

What Does The Cardiac Health Center Offer

- A 12-week medically-supervised and EKG-monitored treatment program that is tailored to the specific needs of each patient.
- Physical training three times a week to increase cardiac fitness.
- Special education to improve healthy heart management and to reduce or eliminate known risk factors associated with heart disease.
- A 12-week educational lecture series that includes topics such as anatomy and physiology and the benefits of exercise.
- Individual nutrition counseling for each participant by the center's registered dietitian.
- A comprehensive weight management course.
- Psychological support for encouragement.
- Stress management classes every other Wednesday evening, and a three-week stress management seminar.
- A free smoke-cessation program.
- Specialized team of caring cardiac health professionals, under the direction of a cardiologist.
- State-of-the-art exercise equipment in a comfortable and friendly environment.
- Sophisticated portable EKG telemetry equipment to monitor participants while exercising.
- Convenient morning, afternoon and evening hours available throughout the week.
- Easy access by car and public transportation.

Directions To The Center

By car from Manhattan:

Take the Long Island Expressway east to the Utopia Parkway Exit (25). At the light, make a left onto Utopia Parkway, go under the expressway overpass and make an immediate second left onto Horace Harding Expressway (LIE service road). Take the Horace Harding Expressway west to 174th Street and make a right. Parking lot is on the right.

By car from Eastern Long Island:

Take the Long Island Expressway west to the Utopia Parkway Exit (25). Follow the Horace Harding Expressway (LIE service road) across Utopia Parkway to 174th Street and make a right. The parking lot is on the right.

By bus from Elmhurst:

Take the Q-88 bus at the Queens Mall located on Queens Boulevard to Utopia Parkway.*

By bus from Jamaica or Flushing:

Take the Q-44 bus to Horace Harding Expressway. Change to the Q-88 bus to Utopia Parkway.*

By railroad:

Take the Long Island Railroad to the Jamaica station. Take the Q-44 bus northbound to Horace Harding Expressway. Change to the Q-88 bus to Utopia Parkway.*

*The Q-88 bus will stop on the south side of the Long Island Expressway. Walk under the expressway overpass and make an immediate left onto Horace Harding Expressway (LIE service road). Take the Horace Harding Expressway west to 174th Street and make a right. The parking lot and ground floor entrance are on the right.

For more information or a personal tour of the cardiac health facilities, call the Cardiac Health Center at (718) 670-1695.



THE CARDIAC HEALTH CENTER

The Cardiac Health Center
174-03 Horace Harding Expressway
Fresh Meadows, NY 11365

The New York Hospital Medical Center of Queens is a member of The New York-Presbyterian Healthcare System and affiliated with Weill Cornell Medical College

The Cardiac Health Center



New York Hospital Queens



What Is The Cardiac Health Center

The Cardiac Health Center is the health education and rehabilitation facility of The New York Hospital Medical Center of Queens. The center provides programs that are specifically designed for people who have had a heart attack, heart surgery, balloon angioplasty or stent placement, as well as other types of heart disease. The center's cardiac health regimen also helps reduce the occurrence of heart disease for those at risk for developing heart problems.

A physician-supervised, monitored exercise program is at the center's core, but nutritional counseling, stress reduction, smoke cessation and other risk reduction programs also provide patients with a comprehensive approach to improving cardiovascular health. The center is community-based, open six days a week and staffed by a dedicated group of health professionals. Each patient makes a commitment to begin change...change that makes for a healthy future.



A Closer Look At The Physical Training Program

Each participant receives an exercise prescription based on tests that determine the individual's exercise capacity. As a participant's capabilities increase, the prescription is readjusted.

At the beginning of each hour-long exercise session, a resting blood pressure reading is taken, heart rate and weight measurements are recorded on the participant's chart. Warm-up and stretching exercises are performed to ensure a safe session. A portable electrocardiogram is used to determine each participant's electrical heart activity during exercise.

Blood pressure and heart rate are continually checked during the exercise hour, which may include a workout on the treadmill, exercise bicycle, rowing machine, stair-stepping machine, arm ergometer or free weights.

The session concludes with five to 10 minutes of cooling-down exercises, including muscle stretches to promote flexibility and injury prevention. Metabolism and circulation gradually return to a post-exercise level. Final blood pressure and heart reading are taken.