

APPOINTMENTS

To participate, patients must be referred to or evaluated by the Cardiovascular Rehabilitation Program. To make an appointment, please call 507-266-7607 Monday–Friday, 8:00 a.m.–4:30 p.m. Central time. For more information, please call 507-284-4445.

REHABILITATION PROGRAM STAFF

Cardiologist(s)
Physical Medicine and Rehabilitation Physician
Nurse Practitioner
Exercise Physiologists
Registered Nurses
Registered Dietitians
Physical Therapist

“For some patients, the Gonda facility is their health club. But it’s a health club with a twist: we have medical professionals on staff to monitor and assess the patients. We are in reality their “heart” club. We help them attain and maintain optimal cardiovascular health.”

~ Ray Squires, PhD

TRAVELING TO ROCHESTER

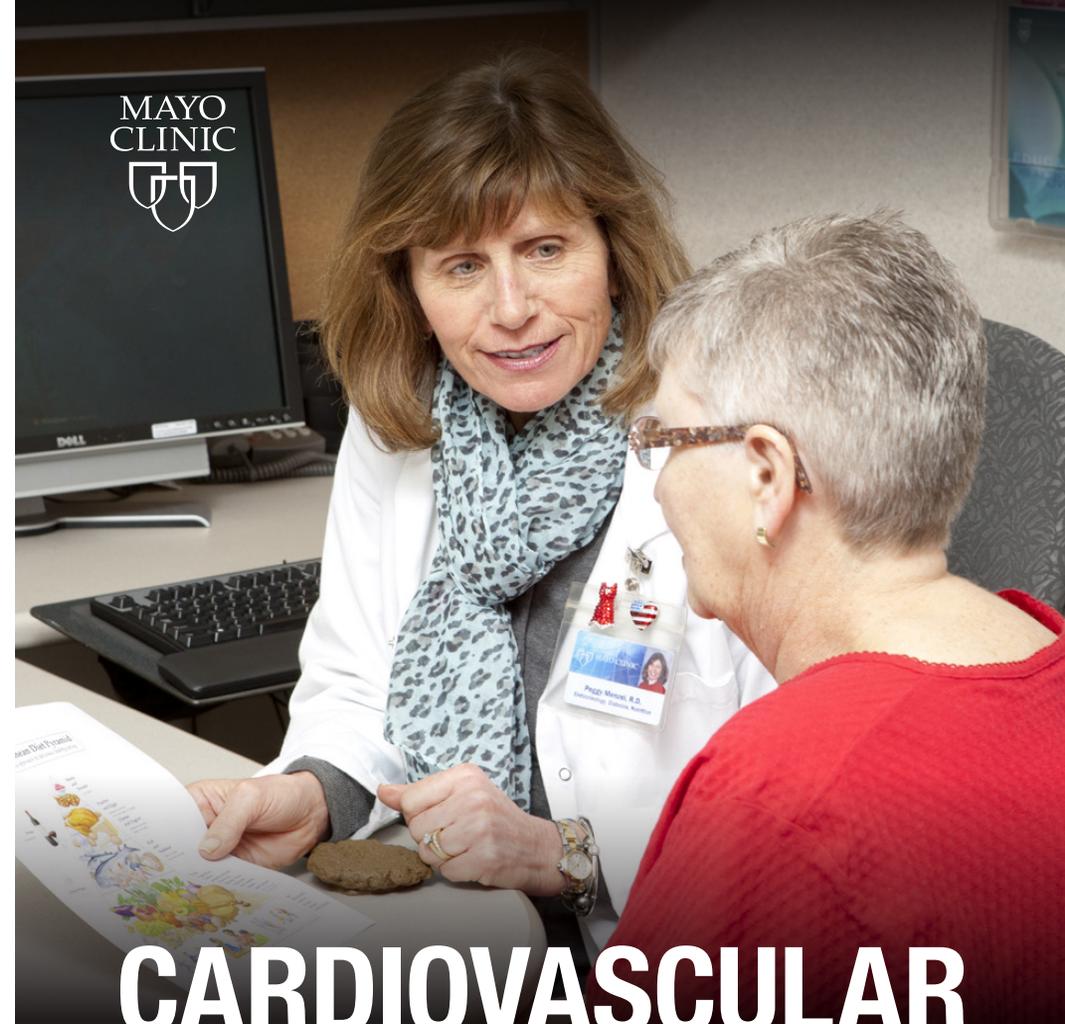
Information on transportation, lodging and parking is available at:

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CARDIOVASCULAR REHABILITATION PROGRAM

Helping patients attain and maintain
optimal cardiovascular health

CARDIOVASCULAR REHABILITATION PROGRAM

WHAT IS CARDIAC REHABILITATION?

Cardiac Rehabilitation is an individualized and personalized program which includes evaluation and instruction on physical activity, nutrition, stress management, and other health-related areas. This program is highly supervised by exercise physiologists, registered nurses, physicians, and others.

The program may begin immediately after hospitalization and is covered by most major insurance plans.

Recent scientific studies have shown that people who complete a cardiac rehabilitation program can increase their life expectancy by up to five years.



WHO SHOULD PARTICIPATE?

The program is open to patients who have experienced a heart attack, coronary artery bypass surgery, heart valve surgery, coronary angioplasty or stent placement, angina, chronic heart failure, and heart transplant.

INDIVIDUAL FOCUS, MANY OPTIONS

Because every patient enters the Cardiovascular Rehabilitation Program with a unique history, case managers tailor the experience to meet each patient's needs. Components of a cardiovascular rehabilitation plan typically include:

- Highly supervised exercise program in a state-of-the-art facility
- A learning center, which offers:
 - Cooking demonstrations by an executive chef in our instruction kitchen
 - Complimentary written resources
 - Resiliency Class which teaches stress management and mindfulness
 - Support Group which allows participants to share their experience and learn from others
- Nutrition counseling
- Individualized cardiovascular risk-factor management with regular evaluations by prevention specialists
- Long-term follow-up

BENEFITS OF CARDIAC REHABILITATION

- Live longer and lessen your chances for another heart attack
- Experience fewer hospitalizations
- Control heart disease symptoms such as chest pain, fatigue or shortness of breath
- Stop or reverse damage to your blood vessels in your heart
- Lessen the physical and emotional effects of heart disease
- Improve your stamina and strength, getting you back to your usual activities, including work, hobbies, and regular exercise
- Improve your confidence and well-being

