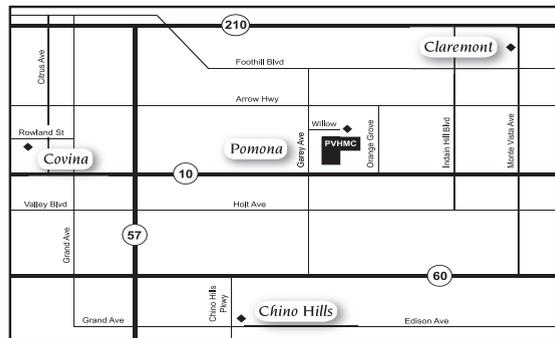


CARDIAC & PULMONARY REHABILITATION



Since 1954

Compassion • Commitment
Caring • Community

REHABILITATION SERVICES
OUTPATIENT CLINIC LOCATIONS

POMONA VALLEY HOSPITAL MEDICAL CENTER
Robert & Beverly Lewis Outpatient Pavilion
1798 N. Garey Avenue Phone: 909.865.9810
Pomona, CA 91767 Fax: 909.620.6724

CHINO HILLS OUTPATIENT CLINIC & THERAPEUTIC POOL
Pomona Valley Health Center
2140 Grand Ave., Suite 100 Phone: 909.630.7878
Chino Hills, CA 91709 Fax: 909.630.7879

CLAREMONT OUTPATIENT CLINIC
Pomona Valley Health Center
1601 Monte Vista Ave, Suite 220 Phone: 909.865.9104
Claremont, CA 91711 Fax: 909.630.7944

MILESTONES CENTER FOR CHILD DEVELOPMENT
Pomona Valley Health Center
1601 Monte Vista Ave, Suite 230 Phone: 909.621.7956
Claremont, CA 91711 Fax: 909.624.7971

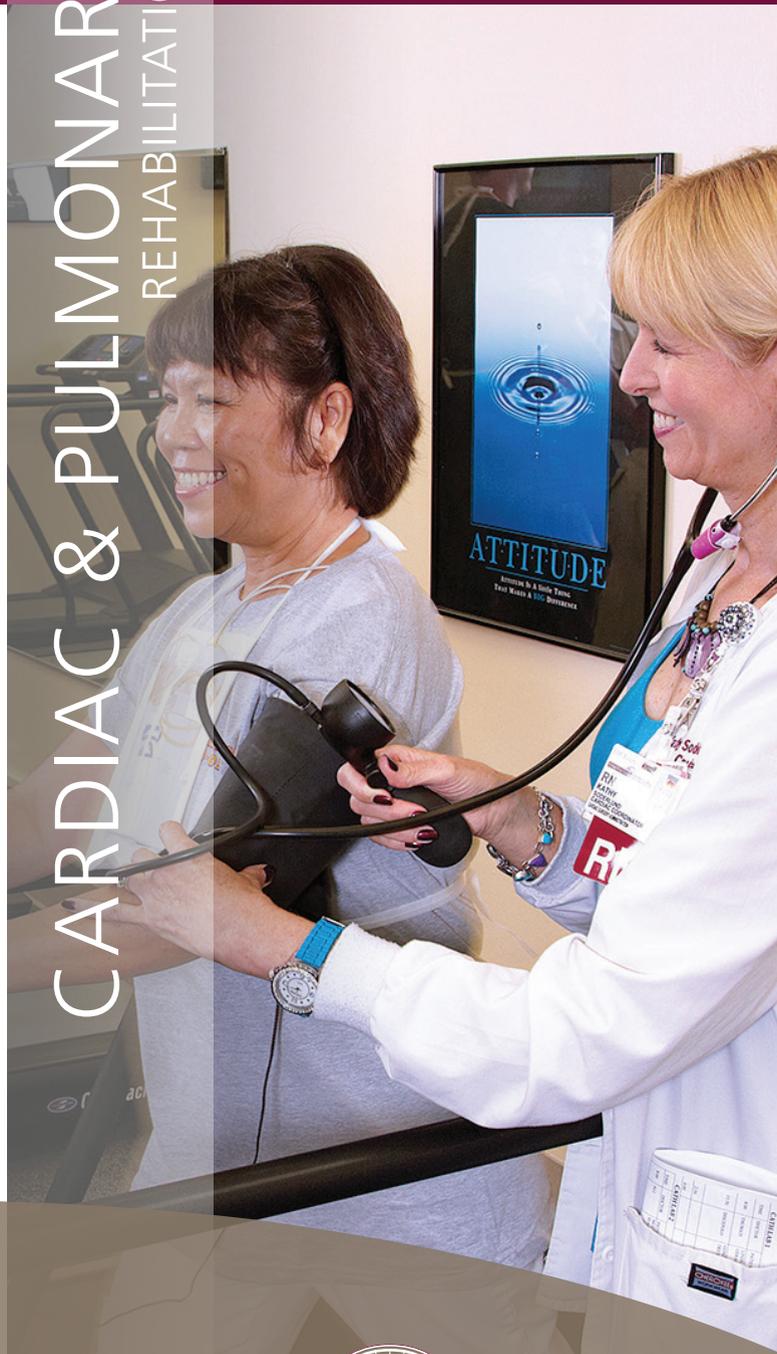
COVINA OUTPATIENT CLINIC
Magan Medical Clinic
420 W. Rowland St. Phone: 626.251.1361
Covina, CA 91723 Fax: 626.251.1327

pvhmc.org/rehabilitation

1-26-17



Nationally recognized, Pomona Valley Hospital Medical Center is the area's leading provider of comprehensive healthcare with centers of excellence in cancer, heart and vascular, kidney stones, and women's and children's services. We also have an award-winning emergency department and neighborhood health centers for quality healthcare close to home. Through our expert physicians and advanced technology, we offer the perfect blend of state-of-the-art medical treatment and personalized care.



EXERCISE FOR LIFE — QUALITY OF LIFE

It's easy to see why there's a nationwide initiative to improve prevention of cardiovascular disease. Heart attacks and strokes cause one in three deaths and result in over \$300 billion of health care costs each year. A heart attack is never a good thing, but regular exercise can turn it into something far less bad than you might think.

It turns out, exercise also has a distinctive role in the patient who breathes poorly due to a chronic pulmonary condition such as chronic obstructive pulmonary disease (COPD).

While almost everyone can safely engage in exercise, deciding what's "safe" needs to be individualized. This is where our cardiac and pulmonary rehabilitation specialists can help. We will help you adjust your level of exercise to your own needs. The final result — an improved quality of life.

CARDIAC REHABILITATION BENEFITS

- Improves physical functioning and strength
- Reduces the risk of additional coronary problems
- Lowers health care costs by reducing the frequency and the number of days of hospitalization

PULMONARY REHABILITATION BENEFITS

- Reduces and controls respiratory symptoms
- Improves the ability to perform daily activities
- Improves physical conditioning
- Lowers health care costs by reducing the frequency and the number of days of hospitalization



LIFESTYLE CHANGES

For those with coronary or pulmonary disease, prescribing a lifestyle change that involves regular exercise can be a vital part of treatment. PVHMC offers two levels of cardiac and pulmonary exercise programs each in their own medically supervised fitness gym equipped with state-of-the-art exercise equipment including treadmills, exercise bikes, weight machines, and resistance machines.

Our Advanced Cardiac Life Support (ACLS) certified staff of clinical exercise physiologists, registered nurses, respiratory and physical therapists develop exercise, nutrition and cardiac disease risk-management programs for all ages. Cardiac and pulmonary rehab participants often achieve their goals in the prescribed time and then advance to enroll in our more independent Health & Wellness program.

CARDIAC REHABILITATION
MEDICAL DIRECTOR

Rama Thumati, MD

PULMONARY REHABILITATION
MEDICAL DIRECTOR

Gurbinder Sadana, MD



Committed to improving quality of life
by enhancing standards of care
AMERICAN ASSOCIATION OF CARDIOVASCULAR
AND PULMONARY REHABILITATION

ABOUT CARDIAC & PULMONARY REHABILITATION

Patients are typically introduced to rehabilitation services during their inpatient hospital stay following a cardiac event or pulmonary episode. Upon discharge many enroll in PVHMC's Cardiac & Pulmonary Rehabilitation Program, a comprehensive outpatient program prescribed by a physician for patients with cardiac disease or chronic lung disease. Provided in a safe environment, the goal is to improve quality of life by way of exercise, medication management, risk reduction and training to self-manage daily living consistent with the cardiac or pulmonary disease process.

After an initial evaluation, our clinicians will work with the physician to design an individually tailored exercise plan that promotes increased cardiovascular fitness or pulmonary efficiency according to American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) guidelines. Patients typically receive two to three exercise sessions per week in our closely monitored rehab gym.

COST: Covered under most insurance
REQUIRED: Physician's prescription
REGISTRATION: 909.865.9810

OUTPATIENT EECF PROGRAM

The Enhanced External Counterpulsation Program (EECP) is available for pain associated with angina pectoris despite prior treatment. This non-invasive technique increases blood flow to the heart without the use of medication. Results often include reduction of angina pain, decreased need for medication, increased level of exercise tolerance and increased level of blood flow to the extremities. The program consists of 35 1-hour sessions, typically performed 5 days/wk for 7 weeks.

COST: Covered under most insurance
REQUIRED: Physician's prescription
LOCATION: Stead Heart & Vascular Center
REGISTRATION: 909.865.9810

AACVPR CERTIFIED CARDIAC REHABILITATION PROGRAM

Includes:

- ✓ 12 lead electrocardiogram (ECG)
- ✓ Resting oxygen saturation pre/post walk test
- ✓ Fasting lipid panel, blood glucose and hemoglobin A1c
- ✓ A 6-minute walk test (functional assessment to determine exercise prescription)
- ✓ Up to 36 sessions



Plus:

Initial assessment, Heart Smart risk factor reduction/disease management classes, Heart-to-Heart support group, and individual counseling sessions (medical nutrition therapy, psycho-social counseling). Referrals for diabetes management and smoking cessation counseling are also available upon request.

CONDITIONS THAT WILL BENEFIT FROM CARDIAC REHAB

- Acute myocardial infarction (AMI)
- Coronary bypass surgery
- Coronary stenting
- Heart failure
- Heart transplant
- Heart valve repair or replacement
- Percutaneous transluminal coronary angioplasty (PTCA)
- Stable angina pectoris



AACVPR CERTIFIED PULMONARY REHABILITATION PROGRAM

Includes:

- ✓ Pulse oximetry monitoring
- ✓ Resting oxygen saturation pre/post walk test
- ✓ Blood pressure checks
- ✓ Pulmonary function screen
- ✓ A 6-minute walk test (functional assessment to determine exercise prescription)
- ✓ Up to 36 sessions



Plus:

Initial assessment, risk factor reduction/disease management classes, support group, and individual counseling sessions (medical nutrition therapy, psycho-social counseling). Referrals for diabetes management and smoking cessation counseling are also available upon request.

CONDITIONS THAT WILL BENEFIT FROM PULMONARY REHAB

- Asthma, persistent
- Bronchiectasis
- Chronic obstructive pulmonary disease (COPD) including Alpha-1 antitrypsin deficiency
 - Gold Stage 2 Moderate
 - Gold Stage 3 Severe
 - Gold Stage 4 Very Severe
- Interstitial lung disease
- Lung transplant
- Obstructive/restrictive lung disease
- Pulmonary Fibrosis

HEALTH & WELLNESS PROGRAM

For those who have completed cardiac rehab or pulmonary rehab, our Health & Wellness Program allows participants to extend the benefits of their rehab program independently, but still exercise in a medically supervised environment. The program is also open to anyone in generally good health who would like to exercise in the Stead Cardiac & Wellness Center as a preventive measure to maintain good heart health. Program options include:

- ✓ Cardiac risk stratification assessment
- ✓ Monitoring of blood pressure, heart rate and cardiac risk factors
- ✓ Education and personal counseling on risk factor reduction
- ✓ Individualized exercise prescription designed by medically trained exercise physiologists and physical therapists
- ✓ Orthopedic screening/consultation
- ✓ Supervision by medically trained exercise physiologists and physical therapists

COST OPTIONS: \$675/yr Annual Membership or \$60 for 8 sessions

PREFERRED LOCATIONS:

Stead Cardiac & Wellness Center
 M, F: 7am-12pm; 2pm-6pm
 T, Th: 7am-9am; 2pm-4:30pm
 Wed: 7am-10am; 2pm-6pm
 Claremont Outpatient Clinic (exercise only)
 M-Th: 7am-7pm
 Fri: 7am-6pm / Sat: 8am-3pm

REQUIRED*: Physician's "CLEARANCE TO PARTICIPATE"
REGISTRATION: 909.865.9810

*The "CLEARANCE TO PARTICIPATE" form can be downloaded from the Wellness & Aftercare section of our website.

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