



Take the First Step

Whether you're a patient, the family member of someone with a heart problem or simply a person who is concerned about cardiopulmonary fitness, our staff of skilled cardiac care professionals would be glad to answer your questions about heart health or our program's comprehensive services.

To learn more about our safe, effective and patient-oriented approach to outpatient cardiac rehabilitation or to take a tour of our center, please call us at **(513) 420-5258**.

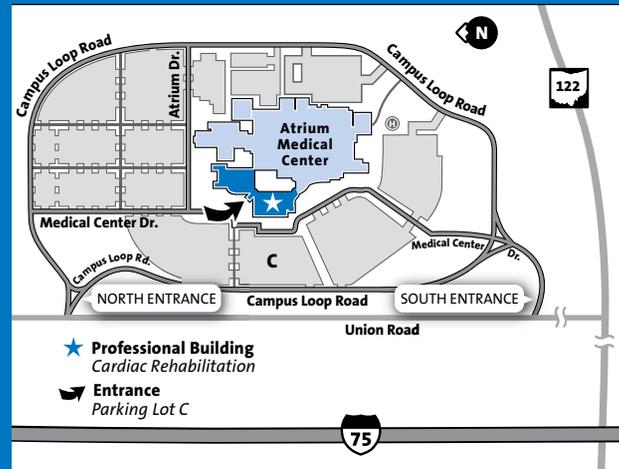
The Highest Standards of Care

Atrium Medical Center is the first accredited Chest Pain Center in Butler and Warren counties. This designation was given by the Society of Chest Pain Centers, an international organization dedicated to eliminating heart disease as the number one cause of death worldwide. As an accredited Chest Pain Center, Atrium has demonstrated the highest standards of care for patients with symptoms of a heart attack.



Convenient Location

The Cardiac Rehabilitation Center is located in the Cardiac Care Center on the second floor of the Professional Building at Atrium Medical Center. Free, designated parking is located in Lot C.



Cardiac Rehabilitation at Atrium



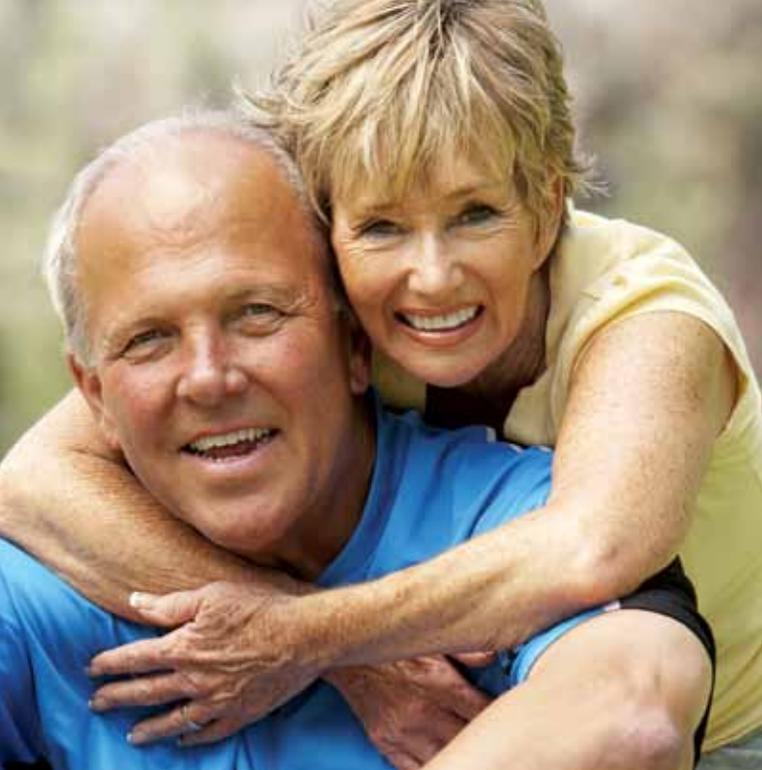
Cardiac Rehabilitation Center
Professional Building
200 Medical Center Drive
Middletown, Ohio 45005

(513) 420-5258

AtriumMedCenter.org/heart



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Helping You Feel Your Best

Following a heart attack or cardiac surgery, most patients can make a strong recovery and return to normal, productive lives. Even after successful surgery or treatment, many patients wonder whether their heart can ever withstand the exertion of exercise and daily activity. Atrium Medical Center's Cardiac Rehabilitation Program helps patients improve their cardiac function to enjoy active lives.

Designed for those who have experienced cardiac disease, heart attack, angioplasty or open heart surgery, our program combines carefully monitored exercise and education to help patients resume the activities that make life rich and full. Patients often feel better and experience a higher level of fitness than before their cardiac event.

A Three Phase Program

At Atrium Medical Center, we offer Cardiac Rehabilitation in three phases:

Phase I

Beginning shortly after surgery, Phase I involves assisting the patient with "slow and steady" physical progress. This is the first step towards recovery.

Phase II

Phase II is an outpatient recovery program designed to help patients regain the confidence and stamina needed to return to their normal activities and work levels. During this eight to twelve week program, our experienced cardiac rehabilitation nursing staff and clinical dietician will create an individualized program for each patient, which includes:

- **Monitored Exercise**
Medically supervised conditioning on treadmills, exercise bicycles, free weights and other exercise equipment
- **Nutrition Counseling**
Instruction on heart healthy eating
- **Behavior Modification Education**
Counseling on personal stress management, medication management, smoking cessation, weight management and other lifestyle modification
- **Group Support**
Encouragement and motivation for patients and their family members



Patients are admitted to the Phase II program through a referral from their primary care physician or cardiologist. A recent stress test is recommended for admission. Insurance providers and Medicare frequently cover 80 to 100 percent of the Phase II program cost.

Phase III

For the recovering heart patient and for any person who is committed to a healthy lifestyle, cardiovascular fitness becomes a lifelong pursuit. For this reason, graduates of Phase II Cardiac Rehabilitation may choose to enroll in the Phase III outpatient maintenance program.

During maintenance, patients continue their recovery progress in a secure, familiar environment, while making the transition from monitored exercise to unmonitored, independent exercise. They also benefit from ongoing group interaction and support. Patients may continue in the Phase III program for as long as they wish to participate. Phase III participants pay program fees out-of-pocket on a month-to-month basis.

Recognized Quality Care

By combining advanced medical technologies with personal touches, we're committed to providing quality cardiac rehabilitation services to our patients and community. Our Cardiac Rehab is staffed by registered nurses and the program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.