

RISK FACTORS FOR HEART DISEASE

- Family History
- Sedentary Lifestyle
- Diabetes
- High Cholesterol
- High Blood Pressure
- Smoking
- Poor Diet
- Overweight and Obesity
- Stress and Anxiety

BENEFITS OF EXERCISE

- Improved Circulation
- Improved Energy
- Reduction in Bad Cholesterol
- Increased Good Cholesterol
- Reduction in Blood Pressure
- Reduced Workload on the Heart
- Improved Psychological Factors
- Reduction in Body Fat Percentage
- Help with Weight Management
- Improved Diabetes Control

WHO QUALIFIES

- Recent Heart Attack
- Coronary Artery Bypass
- Angioplasty with or without Stent
- Heart Valve Repair or Replacement
- Stable Angina
- Chronic Heart Failure EF<35%
- Heart Transplant
- Chronic Bronchitis
- Emphysema
- Asthma

THE WAY YOU LIVE YOUR LIFE CAN PLAY A BIG PART IN KEEPING YOUR HEART HEALTHY.

Iberia Medical Center's medically-supervised Cardiopulmonary Rehab Program helps people just like you develop healthier lifestyles and recover from heart disease.

Most people think cardiopulmonary rehab is like going to a health club for a workout. Actually, that is only part of it. Our program combines exercise, nutritional counseling, education, and emotional well-being. You'll learn how to make healthier lifestyle changes.

Talk to your physician to see how you could benefit by enrolling in our Cardiopulmonary Rehab Program. Generally, 36 sessions are covered by Medicare and private insurances with a medical referral. Sessions are offered Monday through Friday at various times for your convenience.



For more information or to make a referral:

PHONE (337) 376-5702

FAX (337) 374-7490



Cardiac Rehab

North Campus: 600 North Lewis Street, New Iberia
iberiamedicalcenter.com /  

CARDIOPULMONARY REHABILITATION

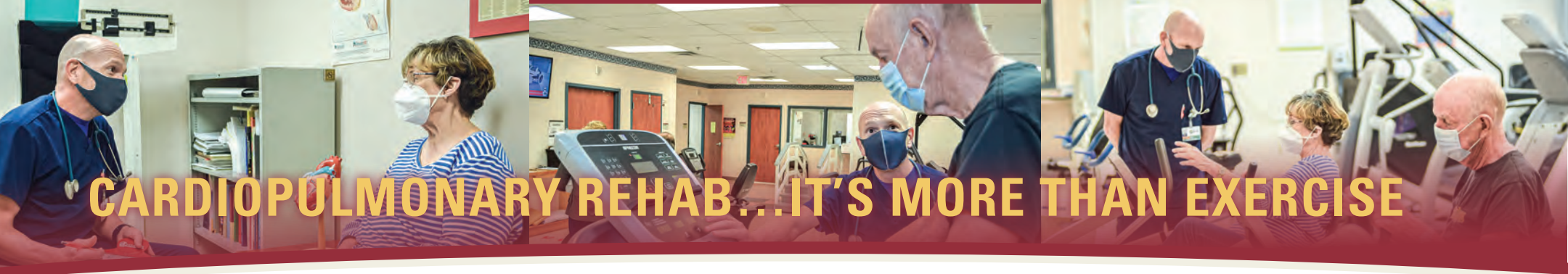


WE ARE [IMPROVING]

YOUR HEALTH & QUALITY OF LIFE ONE STEP AT A TIME



Cardiac Rehab



UNIQUE INDIVIDUALS, UNIQUE PROGRAM

Our cardiopulmonary rehab experts will work with you to create an individualized, step-by-step program designed to get your heart back in shape and improve your quality of life. By building strength and endurance, you can safely and effectively overcome some of the physical complications associated with heart disease and reduce the risk of developing additional heart problems. Every aspect of our program is designed to speed your recovery. So, whether it's a heart attack or heart surgery, we will develop a program that is perfect for you. Before you know it, you will be back doing the things you value the most. We want to help you live your life to the fullest.



IMPROVING YOUR HEALTH STEP BY STEP

Ours is a multi-step process that involves your team which can include physicians, exercise physiologists, nurses, dietician, respiratory therapist, and case manager.

PHASE II PROGRAM INCLUDES:

- A medical evaluation to assess your physical abilities and medical limitations and any relevant conditions.
- A medically supervised exercise program that includes monitoring your heart rhythm, pulse, blood pressure, etc.; use of treadmills, stationary bikes, rowing machines, recumbent steppers, arm ergometers, steps, stack weight machines and free weights to improve your strength and endurance; usually 2-3 days a week for approximately 30-90 minutes – intensity and progress and based on diagnosis and toleration.
- Informative nutritional advice, education, and stress management that give you the tools to be successful. Healthier lifestyle changes can reduce your risk for experiencing another life-threatening event or surgery.

We will provide you with continuous and ongoing support to help you achieve your individual goals and create a plan for continued progress with your lifestyle and exercise changes after your program is completed.



PHASE III: WELLNESS

We offer a wellness program for those who have completed our initial Phase II or for those who have risk factors for heart disease.

This is not covered by Medicare but is possibly covered through some private insurances. The cost for joining is nominal. A physician referral is required.

