

**Our Cardiac
Rehabilitation
team is here
to help you
get a new
lease on life!**

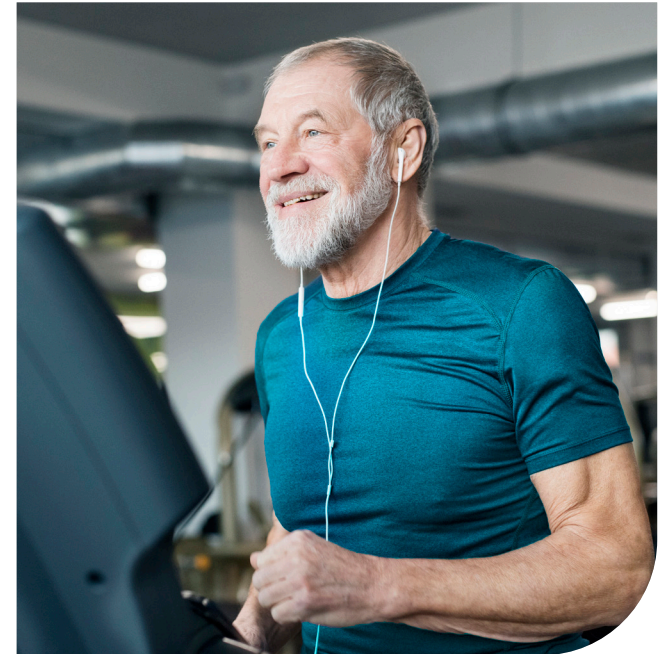
We've helped many patients recover from heart disease. The most successful commit to the program and lifestyle changes needed to help prevent future cardiac events. Participants gain increased physical endurance, are better equipped to handle stress, and see an overall improvement to their health.

**For more information call our
Cardiac Rehabilitation team at
504.503.4145.**



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Metairie, LA 70006
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Cardiac Rehabilitation



East Jefferson 
General Hospital
LCMC Health



Our three-phase Cardiac Rehabilitation program is dedicated to helping you return to the activities you love. The program is designed to help patients heal physically and emotionally through education, exercise therapy, and psychosocial support.

Our Cardiac Rehabilitation team includes:

- Physicians
- Registered nurses
- Clinical exercise physiologist
- Patient access representative
- Social services

Cardiac Rehabilitation is beneficial for any patient that has experienced a heart related event or undergone a heart related procedure.



Phase I

Phase I is an inpatient program that educates you and your family about a healthy heart and prepares you for release from the hospital. You will learn more about your heart event, coronary artery disease, major risk factors, and changes that would help prevent other events and hospitalizations in the future. All patients with heart related diagnosis are candidates for phase I. These diagnosis include heart attack, coronary artery bypass surgery, cardiac valve surgery, congestive heart failure, stent placement and various other heart related events.

Phase II

Phase II Cardiac Rehabilitation is conducted on an outpatient basis. Comprehensive education and exercise classes are held three times per week for 12 weeks. Each session includes a warm-up, individualized strength and aerobic exercises, and cool down. Throughout each exercise session, patients are monitored by an EKG telemetry device. In addition to exercise, the cardiac rehab team provides education on topics like stress management, exercise, nutrition, blood pressure, and cholesterol management. Contact our cardiac rehab team at 504.503.4145 to see if you have an eligible diagnosis for phase II rehabilitation.

Phase III

Phase III is a maintenance program conducted at the hospital's Wellness Center. Participants take part in supervised exercise sessions, which consist of a warm-up, then cardiovascular exercises such as walking, swimming, cycling, rowing or strength training, and a cool down. Exercises are tailored to your individual needs throughout Phase III.

To participate in Phase II or III, or begin outpatient Cardiac Rehabilitation, you must have the following:

- A physician referral
- An interview with a Cardiac Rehab team member
- Recent evaluation by your cardiologist or primary care provider

