

Questions to Ask About

Cardiac Rehabilitation

Ask your care team about cardiac rehab, whether you might benefit and how it fits with your overall treatment plan. Here are some questions that may help:

- Do I qualify for cardiac rehab?
- Which program would you recommend based on my condition/recovery?
- What will I get out of this program?
- Are there any things about my medical history that I should share with the rehab team?
- How is the progress I make in cardiac rehab relayed to my cardiologist or primary care doctor?
- What's the most important change I can make in my diet?
- Should I lose weight? How much? Will the rehab team help me set initial goals for weight-loss?
- What's the right type and amount of exercise for me? What is my exercise prescription during cardiac rehab and when I leave cardiac rehab?
- When might I notice an improvement in my ability to exercise?
- Is there a counselor or social worker I can talk to about managing stress and how to live well with my condition?
- How can I build on the progress I make in cardiac rehab after I complete the program?

SOURCE: <https://www.cardiosmart.org/topics/cardiac-rehabilitation/questions-to-ask>



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