IMPROVING YOUR HEART HEALTH

If you've had heart problems in the past, currently have a heart condition or are at risk for heart disease, taking a proactive approach to your health can have a significant impact on longevity.

A “silent” killer, heart disease is the leading cause of death for both men and women in the United States. On the positive side, medical research shows that heart disease can be reversed and prevented in three out of four cases by combinations of exercise, nutrition, stress management and medication.

The Preventive and Rehabilitative Cardiac Center at Cedars-Sinai offers a comprehensive program of training, education and support to reduce risk factors, prevent heart disease and prolong life. Individuals recovering from heart surgery, angioplasty, congestive heart failure, cardiomyopathy, angina, heart attack and peripheral artery disease have found that our program can be highly beneficial in averting or reducing additional damage to the heart.

ACCESS TO RESPECTED SPECIALISTS

Our skilled medical team is experienced in all aspects of heart wellness, including medical treatment options, proper diet, physical conditioning and managing the stresses of life. Among the caring professionals available to program participants are physicians, clinical exercise physiologists, nutritionists, psychologists, nurses and experts from related fields. In addition, the world-class clinical, technological and research resources of Cedars-Sinai Medical Center are fully utilized for the benefit of heart patients.

YOUR AFFORDABLE OPTION

Cost is not a roadblock. Rates for services at the center have been established with affordability in mind. This is particularly helpful where insurance plans do not cover charges for cardiac preventive or rehabilitation services.

COMPREHENSIVE PREVENTION PROGRAM

As a participant, you gain access to a full complement of services, including:

- Twelve exercise sessions (75 minutes each)
- Continual heart monitoring during the first phase of the program. A telemetry monitor (measuring instrument) attached to the body sends signals to a computer that constantly monitors heart activity during exercise and as appropriate.
- Periodic heart and blood pressure monitoring during the remainder of the program
- Personalized, long-term exercise prescription
- Nutrition counseling to help you reduce heart disease risk factors and maintain a healthy weight
- Psychological screening
- Weekly relaxation training
- Stress management and educational lectures (open to you even after program completion)
- Reports to your personal physician at the end of the program to promote continuity of care
- Videotape library of educational materials on heart-related topics

Support groups are available for an additional fee.

Ideally, the program is most effective when completed within a four-week period.

Reduced-rate parking with validation is available at our facility. Metered parking is also nearby.

START BEFORE YOU LEAVE THE HOSPITAL

Our fully comprehensive program gives you a head start on promoting a healthier heart even as you recover from your procedure. While you're still hospitalized, our experts work with you to begin rehabilitative services.

Some services are covered under Medicare and other forms of insurance; others may not be. Our knowledgeable staff will help you sort out these details and also offer assistance in determining the physical and financial options that best suit your needs.
ADDITIONAL HEART-HEALTHY SERVICES

To help you optimize your heart health and enhance overall fitness, Cedars-Sinai and the Preventive and Rehabilitative Cardiac Center offer you access to a diverse array of highly effective programs and services. You do not have to be a Cedars-Sinai patient to take advantage of these services, nor is a physician referral needed.

- **New Leaf Personal Exercise Program.** After measuring your body's precise response to exercise, a personalized exercise program is designed to help you get the greatest benefit from your workouts.

- **Nutrition counseling.** Individualized information on the right amount of food for your body, meal planning tips, healthy cooking and more help you keep off unwanted pounds and maximize well-being.

- **Community exercise classes.** Weight training, cardiovascular exercise sessions (including underwater treadmill), stretching and flexibility classes are provided by Cedars-Sinai staff experts.

To schedule an appointment with a professional from the Preventive and Rehabilitative Cardiac Center, or for more information, please call (310) 423-9660.