

## How Do I Get Started

Contact your physician about referring you to Cape Regional Medical Center's Cardiopulmonary Rehabilitation Program. please feel free to call or visit the rehabilitation located in the ground floor of the Medical Center.

## Cost

Many insurance carriers, including Medicare provide coverage for the cost of our program. Our staff can assist you with payment options.

## Hours of Operation

Monday- Friday | 8 am - 5 pm

## Contact Information

Cardiopulmonary Rehabilitation Dept.  
Cape Regional Medical Center  
2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

Phone 609.463.2348  
Fax 609.463.2618

Nationally Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation

## Cardiac Rehabilitation Services

Cape Regional Medical Center  
2 Stone Harbor Boulevard  
Cape May Court House

To schedule an appointment call  
609.463.2348

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# CARDIAC REHABILITATION



**CAPE REGIONAL**  
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## Who Can Participate?

If you have been diagnosed with:

- PTCA/ Stent\*
- Valve Repair/ Replacement\*
- Congestive Heart Failure
- Heart or heart/ lung transplant\*
- Stable Angina
- Heart Attack (MI) \*
- Coronary Artery Bypass Graft (CABG) \*

\*Approved by Medicare

## How Can It Help?

Our program can help you to:

- Decrease blood pressure
- Decrease body fat
- Decrease heart rate
- Decrease anxiety
- Improve cholesterol/triglyceride levels
- Increase energy and endurance
- Increase muscle tone
- Increase knowledge of disease
- Improved quality of life
- Improved confidence
- Improve blood sugar regulation
- Provide knowledge of individual risk factors and suggest how to address them
- Reduce stress and anxiety
- Promote psychological well being

## Our Program

After you are cleared by your physician, you will meet with a member of our rehabilitation staff. A medically supervised exercise program is designed to meet each participant's needs and abilities. Progress will take place at your own pace and limitations. Your heart rate, rhythm, and blood pressure will be monitored during each session.

You will be assigned to a Registered Nurse. Your first visit will include a one hour evaluation by the nurse case manager. The following visits will concentrate on education to modify your risk factors and develop an exercise routine specifically for you.

The rehabilitation staff will monitor your progress with the aid of a state-of-the-art computer monitoring system. You will receive ongoing instructions with your exercise program to reach your maximum potential.

Exercise sessions are held on Monday, Wednesday, and Friday for an hour. The usual number of covered visits is 18 to 36 sessions, but may vary depending on your insurance plan.

## Group Education Classes

Individual needs of each patient are considered. A main focus is risk factor modification. Cape Regional's Cardiac Rehabilitation multidisciplinary approach of nurses, exercise physiologist, respiratory therapist, physicians, dieticians, and diabetic nurse educators guide patients through the rehabilitation program. We also offer the following monthly group education classes.

- Exercise Guidelines
- Diet Guidelines
- Stress Management
- Cardiac Support Group
- Diabetic Management, Education, & Support Groups

A key part of our program is the support provided by staff and fellow exercisers. Patients gain confidence and a commitment toward a more healthier lifestyle. Graduates are encouraged to exercise in our medically supervised fitness program at Cape Regional Miracles Fitness in Rio Grande, NJ.

Our goal is to improve and maintain your quality of life. It should be yours too!

For more information or to schedule an appointment with Cardiac Rehabilitation call  
609.463.2348