



What Is Cardiac Rehabilitation?

Cardiac rehabilitation (rehab) is a medically supervised program that helps improve the health and well being of people who have heart problems.

Cardiac rehab can help you:

- Recover after a [heart attack](#) or [heart surgery](#).
- Prevent future hospital stays, heart problems, and death related to heart problems.
- Address risk factors that can lead to [coronary heart disease](#) and other heart problems. These risk factors include [high blood pressure](#), [high blood cholesterol](#), [overweight or obesity](#), [diabetes](#), [smoking](#), lack of [physical activity](#), and depression and other emotional health concerns.
- Adopt healthy lifestyle changes. These changes may include following a heart healthy diet, being physically active, and learning how to manage stress.
- Improve your health and quality of life.

Your cardiac rehab program will be designed to meet your needs.

BENEFITS OF CARDIAC REHAB:

- **Reduce cardiac mortality**
- **Improve functional capacity**
- **Decrease stress**
- **Lower serum lipid levels**
- **Retard the progression and foster reversal of coronary atherosclerosis**
- **Reduce further development of heart attack.**

CALL NOW FOR APPOINTMENT: 051-5528629, 5124805 and 03215545451.

