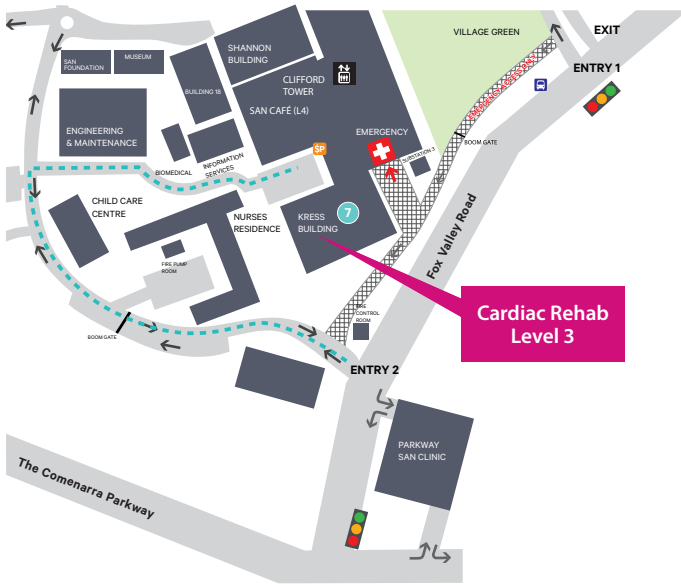


How to find us

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
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

*Parking discount available to clients.

0292CR0724

A teaching hospital of



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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

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

Outpatient Heart Health Program



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 Program

Traditionally called “Cardiac Rehab,” this program involves support, education, and exercise to improve heart health. Led by expert health professionals, this program is perfect for people who have experienced a heart event or undergone a heart procedure.

The program can run for 1-3 days a week, for approximately 4-8 weeks, subject to individual health fund cover.

Goals

- Reduce the risk of future heart problems.
- Improve your confidence after your event/procedure.
- Assist you to make lifestyle changes to improve your heart health.
- Reduce the risk of a hospital re-admission for a heart condition.
- Improve your overall quality of life.
- Connect you with people who have had a similar experience.

Initial Assessment

We discuss your overall health, how you are going in your recovery, as well as your medical and exercise history.

We check your heart rate and blood pressure and get you to perform a short walk to ensure your heart health is stable before commencing the program.

We then use this information to structure a program individually tailored to you, your goals and your stage of recovery.

Education

We deliver education talks by different health professionals on a weekly basis.

- **Food Facts for Heart Health**
How to implement healthy eating behaviours to enhance heart health.
- **The Supermarket Battle**
The importance of reading food labels and recipe modifications.
- **Heart Health Today**
How the heart works, heart procedures and how to manage cardiac risk factors.
- **Exercise for Heart Health**
The ‘what, how and why’ of exercise and the benefits of exercising.
- **Moving on with Heart Disease**
Discussing well-being after a cardiac event/procedure and strategies for dealing with stress.

Participation

This program is covered by most major health funds for clients following a cardiac hospital admission. If necessary, the hospital will perform a fund check to ensure you are covered.

We recommend commencing the program within four weeks of discharge. Admission into the program is not exclusive to Sydney Adventist Hospital patients.

Bookings

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

Please leave a message if we do not answer, we will get back to you as soon as possible. Alternatively, please email cardiacrehab@sah.org.au.