance Phase)

Includes:

- ♥ **Blood pressure, blood sugar and pulse check prior to and following exercise.**

## Diagnoses Approved by Medicare to Participate:

- ♥ Acute Myocardial Infarction (Heart Attack)
- ♥ Coronary Bypass Surgery
- ♥ Stable Angina
- ♥ Heart Valve Repair/Replacement
- ♥ Percutaneous Transluminal Coronary Angioplasty (PTCA) or Stenting
- ♥ Heart or Lung Transplant

