

Rideout Health Cardiac Rehabilitation

The Rideout Health Cardiac Rehabilitation Program is dedicated to improving the cardiovascular health of our patients and the community by delivering personalized and group based services that teach and develop improved physical and mental health and wellness through an engaging process of exercise and education that elevates the participants overall quality of life.

The Heart Center at Rideout

The 25,000-square-foot, state-of-the-art cardiac facility in Marysville includes a non-invasive cardiology and vascular diagnostic lab, two digital cardiac catheterization suites, two cardiovascular operating room suites, 12 critical care beds, 24 telemetry beds and allows procedures such as coronary angioplasty, atherectomy, stents, and bypass and valve surgery, using both open-chest and minimally-invasive techniques.

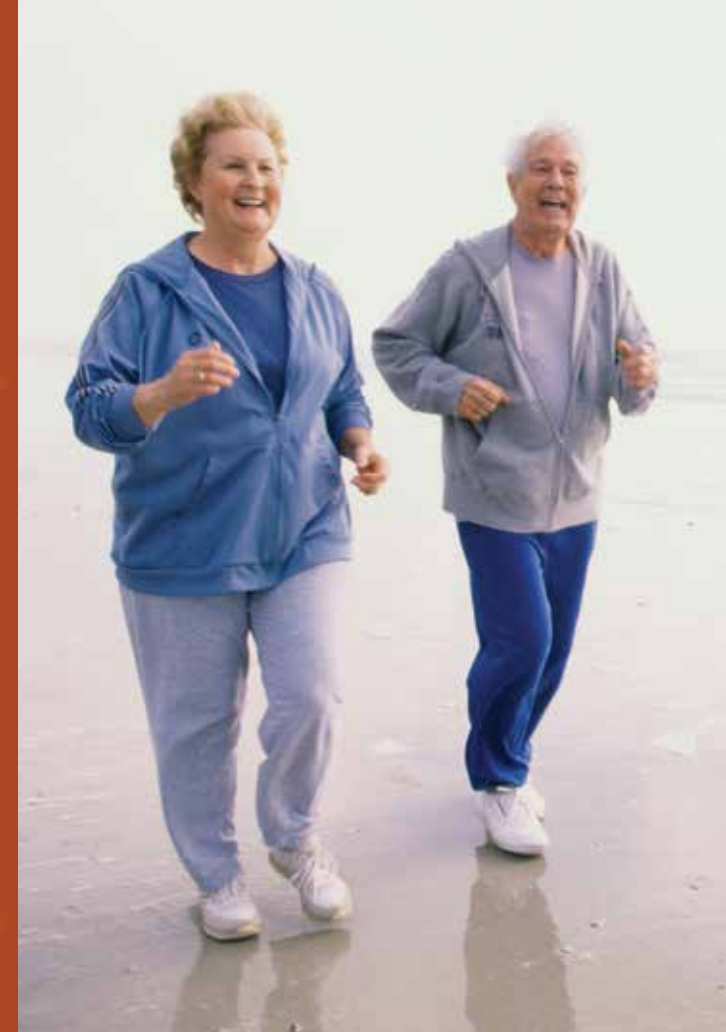
The Heart Center team includes two cardiothoracic surgeons and ten cardiologists, as well as anesthesiologists, intensivists, pulmonologists, perfusionists, physician assistants, specialized nursing and rehabilitation professionals. The physicians' and surgeons' expertise, the staff's advanced skills and training, and the latest in technology combine to offer leading-edge cardiac care to the Yuba-Sutter community.



530-741-3840

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[www.heartcenteratrideout.org/
cardiac-rehabilitation](http://www.heartcenteratrideout.org/cardiac-rehabilitation)



Cardiac Rehab

Wellness and Prevention Program



**HEART CENTER
AT RIDEOUT**



Who Qualifies For Cardiac Rehabilitation?

- Recent heart attack
- Coronary artery bypass surgery
- Valve surgery
- Balloon angioplasty/coronary stenting
- Heart transplant
- Angina or Chest Pain
- Congestive heart failure
- Other diagnoses may also be covered

Benefits of Cardiac Rehabilitation

- Increased strength and endurance
- Decreased symptoms such as fatigue and shortness of breath
- Improved knowledge of heart-healthy behaviors
- Improved nutrition
- Improved ability to perform daily activities such as cooking, cleaning, and self-care
- Improved quality of life
- Improved cardiac health and function
- Reduced weight
- Smoking cessation

Education Classes

Education classes will help you reduce the chance of future heart problems by making lifestyle changes now. These classes include the following topics:

- How your cardiovascular system works
- Effects of stress and stress management
- Diabetes and heart disease
- Eating out and reading labels
- Fat and fiber
- Sugar and salt
- Medications
- Smoking cessation

Cardiac Rehabilitation Program Phase II

Cardiac Rehabilitation is important for anyone who has suffered from a heart condition. The program includes a combination of education and exercise to guide patients to a healthy lifestyle.

- Participants attend three times a week for up to thirty six (36) sessions
- Continuous EKG monitoring and vital signs assessments throughout the exercise session by a trained cardiac staff
- Program is tailored to meet participant's individual needs

Continuing to Cardiac Rehabilitation Phase III

During Phase III, you can continue participation in the program designed by our therapy team.

- Exercise is self-monitored to increase patient independence
- Patients continue to have a once monthly EKG monitored session

Our staff will continue to monitor your cardiovascular status and provide education and support related to your disease management, blood pressure, heart rate and medication regimen.



Commonly Asked Questions

What kind of exercise will I be doing?

You will be doing aerobic exercise. We will select a special group of exercise machines that best suit your exercise needs. You may exercise on treadmills, recumbent steppers, bicycles, arm machines or use free weights and stretching bands.

I'm exercising at home. Why should I come to cardiac rehab?

You will be connected to an EKG monitor while you exercise so your heart rate and rhythm are closely watched. Your blood pressure and work load are also tracked. You will be closely supervised and any concerns about your body's response to exercise will be relayed by our staff to your doctors. We will also help you learn what you can do to decrease your risk of a future heart problem.

Will my insurance cover cardiac rehab?

Most insurance providers have some coverage for Cardiac Rehabilitation services if you've had a heart attack or heart surgery. Contact Cardiac Rehabilitation at 530.741.3840 if you have questions about your insurance coverage.