



Toronto
Rehab

Rehabilitation saves life.



Cardiac Rehabilitation and Secondary Prevention Program

Leading the way to a healthier heart

For people who have had a heart attack, heart surgery or other cardiac event, or for those who have two or more risk factors for heart disease, including diabetes.

www.torontorehab.com

Toronto Rehab is a teaching and research hospital fully affiliated with the University of Toronto.

Revolutionizing rehabilitation — Maximizing life!

As a leading rehabilitation sciences centre, Toronto Rehab is revolutionizing rehabilitation to help people overcome the challenges of disabling injury, illness or age-related health conditions so they can live active, healthy, more independent lives. Fully affiliated with the University of Toronto as a teaching and research hospital, Toronto Rehab integrates innovative patient care, groundbreaking research and diverse education to build healthier communities. Find out how at torontorehab.com.

We train the healthcare professionals of tomorrow in all areas of rehabilitation, complex continuing care and long-term care.

Toronto Rehab is one of Canada's largest academic hospitals providing adult rehabilitation, complex continuing care and long-term care services. It was created in 1998 by the amalgamation of The Queen Elizabeth, Hillcrest and Lyndhurst Hospitals, and the Toronto Rehabilitation Centre.

Our clinical programs include:

Cardiac rehab – for people who have had a heart attack, heart surgery or other cardiac event, or for those who have two or more risk factors for heart disease, including diabetes

Complex continuing care – for adults with medically complex conditions

Geriatric rehab – for seniors with severe illnesses and/or multiple age-related conditions

Long-term care – for people who are unable to live independently and need full-time care

Musculoskeletal rehab – for adults who have had joint replacement surgery, sustained multiple injuries or who have osteoporosis or cancer

Neuro rehab – for individuals who have had a stroke or brain injury, or who have multiple sclerosis

Spinal cord rehab – for people who have sustained a spinal cord injury or disease

Cardiac rehabilitation



You can add years to your life by joining Toronto Rehab's cardiac rehabilitation program. Each year, our program helps more than 1,650 people make long-lasting lifestyle changes that will help prevent a major heart event or reduce the risk of subsequent heart events. Our team of specialists is a leader in delivering cardiac rehabilitation and secondary prevention programs, offering one of the largest, most comprehensive outpatient cardiac rehabilitation programs in North America.

Whether you are at risk for developing heart disease, or if you have had a heart attack, heart surgery or other heart event, we will work with you to develop your own personal program of exercise and education to help improve your cardiovascular strength and fitness, and reduce your chance of having a heart event or a subsequent one.

Your first step will be to complete a cardiopulmonary exercise assessment (of the heart and lungs) to establish a baseline measure of your cardiovascular fitness. The results will allow us to develop a safe exercise program tailored to your abilities. Throughout the program, a physician is available on site at all times, and you will be closely monitored to ensure you progress at a level consistent with your condition and ability.

Education will be a key component of your program, focusing on risks, medications, exercise, stress and heart healthy eating habits — everything you need to know to lead a healthy lifestyle.

Since opening in 1968, more than 50,000 people have walked or jogged around our indoor and outdoor tracks, taking advantage of the exceptional facilities we have to offer. In our program, you will find the motivation and support you need to adjust to life changes following a heart event.

Who benefits from cardiac rehabilitation

If you have any of the following conditions, please ask your physician to refer you to Toronto Rehab's Cardiac Rehabilitation Program:

- heart attack
- heart surgery
- angioplasty
- heart failure
- other heart conditions (i.e. angina, pacemaker)
- other vascular conditions (i.e. stroke, peripheral arterial disease)
- high risk of heart disease (i.e. family history, high cholesterol, high blood pressure, diabetes)

Your cardiopulmonary exercise assessment

The cardiopulmonary exercise assessment will help us personalize an exercise program that best meets your condition and abilities. You will be assessed prior to starting the program, at the midpoint of the program, and at the end of the program. Our state-of-the-art labs allow us to assess both able-bodied and mobility-challenged individuals.

Your assessment will consist of:

- a medical and family history questionnaire that helps us identify your heart risk factors
- a resting electrocardiogram
- body composition measurements (height, weight, waist size, body fat)
- a cardiopulmonary exercise assessment (on a stationary bicycle or monitored walking adapted to suit your abilities)

Your program

Your personalized exercise program will last approximately 6 to 12 months and will be tailored to your needs and abilities. Exercise specialists will work closely with you to help you achieve your goals.

Supervised exercise classes are held once a week. You are expected to carry out your exercise program on your own four more times a week at home. We provide walking maps of local shopping malls and information about other community resources to help support you in doing regular exercise.

For your convenience, we offer both day and evening class times, Monday to Friday.

Each class consists of:

- an interactive education session
- a warm-up and stretching routine
- a personalized exercise program
- peer-to-peer support

We will work closely with you to help you get your heart back in shape and reduce the risk of a subsequent heart event. As you become stronger and more confident in your abilities, resistance training (hand-held weights) will be added to your exercise program. This will help improve your muscle strength and endurance.

Your program may also include one-to-one counselling sessions with our psychologist and social worker to help

you better understand and overcome risk factors such as depression, sadness, anxiety, sleep disturbances, anger, and social and emotional issues.

Our dietitians are available to work with you to achieve heart healthy eating goals, including the development of an individualized nutritional care plan. Formal and informal group support is also available.

Research shows that people who participate in cardiac rehabilitation programs after experiencing a major heart event cut their risk of dying from another cardiac event by as much as 50 per cent.

Our educational lectures provide you with the information you need to adopt long-lasting lifestyle changes. Topics covered include exercise safety, stress management, medications, risk factors for heart disease, guidelines for sports and leisure activities, and good nutrition. We also provide special evening lectures and workshops, including opportunities for family members to participate.

You will also be expected to keep a weekly diary of your progress, noting goals and achievements, as well as any symptoms you may be experiencing.

Home-based program

Owing to mobility issues, transportation, scheduling difficulties or geographical distance, some individuals may not be able to participate in the on-site cardiac rehab program. We can work with you to develop a routine that will meet your needs. Our home-based program includes an on-site cardiopulmonary exercise assessment, an orientation day, a personalized program to be done at home, and weekly phone contact with one of our exercise specialists.

Other programs

We also offer specialized programs for people with diabetes, heart failure, or for individuals who have had a stroke. Through clinical research, our program continues to investigate the risk factors associated with heart disease and seeks to improve the delivery of services to patients and the scientific understanding of cardiac rehabilitation.

We integrate the latest cardiac rehabilitation research in order to deliver superior outcomes for each and every individual.

Graduate program

We are committed to maintaining your enthusiasm for heart health beyond the duration of your program.

Take C.H.A.R.G.E. is a graduate program open to cardiac rehabilitation graduates, family and friends. It is designed to keep you up-to-date on exercise, cardiology and heart health and to help motivate you to continue leading a heart-healthy lifestyle. We also invite you and your family members to participate each year in our *On Track to Recovery* walk-a-thon to enhance awareness of cardiac rehabilitation and to help generate funds to further support the program.

Register for the cardiac rehab program

Ask your physician for a referral to Toronto Rehab's Cardiac Rehabilitation and Secondary Prevention Program. Referral forms are available on Toronto Rehab's website at torontorehab.com. Your physician will need to send the completed referral form along with a recent ECG and a hospital discharge summary and/or relevant consultation note by fax to [416-425-0301](tel:416-425-0301).

Please note that our program is covered by OHIP with the exception of costs for education materials and parking.

Our team

Personalized and friendly services are provided by a highly-skilled interprofessional team of healthcare professionals who specialize in cardiac rehabilitation, wellness and prevention. An exercise rehabilitation supervisor (or exercise specialist) and exercise leaders will support you throughout your participation in the program. Other team members you may have contact with include physicians, nurses, a nurse practitioner, lab technicians, dietitians, a psychologist, a social worker and a pharmacist.

Our facilities

Our facilities are the best in the city, overlooking a scenic wooded area and designed specifically for promoting heart-healthy lifestyles. Some of the features that make us unique include:

- two 200-metre indoor/outdoor tracks, allowing you to carry out your exercise routines year-round
- a gymnasium for pre-class warm-up, stretching, and resistance-training classes
- three state-of-the-art cardiopulmonary exercise assessment labs
- a 100-seat lecture theatre
- state-of-the-art cardiovascular training equipment
- men's and women's locker/shower facilities
- an attractive common area where you can meet and socialize with others
- a Patient Resource Centre equipped with two computers and access to resources on heart disease and heart-healthy living

Research and teaching

Research studies are essential to making groundbreaking discoveries that move cardiac rehabilitation forward. Past scientific studies have discovered that people who participate in cardiac rehabilitation programs after experiencing a major heart event cut their risk of dying from another cardiac event by as much as 50 per cent.

As a fully affiliated teaching and research hospital of the University of Toronto, Toronto Rehab is at the forefront of rehabilitation science. While in the Cardiac Rehabilitation and Secondary Prevention Program, patients and family members may be asked to take part in research studies. Participation in these studies is voluntary.

We also have a responsibility to put new knowledge into practice, and to share our findings with others so that patients and families across the province and elsewhere can benefit from our discoveries. As well, we pass this new information on to students — tomorrow's rehabilitation professionals — who come to Toronto Rehab for their clinical training. Patients of the Cardiac Rehabilitation and Secondary Prevention Program have an opportunity to meet many of these students during their visits.

Giving back

We are always appreciative when patients wish to express their thanks to the team for the care and support they have received while in our program. For those who wish to do so, cards are a welcome way for us to share your comments with your health care team. We also appreciate that patients or their families may like to recognize staff with gifts. If you wish to acknowledge staff, consider a donation to our Foundation. It's a wonderful way to support continued patient care excellence and all our programs at Toronto Rehab.

To make a donation or find out more about how you can make a difference, please contact the Foundation at [416-597-3040](tel:416-597-3040) or by e-mail at foundation@torontorehab.on.ca

How to Get to Rumsey Centre

Rumsey Centre is located at 347 Rumsey Road, east of Bayview Avenue and north of Eglinton Avenue. The main entrance is via Kilgour Road. Please refer to the map on the back of this brochure for details.

By car: Take Bayview Avenue to Kilgour Road. Turn east onto Kilgour Road. Follow the road to the end through the gates into the Rumsey Centre parking lot. A token for daily parking or a parking pass can be purchased at the reception desk. 347 Rumsey Road is the second building to the north of the parking lot.

Please note: Only parking passholders can enter via Rumsey Road.

By transit: From the Yonge and Eglinton subway station, take either bus 34, 51, 54, 56 or 100 to the bus stop at Eglinton East and Rumsey Road. The Rumsey Road bus stop is at the second set of lights east of Bayview Avenue. Walk north on Rumsey Road about one kilometre.

From the Bayview subway station: Take bus 11. Get off at the bus stop at Kilgour Road, the first set of lights south of Sunnybrook Health Sciences Centre, and walk east to the end of the road.

Please note: TTC community shuttle buses are available to take you from Sunnybrook Health Sciences Centre to our site. The schedule coincides with our rehab class times.

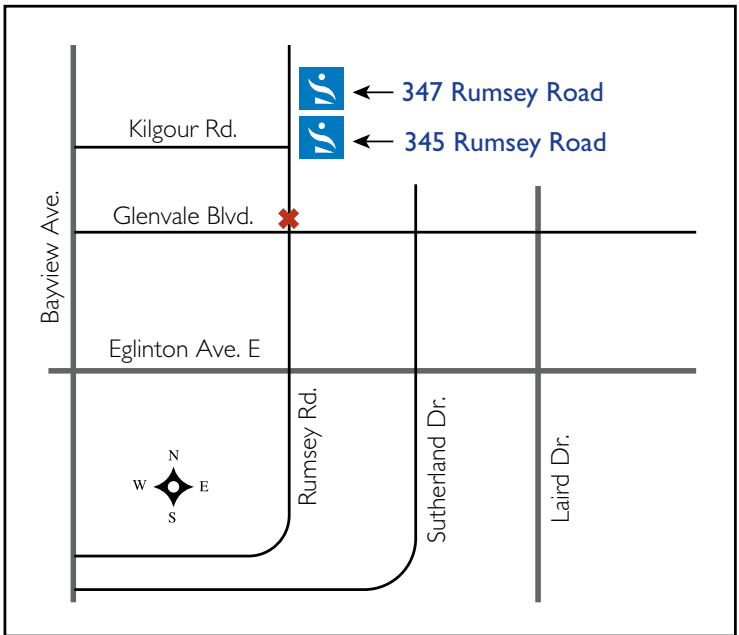
For more information about how to get to the Rumsey Centre, please call our Information Line at [416-597-3422](tel:416-597-3422), ext. 5994. For general information about the Cardiac Rehabilitation and Secondary Prevention Program, please call [416-597-3422](tel:416-597-3422), ext. 5200.



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