

DID YOU KNOW?



Dr. George Eyrich, M.D., F.A.C.C.

- ◆ **Heart disease is the leading cause of death for both men and women in the USA and the 3rd leading cause of disability in the US.**
(<https://www.cdc.gov/heartdisease/about.htm>)
- ◆ **There is a direct relationship between inactivity and cardiovascular mortality. Inactivity is an independent risk factor for coronary artery disease.**
- ◆ **Only about 20% of those eligible for cardiac rehabilitation actually receive it.**
(<https://www.ahrq.gov/pcor/dissemination-of-pcor/cardiac-rehabilitation.html>)
- ◆ **Lung disease is not only a fatal condition, but is chronic in nature and makes breathing difficult.**
- ◆ **Lung disease is the 3rd leading cause of death and is the 4th leading cause of disability in the US.**
(<https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>)

For more information on our programs, please call our office or stop by.

“Healthy Hearts & Lively Lungs”

GROVE HILL MEMORIAL HOSPITAL

Cardiovascular & Pulmonary Rehab
Physical Address:
295 South Jackson Street
Grove Hill, AL 36451

**Phone: 251-275-4069 or
251-275-4070
Fax: 251-275-7906**

Mailing Address:
P.O. Box 935
Grove Hill, AL 36451

**Hours: Monday, Tuesday and Thursday
7:30am– 2:30pm**



We now offer **SILVERSNEAKERS**

What is SilverSneakers? The SilverSneakers Fitness Program is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

Alabama Health Plan Providers that offer SilverSneakers:

- ◆ AARP Medicare Supplement Insurance Plan
 - ◆ Aetna Medicare
- ◆ Blue Cross and Blue Shield of Alabama
 - ◆ Humana United Healthcare

GROVE HILL MEMORIAL HOSPITAL

Cardiovascular & Pulmonary Rehab

“Healthy Heart & Lively Lungs” CARDIAC & PULMONARY REHAB PROGRAMS



Our Mission:

To restore and maintain optimal physiological, psychological, social, and vocational status while reducing mortality, morbidity, and disability from cardiac and pulmonary diseases through exercise and education.

- ◆ **George Eyrich, M.D., F.A.C.C.,
Medical Director**
- ◆ **Crystal Cumlander,
Department Manager**
- ◆ **Magan Moore, RN, BSN,
Staff Nurse**

Cardiac & Pulmonary Rehabilitation

- ◆ Cardiac & Pulmonary rehabilitation programs are outpatient programs designed to help heart and lung patients recover faster and improve their overall quality of life.
- ◆ Services offered include supervised exercise, education and counseling.
- ◆ Reconditioning, healthy eating habits, and smoking cessation help participants with heart and lung diseases recover faster, feel better, and live more satisfying lives!
- ◆ Each individual has unique needs and goals. Our team is committed to assisting each individual along his or her personal road to recovery.

Benefits include:

- ◆ Increased knowledge of the disease process and prevention strategies.
- ◆ Improved ability to perform activities of daily living.
- ◆ Decrease cardiac symptoms such as chest pain and shortness of breath.
- ◆ Improved ability to identify, modify, and manage risk factors.

Controllable Risk Factors:

- ◆ Smoking
- ◆ Stress
- ◆ Cholesterol
- ◆ Diabetes
- ◆ Blood Pressure
- ◆ Weight
- ◆ Sedentary Lifestyle

**ALL SESSIONS ARE SUPERVISED
BY PROFESSIONAL STAFF.**

Candidates for Cardiac Rehabilitation

Anyone with the following diagnoses or anyone having had the following procedures:

- ◆ Heart Attack (MI) within the past 12 months
- ◆ Coronary artery bypass surgery
- ◆ Stable angina pectoris (chest pain)
- ◆ Heart valve repair or replacement
- ◆ Angioplasty or coronary artery stents
- ◆ Heart and Lung Transplant
- ◆ Congestive Heart Failure (EF 35% or less and NYHA II-IV)

Candidates for

For more Participates with one or more of the following diagnoses may be a candidate for pulmonary rehabilitation. Diagnoses include, but are not limited to:

Obstructive Diseases:

- ◆ Persistent Asthma
- ◆ Bronchiectasis
- ◆ Cystic Fibrosis

Restrictive/Interstitial Diseases:

- ◆ Interstitial Fibrosis
- ◆ Occupational or Environmental Lung Disease
- ◆ Sarcoidosis

Chest Wall Diseases:

- ◆ Kyphoscoliosis
- ◆ Ankylosing Spondylitis

Neuromuscular Disease:

- ◆ Parkinson's Disease
- ◆ Amyotrophic Lateral Sclerosis

Other Conditions

- ◆ Pre and Post Lung Transplantation

Program Facts

- ◆ A physician's order is required.
- ◆ Each patient is interviewed and evaluated, an initial exercise prescription is established, and personal goals or special needs are discussed at this time.
- ◆ Exercise sessions are held three times per week.
- ◆ Aerobic exercise typically starts at 15 minutes and progresses to 40-45 minutes as tolerated.
- ◆ Cool down follows the aerobic phase. This allows the heart rate to return to its resting state.
- ◆ Education classes may be held before, during, or after exercise sessions.
- ◆ For a nominal fee, a health partner may accompany the participant and exercise. Participants who exercise with a partner report greater enjoyment.
- ◆ Your referring physician will be notified of your progress as well as any significant events that may be encountered during sessions.

Rehabilitation Team

Team members include; but, are not limited to the following:

- ◆ Referring Physician
- ◆ Program Medical Director
- ◆ Registered Nurses
- ◆ Dietician/Nutritionist
- ◆ Physical Therapist
- ◆ Social & Psychosocial Services
- ◆ Nursing Assistants