Keeping Your Doctor Informed

The doctors in the Healthy Heart Program do not substitute for regular follow-up by your own cardiologist or family doctor. We will send your doctors reports of your progress.

When Can You Start?

We will telephone you within a couple of weeks of your discharge from the hospital, to arrange your first appointment. Generally, the first appointment will be 4 to 6 weeks after going home from the hospital. We look forward to meeting you and working together!

If you are not contacted within 3 weeks of going home from the hospital, or have questions, feel free to call the

Healthy Heart Program:
604-806-8591

Ask for an interpreter if you are hearing impaired or if English is not your first language
What Is The Healthy Heart Program?
The Healthy Heart Cardiac Rehabilitation Program can help you understand and reduce your risks for heart and blood vessel disease.
The Healthy Heart Program is part of the Heart Centre of St. Paul's Hospital. It is associated with the University of British Columbia. The Program is dedicated to reducing risks for heart and blood vessel diseases, and maintaining and improving the heart health of the people of British Columbia. The services of the Healthy Heart Program include the Cardiac Rehabilitation Clinic, the Prevention Clinic and the Metabolic Clinic.

Who Can Benefit From The Healthy Heart Program?
The Healthy Heart Program is for people who already have heart or blood vessel disease. It's also for people who are at risk of getting these diseases due to certain factors in their family history, medical history or lifestyle.

The Cardiac Rehabilitation Clinic
St. Paul’s Cardiac Rehabilitation Clinic is the most complete program of its kind in British Columbia.

At the program you will:
- Review your heart health with a cardiologist
- Check your ability to exercise and carry out activities
- Check your blood cholesterol
- Check your risks for heart disease
- Get education about heart health
- Receive aggressive treatments and support to reduce heart disease risks, including smoking cessation
- Have counseling about your diet
- Receive a prescription for exercise
- Be able to join support groups for depression and stress management

What Can You Expect?
On your first visit you will be assessed by the Cardiac Rehabilitation team and an exercise evaluation will be done. Then you will come to exercise classes twice a week.

Patients usually participate in the program for about four months, but this is flexible and may be shorter or longer as necessary.

Why is This Program Important to Your Recovery?
Certain things put you at risk (increase your chances) of developing problems with the heart and blood vessels. The more of these risks you have, the greater your chance of having conditions such as heart attack, chest pain or stroke.

Some risks can't be changed, such as your family history and age. However, you can improve many with a healthy lifestyle such as healthier food choices and proper exercise technique.