



Cardiac Conditioning Program

Mercy offers Cardiac Conditioning services as a comprehensive program to assist individuals recovering from a cardiac event or procedure. The goal of the supervised exercise and education program is to help individuals improve their quality of life and safely return to everyday activities.

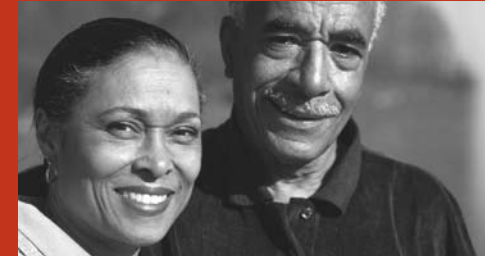
For more information about **MERCY HEART INSTITUTE**, call us at 1-877-9HEART9 or visit our Web site at chwhealth.org/mercyheart

About Catholic Healthcare West

Catholic Healthcare West (CHW), headquartered in San Francisco, is a system of 40 hospitals with more than 7,500 physicians and 40,000 employees throughout California, Nevada and Arizona. In the Sacramento area, CHW operates Mercy General Hospital, Mercy San Juan Medical Center, Methodist Hospital of Sacramento, Mercy Hospital of Folsom, Woodland Healthcare, Sierra Nevada Memorial Hospital and Mercy Medical Group (a service of CHW Medical Foundation), as well as Mercy Home Health, Hospice and Lifeline. In fiscal year 2004, CHW provided more than \$566 million in charity care and unsponsored community benefit. For more information, please visit our Web site at mercysacramento.org.



Cardiac Conditioning Programs



MERCY HEART INSTITUTE



Mercy General Hospital
Mercy San Juan Medical Center

chwhealth.org/mercyheart

Program

The Cardiac Conditioning Program is a supervised exercise and education program, customized to provide individuals and their families with the knowledge and support necessary to maintain quality of life. The Cardiac Conditioning staff focuses on education and assisting people in making lifestyle changes to help prevent further cardiac disease and related complications.

Team

The Cardiac Conditioning team consists of a medical director/cardiologist, registered nurses, exercise physiologists, registered dietitians, pharmacists and medical social workers. Together, the Cardiac Conditioning team will provide participants with the knowledge needed to reduce cardiac risk factors and achieve the best possible recovery.

Enrollment

The Cardiac Conditioning Program is a service offered to patients with a diagnosis of coronary artery disease or patients who have had a recent cardiac event or procedure. A referral from your doctor is necessary to start the program. Participants will remain under the care of their referring doctor throughout the Cardiac Conditioning Program, as the goal of the program is to complement the doctor's care, not replace it. This program is a covered benefit of most insurance companies.

Education

During the program, participants will receive education from members of the Cardiac Conditioning team in the following areas:

- Basic anatomy and function of the heart
- Blood pressure management
- Cardiac nutrition
- Cardiac risk factor reduction
- Cholesterol management
- Community resources
- Diabetes management and precautions
- Group support
- Medications
- Stress management



Supervised Exercise

Each participant will receive an initial assessment by a member of the Cardiac Conditioning team. Participants will be taught appropriate ranges for resting and exercise blood pressures and heart rates. Each participant will wear an EKG monitor during exercise to allow staff to continuously monitor heart rate and heart rhythm. Program staff will individualize each patient exercise program to help patients reach all of their goals. Program staff will contact your doctor as needed throughout the program and a final report summarizing progress will be sent to the referring doctor upon completion of the program.



For More Information

To find more information about the Cardiac Conditioning Program, call or write:

Mercy General Hospital
4001 J Street
Sacramento, CA 95819
916.453.4521

Mercy San Juan Medical Center
6555 Coyle Avenue, Suite 250
Carmichael, CA 95608
916.537.5296

Community Resources

- Cardiovascular Disease Management
916.564.2880
- Mercy's Heart Healthy Education Classes:
Mercy General Hospital
916.453.4521
Mercy San Juan Medical Center
916.537.5296
- Mercy Mall Walks:
916.733.6966
Country Club and Sunrise Mall



Dr. Magorien (left) & Dr. Morrison

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Stephen L. Morrison, MD, Medical Director, Cardiac Conditioning, MSJMC*