

## MedStar St. Mary's mark Cardiac Rehab week

Posted by [Alan Van Wormer](#) On 02/12/2019

*Photo Courtesy of MedStar St. Mary's*

**The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center can help patients who have suffered a cardiac event regain their life with exercise programs supervised by a team of nurses, clinical exercise physiologists, registered respiratory therapists, and health educators.**

**Leonardtown, MD** – Cardiac rehabilitation can reduce the potentially devastating effects of heart disease and improve the quality of life for patients and their families. During the American Association of Cardiovascular and Pulmonary Rehabilitation's (AACVPR) National Cardiac Rehabilitation week, Feb. 10-16, MedStar St. Mary's Hospital Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center (GADC) would like patients who suffer a cardiac event to know there is help available.

"Cardiac rehabilitation can help reduce the potentially devastating effects of heart disease," said Pam Laigle, MSN, RN, PCCN, of MedStar St. Mary's GADC. "Programs such as ours can greatly improve the quality of life for patients and their families."

Cardiac Rehabilitation Week coincides with Valentine's Day and American Heart Month to draw greater national attention to heart health. This year's theme, "Making Positive Changes, One Beat at a Time," honors the patients, families, and healthcare professionals who are dedicated to cardiac rehabilitation as a vehicle for a healthy lifestyle.

A recent report by the American Heart Association shows that nearly half of all adults in the United States have some form of heart disease. The report is based on data from the National Institutes of Health and other government sources. This year's report said 121.5 million adults in the U.S. – 48 percent based on 2016 figures – have cardiovascular disease. Heart disease was the No. 1 cause of death in the United States.

"Returning to activity following a heart attack can be scary to many," said Pam. "Programs such as those offered at the Grace Anne Dorney Center not only help patients live longer and lessen chances for another heart attack, they also improve confidence and strength and help get patients back to their usual activities."

In addition to cardiopulmonary rehabilitation, GADC also offers a MedFit program. Directed by the center's team of nurses, clinical exercise physiologists, registered respiratory therapists, and health educators, participants are given a complete medical history assessment and physical fitness evaluation prior to enrolling. The program includes a personalized plan incorporating cardiovascular exercise, muscular strength, and endurance, and flexibility exercises while monitoring participants blood pressure, heart rate, blood glucose levels, and oxygen saturation.

If you or someone you know has had a cardiac event or has a cardiac history and would like to begin an exercise program in a medically monitored gym, contact the Grace Anne Dorney Center at 240-434-7143. The GAD center is certified through the American Association of Cardiovascular & Pulmonary Rehabilitation.

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