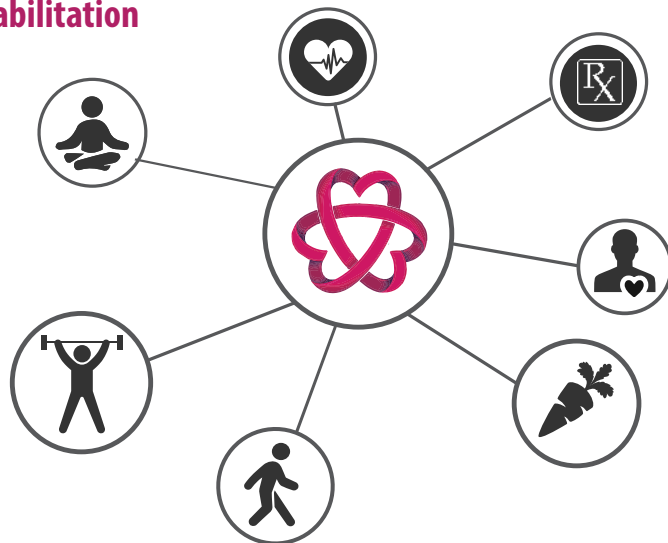


Heart Failure Cardiac Rehabilitation Therapy



Cardiac Rehabilitation for Heart Failure is the Best Medicine

Patients with heart failure were once told not to stress their heart however, research has demonstrated profound benefits from a comprehensive cardiac rehabilitation program. People with heart failure who complete a program have been shown to have less shortness of breath, less fatigue and over all improved quality of life. The program helps you live a longer, healthier life. Our comprehensive heart failure program teaches self-care habits that keep patients out of trouble and emphasizes proper nutrition. It includes the aerobic exercise and strength training necessary to rebuild muscle strength and endurance.

Our Comprehensive Program



Exercise

- Carefully monitored in a safe environment
- Tailored for each patient
- Designed to build strength, endurance and exercise tolerance



Nutrition

- Replenish vitamins with healthy foods
- Choose meals rich in flavor with fruits, vegetables, and grains
- Learn optimal nutrition for a healthy heart and blood pressure
- Learn to reduce salt intake and discover which foods contain hidden sodium
- Learn weight management



Medication

- Ensure patient understands their role
- Watch for side effects
- Learn to follow orders and understand how medication works



Mental Health

- Reduce stress
- Develop optimism
- Create healthy patterns



Control Risk Factors

- Monitor blood pressure
- Control cholesterol and diabetes



Self Care

- Understand heart failure
- Learn a strategy to recognize problems
- Rapid response to signs of worsening heart failure

BENEFITS

1. Allow you to do more work with less effort
2. Improve the quality of your life
3. Reduce shortness of breath
4. Reduce fatigue
5. Reduce heart failure complications
6. Help you live longer now
7. Improve brain function; better memory, faster thinking
8. Help you manage your weight

FIND OUT MORE. Call (505) 881-8195 or email referrals@newheartnm.com.

New Heart
Center for Wellness, Fitness and Cardiac Rehabilitation
a program of the New Mexico Heart Institute Foundation

Heart Failure Self Care

A key to living successfully with heart failure is self-care. Heart failure worsens when your body retains too much salt and water. That excess fluid can accumulate without your knowing it at first but if unrecognized, can worsen shortness of breath and fatigue. Research has shown that successful cardiac rehabilitation programs teach patients how to recognize signs of trouble before they start. Patients develop a lifestyle that helps them avoid things that cause you to retain fluid in the first place.

What to look for:

LOOK FOR SIGNS OF TOO MUCH FLUID

- ♥ Swelling of your ankles
- ♥ Abdominal swelling
- ♥ A change in breathing.
- ♥ Shortness of breath with less exercise or exertion
- ♥ Awakening at night short of breath or frequent urination
- ♥ Needing to sleep sitting up to breath
- ♥ Increased weight of 3 or 4 pounds over a few days

GUARD AGAINST HEART FAILURE SYMPTOMS

- ♥ Weigh yourself daily
- ♥ Limit your salt intake, especially when eating out
- ♥ Take your medicines exactly as directed and use a pill box to ensure you don't miss a dose
- ♥ Exercise daily for 30 minutes
- ♥ Keep your doctor or nurse appointments and report signs of trouble early

If you would like to set up a consultation or request information about Cardiac Rehabilitation call (505) 881-8195 or email referrals@newheartnm.com.

New Heart Center for Wellness, Fitness and Cardiac Rehabilitation is a program of the New Mexico Heart Institute Foundation which is dedicated to enhancing the cardiovascular health of all New Mexicans through education, cardiovascular health promotion and research. **Invest in a healthier New Mexico, DONATE!**

Visit www.nmhi.com/foundation.com and look for **WAYS TO GIVE**.

“Cardiac rehabilitation is the **most powerful medication that you can take to heal your heart.”**

— Barry W Ramo, MD FACC,

Medical Director, New Heart Center for Wellness, Fitness, and Cardiac Rehabilitation Cardiologist, New Mexico Heart Institute

