

Reading

Pre reading:

Here is a list of words/expressions, and their definitions. Read the definitions carefully and fill each gap in the text with a suitable word/groups of words based on the context. You may have to change some word forms:

supervision	monitoring
extent	range, size
take into account	pay attention to, notice, think about
stick to	keep to, adhere
assess	measure, evaluate
angina	medical condition in which not enough blood gets to your heart, so that you get pains in the chest
treadmill	an exercise device consisting of an endless belt on which a person can walk or jog without changing place – do you know the Czech expression? běžecký trenažér/pás
extensive	large
conduct	lead
anxiety	a nervous, worried feeling
prescribe	to instruct , to order (a drug or medical device) for use by a particular patient

Cardiac Rehabilitation

"Cardiac rehabilitation" is a structured **programme** which helps you develop a heart-friendly lifestyle. Ideally, it will consist of three components: **exercise**, **risk factor modification**, and **dealing with stress and depression**.

Exercise Rehabilitation

Exercise may be the most important component of a cardiac rehabilitation programme, because regular exercise not only directly improves your cardiovascular system, but it also helps you with weight control, improves your response to stress, and helps you _____ your heart-healthy diet.

It is necessary to find out which exercises are safe for you. Developing a safe exercise programme requires _____ several factors _____ - including your general physical condition, the _____ of the heart attack you've had, whether you are still having _____, your weight, and the condition of your limbs and joints. You perform a stress test, usually on a _____, helps the exercise rehabilitation clinician _____ all of these factors.

After all necessary tests your rehab clinician will work with you (and your doctor) to _____ a safe exercise program. This prescription will include the appropriate type (walking, jogging, swimming, etc.), duration, frequency and intensity of exercise that will safely improve your heart health.

Most often after a heart attack, the first several exercise sessions will be _____ under medical _____, possibly with cardiac monitoring. But after a few weeks, as your heart heals you will begin following a home-based exercise program.

Lifestyle "Rehabilitation"

Most cardiac rehabilitation programmes today include _____ educational sessions on modifying your cardiac risk factors, such as weight control, smoking, and diet (cholesterol).

Psychosocial "Rehabilitation"

It is quite common to go through a period of depression or _____ after an MI (myocardial infarction). Unfortunately, these problems can directly worsen your cardiac health.

Many cardiac rehabilitation programmes employ individuals who are trained to recognize and help you work through the psychosocial issues that may inhibit your recovery.

Summary

Choose the summary that best expresses the meaning of the article:

A/ For patients with heart disease, cardiac rehabilitation programme often represents an opportunity to eat right, exercise more, and carefully monitor risk factors that could lead to a new cardiac event.

B/ The most important part of a cardiac rehabilitation is represented by exercises. To exercise in the right way patients need a prescription from their physician or physiotherapist.

C/ Cardiac rehabilitation is a complete programme that reduces the risk of a new myocardial infarction as well as other heart diseases.

APPENDIX

Cardiac rehab is not only for patients who suffered a heart attack. Cardiac rehab can be beneficial for patients who have undergone **coronary artery bypass surgery, angioplasty, pacemaker insertion, aortic aneurysm repair or replacement, or heart valve repair or replacement**. It is also beneficial to people with some forms of **congestive heart failure, angina pectoris** (chest pain due to narrowed arteries) or **congenital heart disease**.

Task:

Prepare a short talk about the above given heart surgeries and heart problems/defects.

LISTENING

<http://www.youtube.com/watch?v=RwWDOZ9oTP8>

Listen to a short presentation about angioplasty and answer the questions:

1. What are other expressions for angioplasty? :
2. What arteries is angioplasty performed on? :
3. Describe the procedure of angioplasty in your own words.

