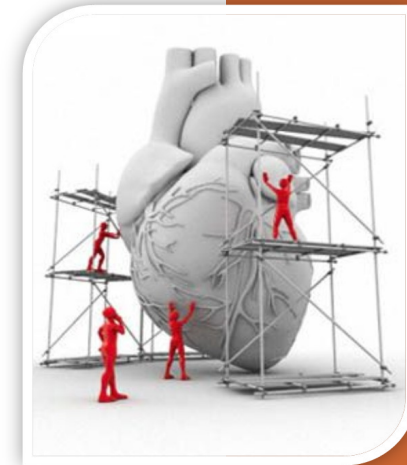


- Gradually, the severity of activities increase and you are allowed to perform more extreme and longer activities.
- You start the exercises on your physician's recommendation.
- Your heart beat, blood pressure and electrocardiogram are checked.
- After the program is completed, you will feel better than ever and some of these alterations and changes will become a part of your daily life. Following the programs, you may quit smoking and turn into a non-smoker.
- A nutritionist helps you prepare a healthy diet, so you will get low trans-fat, low



- You check your weight and if necessary, will lose weight.
- With the help of a psychologist, you learn the skills of relaxation in order to control and reduce stress.
- You meet other people who have experi-



**Javad Al Aeme Heart Hospital**

**Vakil Abad Blvd - Honarestan St.**

**Tel : +9851-38816010 ( 10 line )**

**[www.jhosp.org](http://www.jhosp.org)**

**Rehabilitation**

## What is Cardiac Rehabilitation?

Cardiac rehabilitation is used for patients who are recovering from heart diseases or surgeries. One of the best things you can do to yourself is to participate in rehabilitation programs. During a rehabilitation program, all necessary lessons you need to gain to recover your health are taught and medical personnel will be available at all times. Rehabilitation is influential in accelerating recuperation and reducing the possibility of future cardiac diseases.



## What Kinds of Patients Must Attend Rehabilitation Programs?

- Patients who suffered from MI (Myocardial Infraction)
- Patients with recent cardiac vessels and valves surgery
- Patients with cardiac stent installation surgery
- Patients who suffer from heart failure
- Patients who suffer from chronic heart failure
- Patients who suffer from hypertension
- Patients who suffer from diabetes
- All individuals who decide to start sporting after age 40

## What are the Items Offered in Rehabilitation Programs?

- Rehabilitation programs help you in altering your life habits. The practical items of these programs are performed in hospital and with the help of your physician, nurse and other health consultants.
- Experiences of many patients suggest



that after leaving the hospital, rehabilitation programs are significantly conducive and beneficial. These programs allow patients to attend a controlled sport team and benefit from special aids to alter their lifestyles.

## During Rehabilitation Process:

- You work on a treadmill or bicycle and/or walk.
- You are checked and controlled in terms of physiologic signs variation, by a nurse or a rehabilitation and prevention specialist.
- You start the physical activity in a slow manner and then, safe incremental physical practices are prescribed to you, which gradually will help you gain more strength.