THE CARDIAC REHABILITATION PROGRAM AT THE BRIGHAM AND WOMEN’S FAULKNER HOSPITAL is a 10-week outpatient medical program designed to assist you in making heart-healthy lifestyle changes to lower your risk of heart disease and stroke. If you have heart disease (angina, angioplasty/stent, congestive heart failure, heart attack, heart surgery) this program may benefit you.

PROGRAM COMPONENTS

A safe, supervised exercise program to help you:
- Become more physically active
- Meet your individual needs for daily activity

An individualized nutrition plan to help you:
- Prepare healthy foods and maintain a heart-healthy diet
- Assist in weight management
- Improve cholesterol and glucose levels

A comprehensive stress management program with an emphasis on:
- Learning relaxation techniques to help change the physical and emotional responses to stress
- Behavioral strategies to enhance your ability to cope with stressful situations

PROGRAM GOALS

- Reduce cholesterol
- Reduce blood pressure
- Quit smoking
- Lose weight
- Exercise regularly
- Manage stress
- Improve social support
- Reduce cardiac symptoms

RESEARCH DEMONSTRATES

- In a two-year Medicare study, patients with heart disease who participated in a program like this were able to avoid re-hospitalization and had a significant reduction in mortality compared to a traditional Cardiac Rehabilitation Program or matched controls over the three-year follow-up period.
- Thirty-six percent of patients with angina symptoms at the start of the program reported no longer having symptoms by the end of the program.

CLINIC VISITS AND COST

The Cardiac Rehabilitation Program includes two individual visits and weekly (1 ¾ hour) group sessions. The program is offered at a number of different times during the week. The program cost will be billed to your medical insurance. We are located on the first floor at Brigham and Women’s Faulkner Hospital.

ABOUT THE STAFF

Under the direction of Alberto Ramirez, MD, and Clinical Nurse Specialist Aggie Casey, RN, MS, the staff includes Cardiac Nurse Lisa Porazzo, RN, BS, Exercise Specialist Melissa Tanguay, BS, and Nutritionists Nancy Oliveira, MS, RDN, LDN, and Lauren Mayer, MS, RDN, LDN.