



Press Release: Cardiac Rehab for Heart Patients at CH-F

Date: February 4, 2010

For patients recovering from a heart attack or heart surgery, a comforting place to find guidance and knowledge is Community Hospital-Fairfax.

The CH-F Cardiac Rehabilitation program is where patients like Mary Combs from Fairfax learn a healthy lifestyle, which can help the recovery process and prevent future problems. Mary, who underwent a valve and an aortic valve replacement and received a pacemaker on November 3, 2009, says that Cardiac Rehab has been a blessing.

"Before Cardiac Rehab, I was unable to exercise for seven years. Now, I walk on the treadmill for 20 minutes, three times a week and my endurance has improved," Combs said.

Regaining her ability to exercise is just one of changes Mary has seen since beginning Cardiac Rehab at CH-F in November. Working with Linda Frisbee, RN, Mary has learned ways to maintain a healthy diet.

"We go through restaurant menus and learn what not to eat and what are healthy choices, how to read food labels and change how we cook food at home," Mary said, explaining that she feels this knowledge will help her maintain a long term healthy lifestyle, even after her cardiac rehab is complete.

Candidates for the program are those who have recently underwent procedures for valve repair, heart attack, heart bypass, stable angina, stents and other cardiovascular related procedures.

Recovery from these events depends on lifestyle modifications and patients will find the tools and the help they need at Community Hospital-Fairfax Cardiac Rehab. When asked what advice she would give others recovering from a heart attack or surgery, Mary said "Do not give up, it will get easier, and at Cardiac Rehab, you will learn so much."

Mary also commented that her relationship with the CH-F staff added another positive aspect to her experience.

"The staff and I have a good relationship, they try every day to teach me something new and they are very knowledgeable," she said.

Karen Wedlock, RN, CDE is the Director of Outreach Services at Community Hospital-Fairfax. Karen feels that spreading the word about Cardiac Rehab is important to her because of the many benefits it offers the community.

"Assisting people in their recovery process is very rewarding for us and our patients and we want to reach and help as many people as possible," Karen said.

A physician's order is needed for enrollment in the Cardiac Rehabilitation program. For more information, please call 660-686-2211 ext. 229.

Looking for more information on heart health? Community Hospital-Fairfax is hosting an "Ask a Doc" Luncheon, Tuesday, February 23, at the Velma Houts building in Rock Port. Enjoy free lunch and a chance to ask Cardiologist Scott Coatsworth, M.D. and Family Practitioner R. Aron Burke, M.D. your heart related health questions. Doors open at 11:30 a.m. for screenings. Doctors will speak at 12:15 p.m. For more information, call 660-686-2211 ext. 259.