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 Renabilitat	10n		
Exercise may be the r	nost important component of	f a cardiac rehabilitation	programme, because regular
2	ctly improves your cardiovas	2 '	1 2
control, improves you	ir response to stress, and help	ps you (1)	your heart-healthy diet.
It is necessary to find	out which exercises are safe	for you. Developing a s	afe exercise programme
requires (2)	several factors	- including	your general physical
condition, the (3)	of the heart att	ack you've had, whether	you are still having
(4)	, your weight, and the condit	tion of your limbs and jo	oints. You perform a stress
test, usually on a (5)	, help	s the exercise rehabilitat	tion 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 of 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 <u>coronary artery bypass surgery</u>, <u>angioplasty</u>, <u>pacemaker insertion</u>, <u>aortic aneurysm</u> repair or replacement, or <u>heart valve repair or replacement</u>. It is also beneficial to people with some forms of <u>congestive heart failure</u>, <u>angina pectoris</u> (chest pain due to narrowed arteries) or <u>congenital heart disease</u>.

 $(Adapted\ from:\ http://heart disease.about.com/od/coronary artery disease/a/cardiac-rehab.htm)$

Task 3 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.

Task 4 Explaining diagnosis and management

	A) The final part of a consultation is the explanation	on which should cover:	
1.	The identification of a disease from You're suffering from You've developed	its signs and symptoms You have This is (mainly) because	
2.	The plan, including investigations a I will make you an appointment I'm going to have you admitted to	nd treatment I'll arrange for you to You'll be given	
3.	General advice about in lifestyle that may You should try to give up The nurse will give you advice on		
4.	The what is likely to happen becar I expect the treatment will	happen because of a disease, stressing that nothing is certain. Hopefully we can	
5	Is there anything you would like to ask? Note: Explanation should be given in words the patient will understand (lay terms), avoiding medical jargon. B) How would you explain the following terms to a patient in lay terms? Match the expressions below with the following: Sleeping pills, pills for blood pressure, pain killers, trouble with sleeping, the pill, pills to reduce swelling, pills to improve your mood, heart attack		
	Insomnia Myocardial infarction Analgesics Anti-depressants	Anti-inflammatories Hypertension medication Hypnotics Oral contraceptives	

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).				