

The benefits of Cardiac rehabilitation

After discharge from hospital it is advisable to attend a cardiac rehabilitation course at your local hospital. These courses are designed to be both informative and enjoyable. You can contact your GP or the hospital concerned for details.

The aim of these courses is to help you resume your normal lifestyle and reduce the risk of ill health. They will help you regain confidence and assist you to plan a healthy lifestyle programme. They will give you insight into

- heart disease and how to manage it
- exercising safely
- introducing relaxation into your daily life.

Cardiac patients are entitled to an assessment by their cardiac rehabilitation team. Cardiac rehabilitation has been shown to increase survival beyond the first 3 years of a heart attack or bypass surgery by as much as 26%.

What is Cardiac Rehabilitation?

Cardiac rehabilitation is the process of helping people with a heart condition make any necessary changes to their life and get back on their feet again – physically, emotionally, socially and vocationally. It helps in a number of ways.

- Cardiac rehabilitation helps people to consider changes to their lifestyle
- Cardiac rehabilitation helps people to regain their confidence
- Cardiac rehabilitation helps people to recover psychologically.
- Cardiac rehabilitation helps people to deal with social issues
- Cardiac rehabilitation helps people to live longer.

BACR 2007

(British Association of Cardiac Rehabilitation)

Finding your local cardiac rehabilitation course

If you do not receive any information about cardiac rehabilitation from your hospital or to find your local cardiac rehabilitation team please follow the link below

<http://maps.cardiac-rehabilitation.net/>

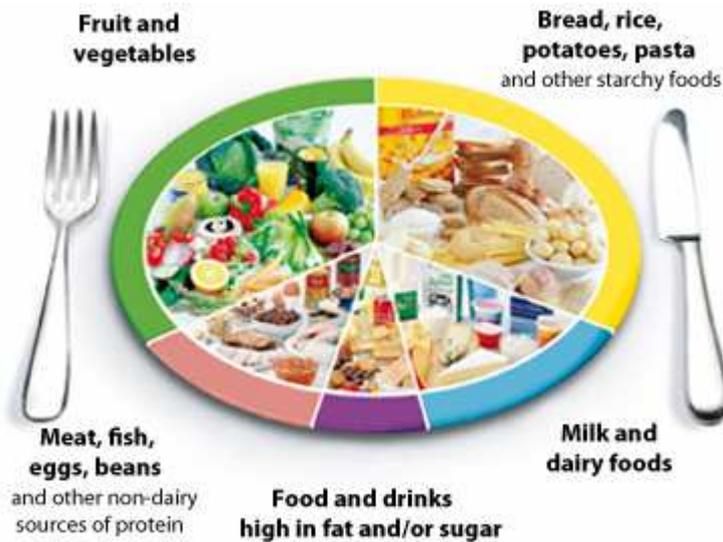
Maintaining a health heart

- Healthy eating / cholesterol
- Alcohol consumption
- Smoking
- Maintaining a healthy weight
- Controlling your blood pressure
- Family history
- Physical activity (linked to section above)

Healthy eating

By following a cardio protective diet you can help the recovery process by ensuring that you have the right nutrients, you can also reduce the risk of developing further heart problems or heart disease.

The picture of ‘the eatwell plate’ below shows how much of each food group you should try to include in your diet.



Fat

A cardio-protective diet is not a low fat diet. What is important is the type of fat that you include in your diet. You should try to avoid foods that contain saturated fats or trans fat as these can increase your cholesterol levels. Try to replace these with foods with polyunsaturated fats or monounsaturated fats as these can help to reduce your cholesterol levels.

What foods contain these fats?	Bad fats		Good fats	
	Saturated fats	Trans Fat	Polyunsaturated fats	Monounsaturated fats
	Fatty meat	Processed meats (like hot dogs, ham, bacon, sausages)	Oily fish (including salmon, fresh tuna (not tinned), sardines, mackerel)	Olive oil
	Processed meat	Dairy products (Full fat milk, cheese, butter,)	Sunflower oil	Rapeseed Oil
	Dairy products (Full fat milk, cheese, butter,)	pastries Cakes and	Soya oil	Avocado
	pastries Cakes and	Chocolate and biscuits	Corn oil	Some nuts (hazelnuts, almonds, pecan)

	Chocolate and biscuits		Safflower oil	
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Fruit and vegetables

Fruit and vegetables are an important part of your diet and should make up roughly one third what you eat in a day. You should aim for at least 5 portions each day, it can be fresh, frozen, tinned or dried. Fruit and vegetables are low in calories and contain vitamins, minerals and fibre which can prevent many diseases including heart disease.

http://www.nhs.uk/Livewell/5ADAY/Documents/Downloads/5ADAY_portion_guide.pdf

Salt

Use a minimum amount in cooking and you should not use salt at the table. Try to experiment with other seasonings e.g spices and herbs.

A high percentage of the salt we consume is hidden in the food we eat. Limit salty foods such as smoked foods, bacon, bread and cereals. Check food labels as salt can also be listed as sodium, monosodium glutamate and sodium bicarbonate. Check with your cardiac rehab staff if you are having difficulty understanding food labels, they will be able to give you further advice.

Fish

Oily fish is a good source of omega-3, which will help protect your heart by: reducing the stickiness of the blood and making it less likely to clot. It also protects the arteries which carry the blood to your heart.

Alcohol consumption

Although a small amount of alcohol regularly is not harmful, drinking large amounts can increase the risk of long term damage to your health, it is therefore important to know how many units you are drinking, and to be able to remain within the recommended guidelines. For men this is 21 units per week or 3-4 units per day with 2 alcohol free days and for women this is 14 units per week or 2-3 units per day with 2 alcohol free days.

How many units are in a drink?

	Unit	% alcohol (Alcohol by volume (ABV))	Calorie content
	2.6 units	4.5% ABV	233 calories

<p>PINT STRONG CIDER (magners)</p>			
 <p>PINT OF LAGER (Stella)</p>	<p>2.7units</p>	<p>4.8%ABV</p>	<p>233 calories</p>
 <p>25 ml SINGLE SPIRIT & MIXER (gin and tonic)</p>	<p>0.9 units</p>	<p>37.5% ABV</p>	<p>108 calories</p>
 <p>750ml BOTTLE OF WINE</p>	<p>9.4units</p>	<p>12.5% ABV</p>	<p>570 calories</p>

 <p>250ml GLASS OF WINE</p>	3 units	12% ABV	185 calories
 <p>PINT OF BEER (John Smiths)</p>	2.3 units	4% ABV	182 calories

Heart Support Groups

Heart support groups can be beneficial in supporting you during your recovery, they can give you the opportunity to share your experiences in a friendly and supportive environment.

Smoking

All the evidence suggests that it is especially important for people who have suffered cardiac event to try to stop smoking. Evidence suggests that people who give up smoking can reduce their risk of dying over time to almost that of those who have never smoked. If you are a smoker, your cardiac rehabilitation team, GP or pharmacist can give you advice on how to quit. There is also a great deal of advice, support and tools to help you quit available from the NHS smoke-free website at www.smokefree.nhs.uk.

Controlling your blood pressure

High blood pressure on its own doesn't usually make us feel any different, but it actually makes the heart work harder and speeds up the 'furring up' of the arteries. It is advisable to have your blood

pressure checked at regular intervals. Your cardiac rehabilitation nurse or GP will discuss recommended levels that your blood pressure should be.

Maintaining a healthy weight

Not yet complete

Family history

Not completed

Frequently answered questions

To be written once content finalised.

Useful addresses and telephone numbers

British Heart Foundation

British Heart Foundation
Greater London House
180 Hampstead Road
London
NW1 7AW

Tel: 020 7554 0000
www.bhf.org.uk

British Diabetic Association

10 Park Way
London NW1 7AA

Tel: 020 7424 1000
www.diabetesuk.co.uk

Coronary Prevention Group

2 Taviton Street
London WC1 0BT

Tel: 020 7927 2125

Provides information on diet, exercise and stress for health professionals and the public.

Driver and Vehicle Licensing

Agency (DVLA)
Swansea, SA99 1AR

Tel: 01792 782341
(Monday to Friday)
www.direct.gov.uk/motoring

Ask for medical branch.

QUIT

211 Old Street
London EC1V 9NR

QUITLINE: 0800 002200

8.15am - 4.30pm (freephone)

Information and advice for smokers who want to stop.

NHS Smokers Helpline

Tel: 0800 1690169

NHS Direct

Tel: 0845 4647 (local rate)

Information and advice on healthcare.