



BRYN MAWR TERRACE

MAIN LINE SENIOR CARE ALLIANCE

A Healthy Tradition of Care and Wellness

Tips for Living Well with Cardiopulmonary Disease

Today, short-term cardiopulmonary rehabilitation can make significant improvements in the lives of those with cardiopulmonary problems and offers several advantages over traditional inpatient hospital rehab. It is less expensive and also provides a more relaxed, homelike environment that is very family friendly. This type of supportive, patient-centered atmosphere is particularly conducive to the recovery of cardiopulmonary patients who may be under considerable physical and emotional stress upon their discharge from the hospital.

The Important Benefits of Cardiac Rehabilitation

Cardiac rehabilitation is designed to meet your specific health circumstances and needs and can help you to:

- Recover after a heart attack, heart surgery or other significant cardiopulmonary event.
- Prevent future hospital stays, heart problems and premature death related to heart problems.
- Address risk factors that can lead to coronary heart disease and other heart problems. These risk factors include high blood pressure, high blood cholesterol, overweight or obesity, diabetes, smoking, lack of physical activity, depression and other emotional health concerns.
- Adopt healthy lifestyle changes. These changes may include following a heart healthy diet, being physically active, and learning how to manage stress.
- Improve your health and overall quality of life.

Cardiopulmonary Rehabilitation: Your Pathway to a Healthier, Happier Life

Leading short-term cardiopulmonary rehabilitation centers provide medical supervision and intensive rehab by professionals to enable patients to transition quickly and safely back to their home and community. In addition to the medical and physical aspects of rehabilitation, there is also a very important health education focus that is designed to benefit patients through long-term lifestyle improvements. These include:

- **Improving Personal Fitness** – Exercise is a very important aspect of cardiac rehabilitation. A safe, customized exercise program can strengthen your heart and help to improve your cardiovascular health. Walking, jogging, biking and dancing are all good ways to raise your cardiac endurance level. The rehab team will discuss your current fitness level with you and create a plan designed to achieve attainable goals.



BRYN MAWR TERRACE

MAIN LINE SENIOR CARE ALLIANCE

A Healthy Tradition of Care and Wellness

- **Weight Control** – One of the most valuable long-term benefits of cardiac rehabilitation is maintaining a healthy weight. Keeping your weight at an acceptable range is important for your blood pressure, heart disease and heart failure. Staying in shape through regular exercise and good eating habits also helps you battle depression, a disorder that many people with cardiac issues encounter.
- **Healthy Diet** – Poor eating habits pose a serious threat to those with heart problems. When you begin your cardiac rehabilitation, your rehab team will develop guidelines for the types of healthful foods you can incorporate into your diet. Heart-healthy foods such as fruits, vegetables, lean proteins and healthy fats should be basic staples in your diet.
- **Lowering Cholesterol** – Another significant benefit of cardiac rehabilitation is that a heart-healthy diet combined with regular exercise helps keeps your cholesterol in check. Eliminating fast food, fat-laden foods and other unhealthy choices can help return your cholesterol and blood pressure to safe levels and promote long-term health.
- **Personal Health Advocacy** – Another important aspect of the health education component is the focus on personal responsibility and health advocacy. You control your own destiny and making yourself responsible and accountable for making good choices is one of the most important benefits of cardiac rehabilitation. No matter what decisions led to your heart problems (e.g. smoking, over eating or a sedentary lifestyle) cardiac rehabilitation gives you a plan and positive motivation to change your habits.

A Healthy Tradition of Care and Wellness

RenewAll Short-Term and Medically Complex Care at [Bryn Mawr Terrace](https://www.brynmawrterrace.org) provides outstanding short-term rehabilitation services that combine medical management with physical, occupational, recreational and speech therapies to care for those who are ready to leave the hospital following an illness, surgery or accident, but who are not yet ready to return home. Our experienced team creates customized plans that are provided on a one-on-one basis, focusing on measurable outcomes and achieving the highest level of health and independence possible for our patients.

For more information on the RenewAll Short-Term Rehabilitation Program, please contact us at **(610) 525-8300**.