

# WBRMC Cardiac Rehabilitation

Cardiac Rehabilitation is located on the  
third floor of the main hospital.

2463 S. M-30

West Branch, MI 48661

**West Branch Regional Medical Center's Cardiac Rehabilitation** program is an outpatient education and exercise program. Participants use stationary bicycles, treadmills, steppers, arm ergo meters, and other equipment to improve muscle tone and exercise capacity. Blood pressure and EKG's are monitored during exercise to ensure safety. Participants attend scheduled exercise sessions two or three times per week.

## What is Cardiac Rehabilitation?

**Cardiac Rehabilitation** is the process of helping individuals return to the best possible health in the presence of heart disease. While under medical supervision, program participants are taught safe and effective ways to exercise, make healthy choices regarding nutrition, learn effective ways to reduce and cope with stress, and become more educated about heart disease.

## What are the benefits of Cardiac Rehabilitation?

Some people are afraid to exercise after a heart attack or serious cardiac event. They think exercise may cause them discomfort or may even lead to another heart attack. But in fact, *not exercising* can put a person *more at risk* for adverse health reactions. When a person is sedentary, his or her muscles—including the heart muscle—lose its strength. Exercise strengthens the heart muscle, improves lung function, decreases blood pressure and cholesterol, decreases stress levels, decreases blood sugar levels, improves muscle tone and overall appearance, and improves sleep.

## Who is Eligible for Cardiac Rehabilitation?

Cardiac Rehabilitation is intended for those who have (or have had) stable and/or chronic heart failure, coronary artery disease (CAD), angina, coronary artery bypass graft (CABG) surgery, angioplasty with or without a stent, cardiomyopathy, congestive heart failure (CHF) and exercise intolerance.

## Is the program covered by Medicare?

Medicare will pay for Cardiac Rehabilitation for participants who have had the following diagnosis in the past six months: stable, chronic heart failure, stable angina, CABG, stent and angioplasty. Medicare will pay for the program for participants who have had the following diagnosis in the past year: heart attack, valve repair, valve replacement, heart transplant or lung transplant.

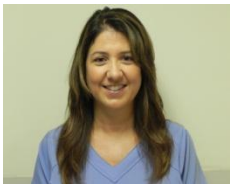
## How is the program structured?

In addition to a monitored exercise program, WBRMC's professionally trained staff provides support and education on the anatomy of the heart and lungs, risk factors for heart disease, cardiac medications, diet modification and stress management.

## About Our Cardiac Rehab Team:



**Laura Vaughn, CES**, received her bachelor's degree in Exercise Science from Central Michigan University. She carries an Advanced Cardiac Life Support certification and is an American College of Sports Medicine Clinical Exercise Specialist. Laura specializes in using exercise as medicine to treat diabetes, lung disease and heart disease.



**Vivian Andrews, RN**, has an Associate's Degree in Nursing from Kirtland Community College. She has been a Registered Nurse at West Branch Regional Medical Center for 25 years. Vivian has worked in the Medical and Surgical units, Post Anesthesia Care Unit and Cardiac Rehabilitation.

## Our Patients Say It Best.....

*"The Cardiac Rehab staff is phenomenal. They teach you different things about your heart and body and make you think and ask different questions about yourself."*

*—James, age 64*

*"Coming to Cardiac Rehab got me interested in exercising. I feel so much better when I am done. I made up my mind after finishing the program that I would continue to exercise. And I have! I would recommend Cardiac Rehab to anyone."*

*—Steve, age 46*

*"Since I have been coming to Cardiac Rehab I can walk around my block and up the hill by my home without being short of breath. I have the confidence to do now what I have and want to do."*

—Norma, age 80

*“After my heart attack, I was afraid to do many of the things I used to do. After a few visits to Cardiac Rehab, my confidence grew. The staff was very professional and assured me I would do fine. Today I can run longer and faster than ever before. I owe it all to the training and hard work of WBRMC’s Cardiac Rehabilitation program.”*

—Robert, age 61