

Your Path to a Healthier Life

The VGH Centre for Cardiovascular Health is a comprehensive risk reduction program for individuals who have had a heart attack, coronary angioplasty, open heart surgery, angina, and for those at risk for developing heart disease.

The centre offers these services:

- ♥ Medical Assessment by a cardiologist
- ♥ Test your ability to exercise and carry out activities
- ♥ Group Exercise with Individualized Exercise Prescription
- ♥ Education sessions about heart disease and healthy living
- ♥ Aggressive treatments and support to reduce heart disease risks
- ♥ Blood pressure, Cholesterol and Diabetes management
- ♥ Support for anxiety, depression and stress management
- ♥ Dietary counseling
- ♥ Specialty workshops such as Yoga and meditation (additional fees may apply)



PROGRAMS:

Leslie Diamond Women's Heart Health Clinic:

This clinic consists of women-only exercise classes and instruction. Education sessions include women's health issues.

Program Fee: \$100 / month

Subsidy available for those requiring financial assistance.

Syd and Joanne Belzberg Cardiac Rehab Clinic

This is the main offering of an exercise and education program.

♥ Health care professionals who give guidance during the program are exercise specialists, cardiac nurses, registered dietitian, social worker, and fitness instructors.

♥ Program length is 6 months of a weekly one-hour exercise and education class.

Program Fee: \$100 / month

Subsidy available for those requiring financial assistance.

Your Program Closer to Home: Happy Hearts Plus

A community cardiac exercise & education program operated in alliance with community partners. This program is medically-supervised and case managed by staff from the VGH Centre for Cardiovascular Health.

Cost varies depending on facility. Financial assistance generally available and offered by the facility.

Virtual Cardiac Rehabilitation

Our virtual cardiac rehabilitation program offers the same program supports as our on-site programs. Services are offered via video-conferencing.

Program Fee: \$100 / month

Subsidy available for those requiring financial assistance.

Please Note:

The team at the Centre are available for cardiac rehabilitation consultation purposes and do not substitute for regular follow-up care of the participants' cardiologist or family physician. Referring physicians will receive reports of participants' progress.

Referral Information:

- Syd and Joanne Belzberg Cardiac Rehab Clinic
- Leslie Diamond Women's Heart Health Clinic
- Happy Hearts Plus Community
- Virtual Cardiac Rehabilitation

Note to physicians:

Please submit the following information:

- Patient demographics
- Recent hospital discharge summaries
- Recent office visit dictations
- Recent surgical and procedure reports
- Recent blood work and other test results
- Referrals for Virtual Cardiac Rehab, please arrange for outpatient exercise stress test (if available), holter test (if available) and a complete lipid panel and Hba1c.

Date: _____

Patient Name: _____

Date of Birth: _____

Address: _____

Postal Code: _____

Telephone: _____

Email: _____

Personal Health Number: _____

Referring Physician: _____

Diagnosis & Medical Information:

Location

6th Floor

Diamond Health Care Centre
Vancouver General Hospital
2775 Laurel Street,
Vancouver, BC V5Z1M9

Tel: 604-875-5389

Fax: 604-875-5794

Email: cardiacrehab@vch.ca

Website: vghcardiacrehab.vch.ca

For more copies, go online at <http://vch.eduhealth.ca>
or email pchem@vch.ca and quote Catalogue No.
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the person to whom it was given by the health
care team. www.vch.ca



Syd and Joanne Belzberg
Cardiac Rehab Clinic

Leslie Diamond
Women's Heart
Health Clinic



Happy Hearts
Alliance



Virtual Cardiac Rehabilitation

