

## Cardiac Rehab Team Leaders

---

**Justin Dials**, Ph.D., Director

**Stephanie Dunlap**, D.O., Medical Director  
University of Cincinnati Heart, Lung and  
Vascular Institute, Center for Cardiovascular  
and Pulmonary Rehabilitation and Recovery.

## Appointments

---

If you and your physician believe cardiac rehabilitation can be beneficial for your condition, please call (513) 584-6695 for an appointment. For more information, visit our website at [UCHealth.com/heart](http://UCHealth.com/heart).



Research studies show that people who participate in cardiac rehabilitation experience less recurrence of heart problems, return to work and daily activities quicker and have a greater sense of well-being.

## Convenient UC Health locations

---

### **Daniel Drake Rehabilitation at West Chester UC Health Physicians Office South**

7675 Wellness Way, Suite 101  
West Chester, OH 45069  
(513) 298-7796

### **Daniel Drake Rehabilitation at Hoxworth**

3130 Highland Avenue  
3rd Floor  
Cincinnati, OH 45219  
(513) 584-6695



[UCHealth.com/heart](http://UCHealth.com/heart)

©3/16



# Cardiac Rehabilitation and Recovery

---

**Personalized Care To Help You  
Safely Get Your Life Back**



## What is Cardiac Rehab?

---

The UC Health Cardiac Rehabilitation and Recovery Program has a team of physicians, nurses, exercise physiologists, dieticians and pharmacists, working together to deliver personalized treatment to meet your specific needs. Our personalized team will guide you through an exercise, nutrition and education plan that is proven to dramatically improve your health and quality of life.

After coronary artery bypass surgery, a heart attack, or other heart problems, the idea of making lifestyle changes can be overwhelming. Whether you are new to exercise or trying to get back into your routine, it may be difficult to know how to get started safely. Our team will help you start slowly and work up to a level that is healthy for your heart, guiding you on your journey as you work to achieve realistic goals.

## What are the benefits of Cardiac Rehab?

---

The focus of the UC Health Cardiac Rehabilitation and Recovery Program is to help you to make lifestyle changes that improve your risk factors for heart disease and your overall health. Cardiac Rehab can help you lower your risk of heart disease due to:

- High blood pressure
- High cholesterol
- Diabetes
- Physical inactivity
- Smoking
- Excess weight
- Stress

## Who should participate in Cardiac Rehab?

---

Cardiac rehab is recommended for a variety of heart-related illnesses, procedures and surgeries including:

- Heart attack
- Heart failure
- Stable angina (chest pain)
- Angioplasty or coronary stent
- Coronary artery bypass surgery
- Heart valve surgery

## Personalized Care

---

As a patient in the UC Health Cardiac Rehab Program, you attend three therapy sessions per week for a total of 36 sessions. Each session lasts approximately 60-90 minutes. You will be asked to perform a cardiopulmonary exercise evaluation before and after the cardiac rehabilitation program to ensure the safety and effectiveness of your therapy.

## Does my insurance provide benefits for Cardiac Rehab?

---

Medicare and the majority of health insurance companies provide benefits for cardiac rehab. Please contact Medicare or your health insurance company to ask about your benefits for cardiac rehab.



**Patients who participate in cardiac rehab significantly lower their risk of a future heart attack.**



**Cardiac rehabilitation can help you feel better and reduce your risk of future heart problems.**



## Getting My Life Back

---

*"Cardiac Rehab gave me the chance to meet others who were experiencing similar needs and concerns. I was inspired by the courage and determination of other patients and motivated by the caring and highly trained staff. We were all there for one another, for one reason, to get our lives back on track and build the confidence needed to get well and move on."*

**Ady Kendler**

*Cardiac Rehabilitation patient, UC Health*