

Dear Patient:

Like other patients who have been hospitalized for a heart problem, you will soon be offered a place in our Cardiovascular Prevention and Rehabilitation Program (please see the attached pamphlet for more details). Medical and nursing associations recommend that people who have been hospitalized for a heart problem such as yours should attend a cardiac rehabilitation program.

Our aim through the cardiac rehabilitation program is to help you:

- improve your future health
- prevent further heart problems
- reduce your symptoms

When your healthcare provider sends a referral to us at the cardiac rehabilitation program, we will:

1. give you a call at home to answer any questions you may have
2. arrange a time for your first visit
3. provide information about where we are located
4. refer you to services closer to your home for those who live outside Toronto

We will offer advice and information at the Education Class about how you can recover. It will be up to you to follow these recommendations. Experience has shown that the more effort you can put in, the more quickly you will see results because those who attend cardiac rehabilitation programs are able to recover sooner and better than those who do not. Also, research has shown that you can lower your chance of dying from another heart problem if you attend a program.

We are aware that some people have doubts or concerns about attending. Please rest assured that your first appointment is an Education Class which helps you better understand your heart problems. We will use this time with you to tell you about our program, and answer any questions.

We will be sure to inform your other healthcare providers that you came for an Education Class and to share your results with them. If you have any questions about cardiac rehabilitation, you can ask your healthcare providers, or you can call us at the number at the bottom of the page.

With best wishes for your recovery,

A handwritten signature in black ink, appearing to read "Caroline".

Dr. Caroline Chessex, MD
Medical Site Lead

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