

Technology. Technique. Treatment.

The Cardiac Rehabilitation Program

of the NYHQ Heart & Vascular Center helps heart disease patients recover, rebuild health and confidence, and reduce the potential for future cardiac events.



The Heart Hospital of Queens

New
York
Hospital
Queens

Optimal care for cardiac patients begins with emergency treatment and expert diagnosis, then moves on to medical therapy, interventional procedures or surgery.

And at advanced heart centers with the complete continuum of care, optimal treatment continues with specialized rehabilitation

At the Heart Hospital of Queens, we offer your patients the full spectrum of cardiac care, including a comprehensive rehabilitation program.

Cardiac rehabilitation is an integral part of our services at NYHQ, the Heart Hospital of Queens. Physicians who prescribe rehab for their patients know that this can enhance recovery after a heart attack, angioplasty or surgery, and can also help these patients and those at risk because of chronic heart disease, avoid future cardiac events.

The program begins with Phase I, provided by specialized nurses while the patient is still hospitalized. It continues in our three-phase outpatient program that is held at our freestanding Cardiac Health Center, conveniently located in Fresh Meadows. This education and training facility supports the recovery of individuals with cardiac conditions and problems.

The Outpatient Cardiac Rehabilitation Program is offered under the supervision of a cardiologist and a large, specialized team of cardiac health professionals. The focus is on rehabilitation, physical fitness, adherence to a heart-conscious diet, stress reduction and alternative cardiac care solutions.

- Phase II is a 12-week treatment program tailored to the patient's specific needs, carefully monitored and medically supervised, involving telemetry-monitored physical training three times per week to increase cardiac fitness. Nutritional counseling, education about heart risk reduction, stress management and psychological support are also included.

- Phase III extends the benefits of Phase II, and is also telemetry monitored.
- Phase IV is a continuing program for those who have graduated from the monitored programs and offers an additional level of rehabilitation for individuals at very high risk for cardiac disease.

The Cardiac Rehabilitation Program, which treats more than 25,000 patients annually (with a 98% patient satisfaction rating), is the only such program in Queens to be accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation. Patients are accepted only by referral from their personal physician and most insurers cover Phases I-III.

The Cardiac Health Center also serves the general public. We offer a wide spectrum of primary prevention and healthy lifestyle services that are unique in Queens, including a physician-supervised comprehensive Weight Management Program, and the Diabetes Education Program, recognized by the American Diabetes Association.

The Cardiac Health Center

174-03 Horace Harding Expressway
Fresh Meadows, New York 11365

To talk with us about a specific case, the services we offer, or refer a patient for rehabilitation, please call

718-670-1695

NYHQ Cardiology Faculty

718-670-2087

nyhq.org

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Hanover, MD
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CENTER**



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