Mending Hearts

The Tamkin Cardiac and Pulmonary Rehabilitation program at Eisenhower Medical Center offers heart patients the most comprehensive cardiac rehab program in the region. Located in the Eisenhower Renker Wellness Center, Tamkin is a fullservice rehabilitation facility with state-ofthe- art fitness equipment, a full-range of exercise classes, cutting-edge diagnostic and screening tools, and comprehensive counseling services. The staff includes registered nurses, respiratory therapists, nutritionists, counselors, and certified fitness trainers. The team works together and in consultation with a patient's physicians to create a program that provides the correct balance of exercise, education and support services to develop and maintain heart healthy habits.

About Cardiac Rehabilitation According to the Centers for Disease Control and Prevention, each year about one million Americans survive heart attacks. Additionally, more than seven million people have stable angina, more than one million patients have angioplasty (a procedure to unblock coronary arteries), and nearly half of one million patients have bypass surgery. Research published in journals such as The American Journal of Cardiology®, the Journal of the American College of Cardiology, The American Journal of Geriatric Cardiology, and JAMA® (The Journal of the American Medical Association), indicates that all of these individuals would benefit from cardiac rehab programs.

According to the American College of Cardiology, the benefits of cardiac rehab to patients are well documented. For example, cardiac rehab programs reduce the risk of death after cardiac illness by 20 to 25 percent—a level of benefit similar to that of statin drugs, beta blockers and aspirin. They can also boost physical strength and endurance by 20 to 50 percent, helping ensure a patient is able to return to an active life. Patients who participate in cardiac rehab programs also experience less severe angina, and are more likely to lower their cholesterol and blood pressure levels than patients who do not. The research also shows that patients who participate in cardiac rehab have decreased emotional stress, depression and anxiety because of the counseling and medical supervision they receive during their recovery, and the overall improvement in quality of life that cardiac rehab fosters.
"Cardiac rehabilitation (cardiac rehab) is a professionally-supervised cardiac care program designed to help patients recover from heart attacks, heart surgery and cardiac procedures such as stenting and angioplasty. Patients are typically referred to cardiac rehab programs by their cardiologists or cardiac surgeons as a critical component of their care."

Despite widespread agreement on the benefits of cardiac rehabilitation, many patients who would benefit from a cardiac rehab program are not utilizing this important health tool. According to recent research published in Circulation: Journal of the American Heart Association, for example, less than one in five patients receive cardiac rehabilitation after a heart attack or coronary bypass operation.

Tamkin Cardiac and Pulmonary Rehabilitation The Tamkin Cardiac and Pulmonary Rehabilitation program at Eisenhower is at the forefront of the cardiac rehab field, and as such, is working closely with cardiologists and other physicians to increase participation in cardiac rehab and overall wellness programs that have a positive impact on heart health.

According to Eisenhower Cardiologist Philip Patel, MD, who is the program's Medical Director, Tamkin offers a comprehensive program that supports patients as they recover from cardiac procedures, and educates them about changes to their long-term lifestyle that will promote heart health. "Our primary focus is on the rehabilitation of cardiac and pulmonary patients who have recently experienced a heart attack, cardiac surgery,

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