



Do you have heart disease?

The *Healthy Hearts* cardiac rehabilitation program at Greenslopes Private Hospital provides simple and effective programs individually tailored for people who:

- Have heart disease
- Have had a cardiac procedure or surgery
- Have risk factors associated with heart disease including being overweight, high blood pressure, high cholesterol, lack exercise and/or a family history of heart disease
- Have heart failure

Cardiac rehabilitation assists people to return to their previous lifestyle and activities through exercise and education. Our ***Healthy Hearts*** program can even help you get back to playing golf, fishing and mowing the lawn!

The Heart Foundation (2004) describes cardiac rehabilitation as a means of helping people with heart disease return to an active and satisfying life. More importantly these programs aid to prevent recurrence of cardiac events such as heart attack.

Our cardiac rehabilitation team is made up of the following health professionals who work very closely and communicate your progress with your doctor:

- Cardiac Specialist Nurses
- Exercise Physiologists
- Psychologists
- Pharmacists
- Dietitians
- Occupational Therapists

Note: A medical referral from your doctor is required for participation in the program.

For more information please contact the *Healthy Hearts* Program Manager

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