



Benefits of Education

- Provides group support
- Improves self-confidence
- Addresses family concerns
- Provides disease specific information
- Improves risk factor awareness
- Helps with lifestyle changes



Benefits of Exercise

- Lowers blood pressure
- Improves cholesterol profile
- Assists with weight control
- Helps with diabetes prevention and management
- Improves quality of life
- Decreases stress level
- Increases energy level
- Strengthens bones



Benefits of Self-management

- Builds confidence
- Promotes ability to take control
- Provides practise on action planning
- Develops problem solving abilities
- Improves symptom management

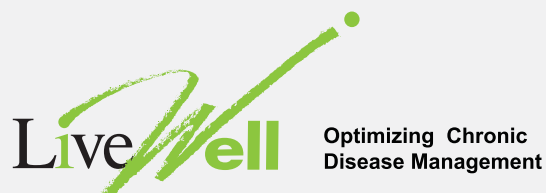


For more information about the LiveWell Cardiac Program, please contact:

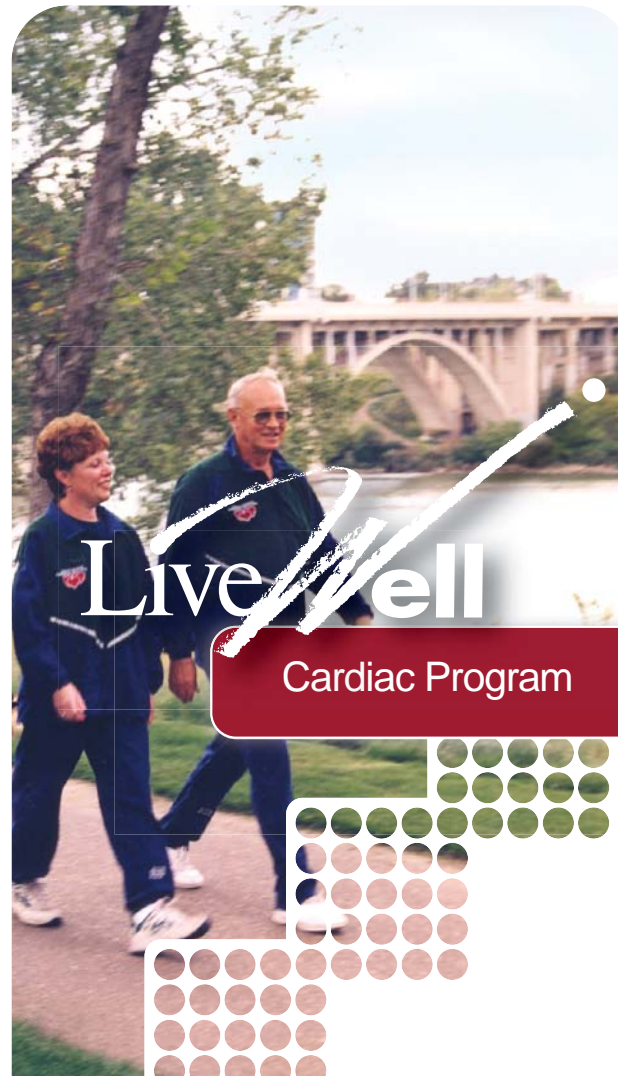
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LiveWell Cardiac Program
LiveWell Chronic Disease Management
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Cardiac Program

Optimizing Chronic
Disease Management





About the Cardiac Program

The LiveWell Cardiac Program

begins with a hospital visit, telephone call or a letter of invitation to join the community based program. It is offered to individuals and their families following a heart attack, bypass surgery, angiogram, stent procedures, cardiomyopathy, heart failure, valve surgery, internal cardiac defibrillator (ICD) or rhythm problems. The education and exercise program is offered at various locations.

Health care professionals

are involved to provide support toward making healthy lifestyle choices.

- Nurse Clinicians
- Exercise and Physical Therapists
- Peer-led Support Group
- Pharmacists
- Dietitians
- Clinical Psychologists
- Medical Advisors
- Researchers



Topics Related to Heart Disease

- Physical and Emotional Adjustments
- Making a Full Recovery
- Family Concerns
- Facts about Heart Disease
- Self-Management
- Managing Risk Factors
- Stress Management
- Exercise Guidelines
- Healthy Food Choices
- Medications



Education

- Different program options are available to assist you and your family with emotional adjustments, identifying risk factors, activity guidelines, and making positive lifestyle choices.



Exercise

- A medically supervised exercise program is offered for people with heart disease and their families.
- You will receive an exercise prescription tailored to your individual needs, abilities, and interests.
- Activity options include walking, cycling and rowing in a safe and social environment. Stretching and muscle strengthening activities are also encouraged in your fitness routine.



Cost

- First month: \$40.00 (includes education program, exercise sessions and a support person)
- Following months: \$25.00/month/participant \$15.00/month/support person

Pillars of Chronic Disease Management Program Design

Exercise and Rehabilitation

- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

Disease-Specific Management

- Inter-professional team working closely with individuals, their family, Family Physicians and Specialists.
- Evidence-based optimal care delivery.

Self-Management

- Individualized plan of action for patients
- Peer-led support classes through the Live Well™ with Chronic Conditions Program
- Enhance self-management skills

Saskatoon and area locations

- Royal University Hospital
- St. Paul's Hospital
- Saskatoon Field House
- Shaw Centre
- Humboldt
- Rosthern
- Wakaw