



# Cardiac Rehabilitation Services

Getting Back to Heart Health



# A clear path to cardiac wellness

If you've had a heart attack, angina, open heart surgery, atherectomy, angioplasty or a stent placement, you're probably experiencing a lot of life changes. At Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital, our customized cardiac rehabilitation services can help you adjust to those changes and put you back in control of your cardiac condition.

Together, we'll work alongside you to help make your heart stronger and healthier. By focusing on reducing risks and moving you through rehabilitation steps including assessment, education, exercise and support, we can help you make permanent changes for a healthier life.

## Assessment

Following your hospital stay, all cardiac rehabilitation services are provided at our outpatient facilities located in Geneva and Wheaton. You will need a referral from your personal physician for evaluation and treatment. During your first visit, a cardiac therapist will talk to you and, together, you will develop an individual rehabilitation plan with realistic goals.

## Education

Making lifestyle changes is easier when you know and understand the basics of cardiac rehabilitation.

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The Northwestern Medicine cardiac rehabilitation team provides information in a variety of ways:

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Mini programs covering topics such as anatomy, physiology, heart circulation, medications, creating a home exercise program, and how to read food labels

Ask us about our classes such as **Healthy Eating** to address the essentials of a heart-healthy, nutritious lifestyle

One-on-one appointments with registered dietitians\* to provide dietary counseling, nutritional education and behavior modification techniques

Support group sessions where members share insight, understanding and techniques they've discovered along their recovery path

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\*In the spirit of keeping you well-informed, some of the physician(s) and/or individual(s) identified, are neither agents nor employees of Northwestern Memorial HealthCare or any of its affiliates. They have selected our facilities as places where they want to treat and care for their private patients.

# Benefits of Cardiac Rehabilitation

The benefits of participating in cardiac rehabilitation are extensive. Most patients experience an increase in physical and emotional well-being soon after beginning the program. Best of all, you may discover a new sense of self-confidence and an increased satisfaction with your quality of life. For many people, just getting over the fear of a reoccurrence is a tremendous relief.

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## Other benefits may include:

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Improvement in exercise tolerance

Improvement in cardiac-related symptoms

Improvement in the level of blood lipids (fats)

Improvement in the body's ability to metabolize carbohydrates (sugars)

Reduction in cigarette smoking

Reduction in stress

Better understanding of heart disease, the risk factors and prevention

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## Exercise

Based on the cardiac rehabilitation that took place during your hospital stay, you and a cardiac therapist will develop an exercise regimen at your initial outpatient rehabilitation visit. The level of exercise is dependent upon your medical history and current heart health.

Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital offer several group exercise classes designed to build your cardiovascular endurance. Each class is monitored by professional staff members who perform a baseline reading of your heart rate and blood pressure, and lead you through warm-up exercises, a workout and a cool down. You'll use exercise equipment such as treadmills, bikes, rowing machines and free weights. As you learn more, you'll be able to monitor your own heart rate. The length of your program depends upon your physical needs, your goals and your measured progress.



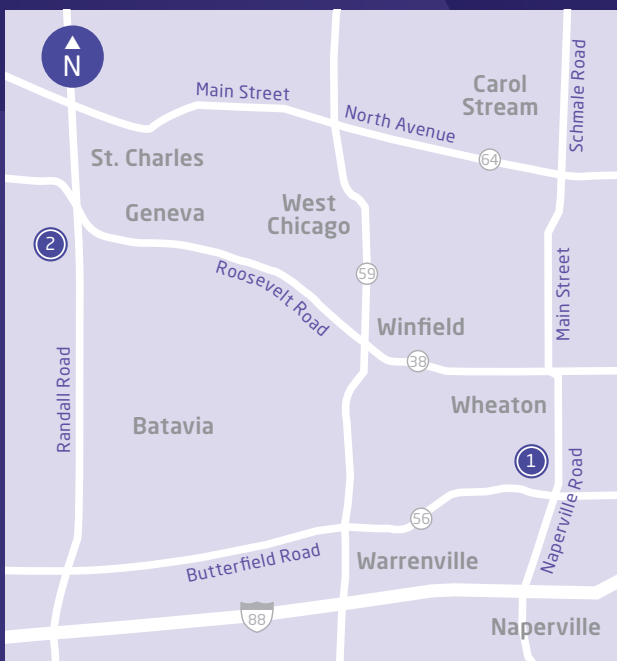
## **Support**

We know making changes is never easy. That's why it's important to get others involved in your rehabilitation. Sharing experiences can help ease the fear and isolation you may experience. Family members can be a great help as you make your lifestyle changes.

## **Regaining control of your life**

While cardiac disease forces individuals to confront important lifestyle choices, it is possible to take charge of your health. With the assistance of the Northwestern Medicine cardiac rehabilitation team at Central DuPage Hospital and Delnor Hospital, you and your heart can look forward to a stronger and healthier future. So take the first step. Talk to your physician about a referral so you can begin your rehabilitation program as soon as possible following your hospital stay.

**For more information or to schedule an appointment, call the location most convenient for you.**



# Cardiac Rehabilitation Services Locations

**1 Northwestern Medicine  
Medical Offices**  
7 Blanchard Circle  
Suite LLA (lower level)  
Wheaton

630.681.5530

Monday, Wednesday,  
Friday  
7:30 am-6:00 pm

Tuesday, Thursday  
7:00 am-3:30 pm

**2 Northwestern Medicine  
Office Building**  
351 Delnor Drive  
Suite 104  
Geneva

630.938.6400

Monday, Wednesday,  
Friday  
7:00 am-5:30 pm

Tuesday, Thursday  
8:00 am-1:00 pm

TTY for the hearing impaired 630.933.4833



[cadencehealth.org](http://cadencehealth.org)

