

## Unit 9 Cardiovascular rehabilitation

### Task 1 Speaking

In pairs brainstorm everything you know about cardiovascular diseases, e.g. types of diseases, risk factors etc.

### Task 2 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 |
| 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 (1) \_\_\_\_\_ your heart-healthy diet.

It is necessary to find out which exercises are safe for you. Developing a safe exercise programme requires (2) \_\_\_\_\_ several factors \_\_\_\_\_ - including your general physical condition, the (3) \_\_\_\_\_ of the heart attack you've had, whether you are still having (4) \_\_\_\_\_, your weight, and the condition of your limbs and joints. You perform a stress test, usually on a (5) \_\_\_\_\_, helps the exercise rehabilitation clinician (6) \_\_\_\_\_ all of these factors.

After all necessary tests your rehab clinician will work with you (and your doctor) to

(7) \_\_\_\_\_ 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 (8) \_\_\_\_\_ under medical (9) \_\_\_\_\_, 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 (10) \_\_\_\_\_ 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 (11) \_\_\_\_\_ 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.**

(Adapted from: <http://heartdisease.about.com/od/coronaryarterydisease/a/cardiac-rehab.htm>)



### Exercise 5:

Complete the gaps with suitable modal verbs (can, may, must, have to, should, be able to...)

#### An explanation of angina

Having examined you, I'm confident that you're suffering from angina. The heart is a pump. The more you do physically, the harder it \_\_\_\_\_ work. But as we get older, the blood vessels which supply oxygen to the heart begin to harden and get furred up, so they become narrower. They \_\_\_\_\_ supply all the oxygen the heart needs. The result is the pain you feel as angina.

Because you are experiencing pain at rest as well as on exertion, I'm going to have you admitted to the coronary care unit right away so that your treatment \_\_\_\_\_ start at once. You'll be given drugs to ease the pain and I expect you'll have an angiogram. They \_\_\_\_\_ advise surgery or angioplasty – that's a way of opening up the blood vessels to the heart so they \_\_\_\_\_ provide more oxygen.

You \_\_\_\_\_ try to give up smoking. You \_\_\_\_\_ smoke at all in hospital so it's a good time to stop.

I expect the treatment will improve your pain at least and \_\_\_\_\_ get rid of it completely. We \_\_\_\_\_ never be absolutely certain about the future but you \_\_\_\_\_ remain optimistic.

Do you have any questions?

(Adapted from Glendinning, Howard – Professional English in Use – Medicine, Cambridge University Press, 2007).