

## How to find us

Cardiac Rehabilitation is located on Level 3 Kress Building



- Enter off Fox Valley Road at Entry 2 (Ludowici Way) – the entry closest to the Comenarra Parkway and Fox Valley Medical and Dental Centre  
**Note:** Avoid using Entry 1 for parking to prevent confusion
- Follow the road to the boom gate and collect a ticket\*
- Continue to follow Ludowici Way to the first right hand junction (after the childcare centre on the right)
- Proceed to P5 – a quadrangle shaped car park at the end of this road
- Please park in spots marked for outpatients
- Proceed to the side entrance of the Kress Building where you will find San Cardiac Rehabilitation
- Additional street parking can be found along Fox Valley Road

\*Parking discount available to clients.

0292CR0323



# Outpatient Heart Health Programme

A teaching hospital of



Australian  
National  
University

Partner in nursing education



Proudly supported by



Adventist  
HealthCare

185 Fox Valley Road, Wahroonga NSW 2076  
Telephone: 02 9480 9111 Facsimile: 02 9480 9266

Website: [www.sah.org.au](http://www.sah.org.au)

Operated by **Adventist HealthCare Limited**  
ABN 76 096 452 925

**San  
Heart**  
Cardiac Rehabilitation



## BE HEART SMART...

HEART DISEASE IS THE NUMBER ONE CAUSE OF DEATH IN AUSTRALIA ACCORDING TO RESEARCH BY THE NATIONAL HEART FOUNDATION OF AUSTRALIA. POSITIVE LIFESTYLE CHOICES CAN ENHANCE YOUR HEART HEALTH AND REDUCE THE RISK OF FURTHER HEART PROBLEMS.

### Outpatient Heart Health Programme

The Cardiac Rehabilitation Department offers the Outpatient Heart Health Programme (OHHP) or Conditioning for Life Programme. These programmes involve support, education and exercise to improve heart health. Led by expert health professionals, these programmes are perfect for people who have experienced a heart event, undergone a heart procedure or for prevention.

The programme runs for 2-3 days a week for approximately 4-8 weeks.

Our goal for all who attend is to:

- Reduce the risk of future heart problems
- Assist you to make lifestyle changes to improve your heart health
- Keep you out of hospital and reduce the risk of death from a heart condition

### Conditioning for Life Programme

This programme follows the same principles as the OHHP. The aim is to improve your general strength, fitness and wellbeing to assist you in managing your day to day activities as well as improve your heart health. The focus is on providing a tailored exercise programme to improve muscle strength, coordination and balance.

### Participation

Both programmes are covered by most health funds for clients following a cardiac hospital admission.

You can commence two weeks after your cardiac admission.

Admission is not exclusive to Sydney Adventist Hospital patients.

### Bookings

The Cardiac Patient Educator will initiate a referral to the Cardiac Rehabilitation Department.

Please phone the Cardiac Rehabilitation Department on **(02) 9480 9470** as soon as possible after discharge from hospital to arrange an appointment.

### Ongoing support

Once you have completed the OHHP or Conditioning for Life programme, or if you are wishing to improve your general heart health, the Sydney Adventist Cardiac Rehabilitation Department offers ongoing support through our maintenance gym program. Clients can exercise in a safe and supported environment.

Depending on your health fund and level of cover, you may be eligible for some rebate. Talk to our Cardiac Rehabilitation staff for more information.