Program
A comprehensive, medically-monitored exercise and education program, emphasizing disease prevention and management, education and support. In addition, physical therapy, registered dietitian and psychology services are available when indicated.

Patient
- Documented MI within preceding 12 months
- Coronary artery bypass surgery
- Stable angina pectoralis
- Heart valve repair or replacement
- Percutaneous transluminal coronary angioplasty/Stent
- Heart or heart and lung transplant
- Heart Failure (EF less than or equal to 35%, NYHA Class II-IV symptoms despite being on optimal heart failure therapy for at least 6 weeks)

Cardiac rehabilitation is covered for the above patients by Medicare. Most insurance companies reimburse for cardiac rehabilitation.

Benefits of Cardiac Rehabilitation and Secondary Prevention

<table>
<thead>
<tr>
<th>Decreased</th>
<th>Improved</th>
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<tbody>
<tr>
<td>Decreased blood pressure and cholesterol</td>
<td>Increased peak oxygen uptake by 11 to 35 percent</td>
</tr>
<tr>
<td>Decreased myocardial oxygen needs during exercise</td>
<td>Improved quality of life</td>
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<tr>
<td>Decreased apprehension of exercise after experiencing a heart attack</td>
<td>Increased High Density Lipoprotein (HDL) cholesterol</td>
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<td>Decreased or slowing of progression of coronary atherosclerosis</td>
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<td></td>
<td>Improved insulin sensitivity and glucose homeostasis (thus reducing risk for Type 2 Diabetes in individuals with glucose intolerance).</td>
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<tr>
<td></td>
<td>Improved coronary flow by improving coronary artery compliance/elasticity</td>
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<td></td>
<td>Weight loss</td>
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</table>

To refer your patient, contact: 509-473-6869
Fax: 509-473-6097
Program Results

Treatment Resources

St. Luke’s Cardiac Rehabilitation program one of the nation’s programs certified by the American Association of Cardiopulmonary Rehabilitation (AACVPR).

The program carefully adheres to AACVPR guidelines as well as:


With Physicians and Their Patients in Mind

Teamwork is important. As a referring physician you will always receive:

- Staff calls referring physician to report any irregular VS or signs and symptoms.

- Discharge summary report at your patient’s completion of program.

"Going through the St. Luke’s program has been the most positive and uplifting experience I’ve had since my heart attack... the staff is absolutely life-changing and soul-healing.”

- St. Luke’s Patient

Inpatient Case Management
Phone: 509-473-6058
Fax: 509-473-6118

Outpatient Locations
For a list of all outpatient therapy locations near you visit [www.st-lukes.org/locations](http://www.st-lukes.org/locations)

Phone: 509-473-6869
Fax: 509-473-6097

www.st-lukes.org

These accreditations assure patients the highest quality care and results possible.

*Visit [www.st-lukes.org](http://www.st-lukes.org) for a complete list of CARF accredited programs.*