

STRUCTURED, PROFESSIONAL

## *Experience*

Weston County Health Services offers a structured, professionally supervised cardiac rehabilitation program to help people recover from heart attacks, heart surgery, stenting or angioplasty.

PERSONALIZED TRAINING

## *Participation*

Participation in the program can help improve your ability to carry out activities of daily living, reduce heart disease risk factors, improve your quality of life and increase your ability to manage your disease.

*The length of your participation will be dependent upon your progress in reaching your goals.*



**WESTON  
COUNTY  
HEALTH  
SERVICES**

## *Cardiac Rehabilitation*

**HELPING YOU GET BACK TO LIFE**



**WESTON COUNTY HEALTH SERVICES  
1124 WASHINGTON BLVD  
NEWCASTLE, WY 82701**

**Cardiopulmonary Department  
Debra Solis, RT, CTS  
307-746-3705  
[www.wchs-wy.org](http://www.wchs-wy.org)**

**"KEEP ON DOING IT"**

**CARDIAC REHABILITATION**



*"I have participated in the cardiac rehabilitation program at WCHS for over 10 years following a stent placed in my heart.*

*After the first two stages many patients discontinue the program, but my doctor encouraged me to continue with stage three. I believe that I have maintained an active life partly because of this program. My doctors encourage me to "keep on doing it."*

*Lucille Dumbrill*

A physician order is required to participate. The program is designed for individuals who have experienced:

- Heart attack in the last (12) months
- Coronary artery bypass grafting
- Angioplasty or Stenting
- Cardiac valve repair/ replacement
- Heart or lung transplant

## Support in Recovery

**BOTH THE AMERICAN HEART ASSOCIATION AND  
AMERICAN COLLEGE OF CARDIOLOGY RECOMMEND  
CARDIAC REHABILITATION PROGRAMS**

**MEDICALLY SUPERVISED**



Cardiac Rehab is a medically supervised exercise and education program that helps you to safely improve your heart health and overall health while recovering from a cardiac event.

Our Respiratory Therapist, in collaboration with your cardiologist, will design a program tailored to your needs. Training starts in a group setting where your heart rate and blood pressure are monitored during physical activity and generally includes up to (36) sessions over the course of three months.

## And Consultation

**TRAINED PROFESSIONALS EVALUATE YOUR  
REHABILITATION NEEDS.**

Our program provides education and consultation pertaining to:

- Lifestyle change
- Medications
- Risk Factor Reduction
- Stress Management
- Cholesterol Management
- Smoking Cessation
- Blood pressure management
- Nutrition
- Weight Loss

**ONE ON ONE EDUCATION**

**CARDIAC REHABILITATION IS COVERED BY MOST  
MAJOR INSURANCE COMPANIES, INCLUDING MEDICARE**