



## Cardiac Rehabilitation

**Partners at Heart**



**Port Huron  
Hospital**



**ST. JOSEPH  
MERCY HOSPITAL**

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## **PARTNERS AT HEART**

Port Huron Hospital and St. Joseph Mercy Hospital are partners in heart care, providing comprehensive cardiac care to the Blue Water area since 1993. Services offered through Partners at Heart include: stress testing, cardiac catheterization, coronary angioplasty and stenting, open heart surgery, electrophysiology and valve replacement-repair. Partners at Heart also offers community education and the Heart Link Support group. Whatever your cardiac need, Partners at Heart is there to assist in your own community.

Partners at Heart is proud to say that our cardiac rehabilitation program is the only one available in St. Clair County and is designed to help those with cardiovascular concerns. Classes are specifically designed for patients who have had coronary procedures or are at risk for heart disease, and are monitored by a Registered Nurse and an Exercise Physiologist. In addition, health care education is offered as well as nutritional advice by a Registered Dietician. Enrollment in smoking cessation classes, or consults for management of depression or stress are made on an individual basis.

## **WHO CAN BENEFIT?**

Individuals who have a heart disorder; such as:

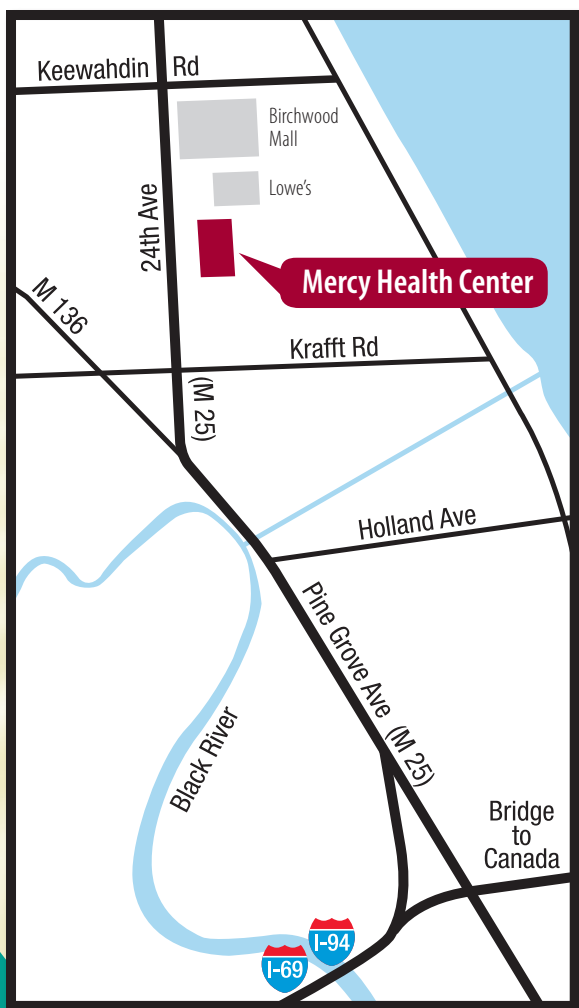
- ▶ Coronary artery disease
- ▶ Angina
- ▶ Heart attack (myocardial infarction)
- ▶ Angioplasty
- ▶ Atherosclerosis
- ▶ Coronary artery bypass surgery (CABG)
- ▶ Valve repair or replacement
- ▶ Congestive heart failure (CHF)
- ▶ Electrical disorders (arrhythmias)
- ▶ Pacemakers
- ▶ Implantable defibrillators (AICD)
- ▶ Heart transplant
- ▶ Multiple risk factors

## **DO I NEED A REFERRAL?**

Your physician's approval is needed to enter the program. He or she may refer you to the program by calling (810) 989-7708.

## **INSURANCE & LOCATION**

Most insurance companies cover the cost of the program. The Partners at Heart Cardiac Rehabilitation Program is conveniently located in the Mercy Health Center, Fort Gratiot. Refer to the map on the back of this brochure for location.



**Cardiac Rehabilitation**  
4190 24th Avenue, Suite 209  
Fort Gratiot, MI 48059

**Outpatient 1.810.989.7708**  
**General Questions 1.800.326.1811**  
[partnersatheart.org](http://partnersatheart.org)