

Patient Education Preference

Please check the following questions that you would like to have answered while in Cardiac Rehab. Most of these topics are covered in our education classes.

MEDICAL

- ☐ What exactly happened to my heart and what will I feel if it happens again?
- ☐ What should I do if I experience the heart pain and problems I had the first time?
- ☐ What are my medications? How do they protect my heart?
- ☐ How can I quit smoking?
- ☐ How and when can I manage my blood pressure better?
- ☐ Why am I sad, depressed, or angry? How do I deal with it?
- ☐ What does my diabetes have to do with my heart?
- ☐ What is stress and how can I moderate it?

DIETARY

- ☐ How can I reduce my cholesterol levels?
- ☐ How can I reduce the fat in my diet?
- ☐ How can I lose weight?
- ☐ How can I reduce my salt intake?

EXERCISE

- ☐ When will I be able to resume sexual activities?
- ☐ Will I be able to play golf, garden, mow the grass, and be active again?
- ☐ When can I go back to work?
- ☐ How should I start exercising?

