



# Cardiac Health and Rehabilitation Centre

## Hamilton General Hospital



Information for  
patients and families

## **What is the Cardiac Health and Rehabilitation Centre (CHRC)?**

We are a rehabilitation centre for people who have heart disease.

## **How will a cardiac rehabilitation program help me?**

Cardiac rehabilitation programs can help you improve your lifestyle and reduce your risk of future heart problems.

## **Who do we see at the CHRC?**

### **People who:**

- are waiting for or are recovering from heart surgery
- have had a heart attack or angioplasty
- have angina, heart failure or cardiomyopathy
- have had or are waiting for a heart transplant
- have congenital heart disease

### **Our team works together to provide your care and includes:**

- Registered Dietitians
- Registered Kinesiologists
- Registered Nurse and Registered Practical Nurse
- Doctors
- Registered Social Worker
- Secretaries

**Your doctors will be kept informed of your progress and will continue to be involved in your care.**

## **At your first visit you will:**

- meet with a nurse
- have a complete physical assessment
- learn about your risk factors
- learn about what the centre has to offer

You may also meet with a doctor who will identify the risk factors that may need medical management.

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Lifestyle changes can be challenging. We can help. Based on your individual needs and goals, we will recommend the programs that will benefit you.

## What types of programs are offered at the CHRC?



Exercise



Healthy Eating



Weight Control



Quitting Smoking



Blood Pressure Control



Stress Management



Living With Diabetes

Taking part in cardiac rehabilitation helps most patients return to their normal activities. We will work with you to make a plan that can help you reach your goals!

## How long is cardiac rehabilitation at the CHRC?

Your cardiac rehabilitation at the centre may last up to 4 months depending on your needs.

## Where are we located?

Hamilton General Hospital  
East Wing, 3<sup>rd</sup> Floor  
237 Barton Street East  
Hamilton Ontario  
L8L 2X2

**Phone:** 905-577-8033

**Fax:** 905-528-3148



**We look forward to helping you  
reach your heart health goals!**