

Keeping your doctor informed

The doctors in the Cardiac Rehabilitation Program do not substitute for regular follow-up by your own cardiologist or family doctor. We will send your doctors reports of your progress.

When can you start?

Generally, the first appointment will be 4 to 6 weeks after going home from the hospital. We look forward to meeting you and working together!

If you are not contacted within 3 weeks of going home from the hospital, or have questions, feel free to call the Healthy Heart Program.

Healthy Heart Program

Phone: 604-806-9270

Email: SPHHHP@providencehealth.bc.ca

Ask for an interpreter if you are hearing impaired, or if English is not your first language

Did You Know?

Your doctor has referred you to Cardiac Rehabilitation, because it has been shown to:

1. Reduce the chance of dying.
2. Reduce the risk of a second heart attack.
3. Reduce the chance of needing to be readmitted to hospital.
4. Improve the quality of life.

Attendance at Cardiac Rehabilitation is an important part of your care.



Providence Health Care

How you want to be treated.

The Healthy Heart Cardiac Rehabilitation Program

at St. Paul's Hospital



Providence Health Care
Healthy Heart Program



Centre for
Heart Lung Innovation
UBC and St. Paul's Hospital



Patient Approved

This material has been reviewed and approved by patients, families and staff



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What Is the Healthy Heart Program?

The Healthy Heart Cardiac Rehabilitation Program can help you understand and reduce your risks for heart and blood vessel disease.

The Cardiac Rehabilitation Program is part of the Heart Centre at St. Paul's Hospital. It is associated with the University of British Columbia. The Program is dedicated to reducing risks for heart and blood vessel diseases, and maintaining and improving the heart health of the people of British Columbia.

The services of the Healthy Heart Program include the Cardiac Rehabilitation Clinic and the Prevention Clinic.

Your cardiologist has referred you to the Cardiac Rehabilitation clinic to support your recovery.

Who can benefit from the Cardiac Rehabilitation Program?

The Cardiac Rehabilitation Program is for people who already have heart or blood vessel disease. It's also for people who are at risk of getting these diseases due to certain factors in their family history, medical history or lifestyle.

For more information and videos visit the Heart Centre website



The Cardiac Rehabilitation Clinic

St. Paul's Cardiac Rehabilitation Clinic is a multi-disciplinary lifestyle modification program. Presented by a team of registered nurses, clinical exercise physiologists, exercise leaders, dietitians, occupational therapists, clerical staff and Cardiologists.

At the program you will:

- Review your heart health with a cardiologist.
- Check your ability to exercise and carry out activities.
- Check your blood cholesterol.
- Check your risks for heart disease, get education about heart health, including smoking cessation.
- Have counseling about your diet.
- Receive a prescription for exercise.
- Be able to join support groups for depression and stress management.



What can you expect?

On your first visits you will be assessed by the Cardiac Rehabilitation team and an exercise evaluation will be done. We have options of in person, virtual and combo programs to choose from.

Patients participate in the program for about six months.

Why is this program important to your recovery?

Certain things put you at risk (increase your chances) of developing problems with the heart and blood vessels. The more of these risks you have, the greater your chance of having conditions such as heart attack, chest pain or stroke.

Some risks can't be changed, such as your family history and age.

However, you can improve many with a healthy lifestyle such as healthier food choices and proper exercise technique.

