

The care you need is always right here.

And here. And here.



And here. And here. And here.

At South Baldwin Regional Medical Center, the care you need is always close to home – wherever home may be.

SOUTH BALDWIN
REGIONAL MEDICAL CENTER
Quality Care. Right Here.

Hwy. 59 • Foley, Alabama • 949-3400 • www.southbaldwinrmc.com

Part of the South Baldwin Care Connection

Alabama Gulf Coast Imaging Center
251-962-1250
Gulf Shores, Alabama

Lillian Medical Specialist Clinic
251-961-1020
Lillian, Alabama

South Baldwin Regional Medical Center
251-949-3400
Foley, Alabama

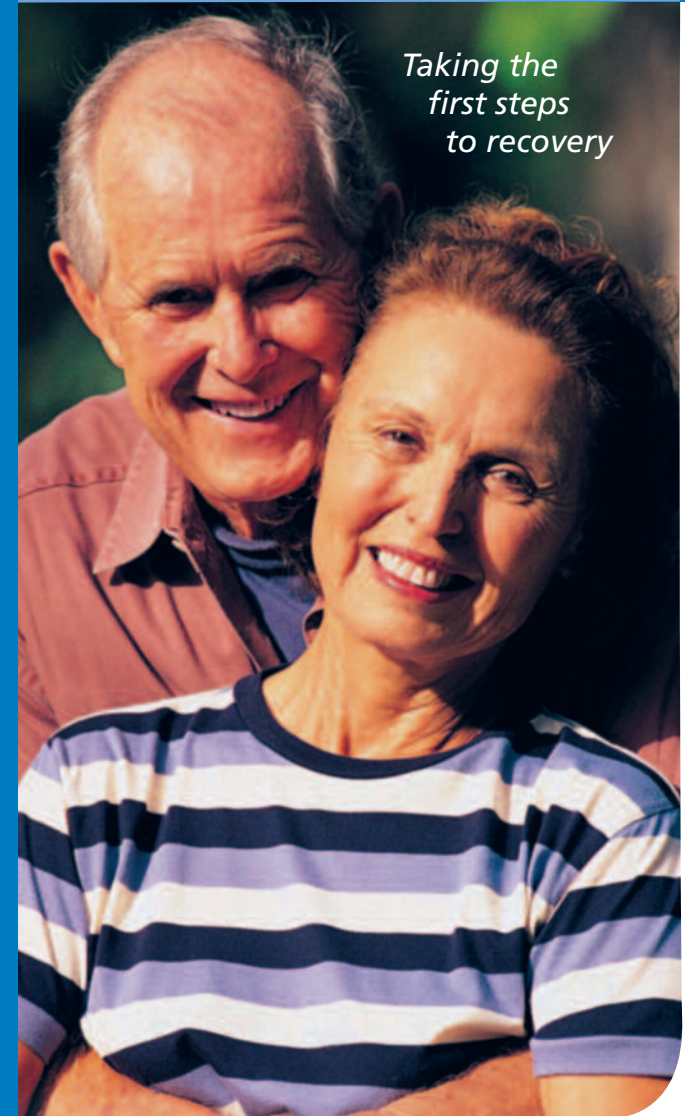
Alabama Gulf Coast Urgent Care Center
251-962-1250
Gulf Shores, Alabama

Orange Beach Medical Center
251-974-3820
Orange Beach, Alabama

South Baldwin Regional Home Health
251-949-3600
Foley, Alabama

Cardiac and Pulmonary Rehabilitation

Taking the first steps to recovery



Cardiopulmonary Rehab is located in the Rehab Services building adjacent to the Emergency Room entrance of South Baldwin Regional Medical Center.

1613 N. McKenzie Street

Hours of Operation

Monday – Friday
8 a.m.-4:30 p.m.
251-949-3418
Fax: 251-949-3417

 **The Heart and Vascular Center**

at South Baldwin Regional Medical Center



Cardiac and Pulmonary Rehabilitation

An ounce of prevention pays off with a pound of well-being through South Baldwin Regional Medical Center's Cardiopulmonary Rehabilitation program. Our program is designed to provide cardiac and pulmonary patients and their families with education about cardiopulmonary fitness and a new beginning of a healthier lifestyle. The emphasis is on education and progressive exercise monitored by the Cardiopulmonary Rehabilitation team.

Our staff, in conjunction with your physician, supports you throughout the program and provides you with:

- Confidence to perform daily activities
- Education to help you attain a healthier lifestyle
- Motivation and encouragement
- Knowledgeable, professional guidance to help you adapt to a new lifestyle

Pulmonary Rehabilitation

The Pulmonary Rehabilitation program focuses on individuals who have pulmonary disease, including patients who have been diagnosed with chronic obstructive pulmonary disease (COPD), emphysema, chronic obstructive bronchitis, asthma, reactive airway disease, pulmonary fibrosis or other lung disorders. You may be referred to the Pulmonary Rehabilitation program by your physician as part of your treatment plan.

The medical professionals of the Pulmonary Rehab team will customize an exercise and education program designed to help you maintain an acceptable level of activity. Education sessions are targeted to understanding and dealing with lung disease and breathing difficulties.

Cardiac Rehabilitation

The Cardiac Rehabilitation program focuses on individuals who have heart disease or who are at high risk for heart disease, including patients who have had a diagnosis of heart attack, angina, angioplasty, stent, coronary artery bypass surgery or valve replacement/repair. With your physician's referral, our staff will establish a personalized program tailored to meet your needs and capabilities.

Patients attend classes three times a week. The classes concentrate on exercise and other important aspects of daily living such as good nutrition, healthy eating habits, weight control, smoking cessation, cholesterol and stress management.



Guided and supervised by experienced medical personnel, the patient participates in a comprehensive 12 week program of monitored exercise and education designed to reduce the risk of subsequent cardiac events. The exercises and educational components of the program are individualized to meet the recovery needs of each patient, with a goal of getting you back to an optimal level of abilities and a return to normal activities.

Maintenance Exercise

The maintenance exercise program is designed to encourage and allow patients to continue regular exercise under the guidance and supervision of trained and experienced medical personnel.

Patients pay a small monthly fee to exercise, using the equipment and facilities of the SBRMC Cardiac Rehab program. The program allows you to experience the camaraderie of others who are continuing to recover from heart disease, and offers a sense of security and well being.