

Education is an important component of Cardiopulmonary Rehab. We want you to understand your cardiac/pulmonary disease, personal risk factors, and ways to build a healthy lifestyle.



We have collected a variety of resources we hope you will find helpful. Included are several online comprehensive sites that provide information on cardiac/pulmonary diseases, risk factors, diabetes, medications, exercise, healthy eating, recipes, managing stress and depression. We have also listed various local resources, classes, and support groups. You are always encouraged to ask rehab caregivers any specific questions you may have.

You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. You should always consult with your healthcare team before changing your diet or beginning an exercise program. If you have any urgent concerns or questions about your health, let your healthcare team know right away.

If you experience any of these signs and/or symptoms, notify your doctor and/or call 911 immediately:

- ◆ Chest discomfort, pressure, tightness or pain in the chest, upper back, neck, jaw that possibly radiates down either arm. **If you have any chest discomfort that is worrisome, does not go away within 5-10 minutes rest, persists, or comes back call 911. Never second guess chest pain or discomfort.**
- ◆ Severe shortness of breath, with or without exercise
- ◆ New or unusual wheezing or other difficulty breathing.
- ◆ Nausea or flu-like symptoms
- ◆ Excessive perspiration with little or no activity
- ◆ Light-headedness, dizziness, fainting
- ◆ Persistent or prolonged muscle cramps, aches, or pain
- ◆ Prolonged fatigue or exhaustion after exercise
- ◆ Swelling of legs and feet
- ◆ Sudden increase in weight (great than 5 lbs in less than a week)
- ◆ Irregular heartbeat (erratic beats, fast/slow heart rate)

COMPREHENSIVE EDUCATIONAL SITES

Cardiac College: Provides in-depth education around a wide variety of topics including cardiac disease and treatment, risk factors, diabetes, medications, exercise, healthy eating, recipes, managing stress and depression, etc. www.Healtheuniversity.ca/EN/CardiacCollege

Providence Heart Institute of Oregon online program: Short 3–8 minute educational videos on a variety of topics including cardiac disease, medications, exercise, healthy eating, recipes, smoking cessation <https://vimeo.com/providenceoregonvimeo/cardiac-rehab>

Henry Ford Educational Videos: Educational videos covering Cardiac Rehab topics like heart anatomy, nutrition, exercises, and managing energy. www.henryford.com/services/cardiology/support/cardiac-rehab/home-based-cardiac-rehabilitation

American College of Cardiology: Cardiosmart is a patient-oriented website written by cardiologists. There are a variety of educational topics, worksheets, videos, and other tools to help you understand and manage your health. www.cardiosmart.org

American Heart Association: Provides education on a variety of cardiac diseases and healthy living topics. www.heart.org

American Lung Association: Provides education on a variety of lung diseases, smoking cessation, and clean air topics. www.lung.org

COPD Foundation: People with COPD, their caregivers and family members who support them will find educational resources and tools here. www.copdfoundation.org



LOCAL RESOURCES, CLASSES, AND SUPPORT GROUPS

Verdant: Public resource that offers in-person and virtual classes aimed at improving the health of South Snohomish County residents. www.Verdanthealth.org

Homage: A local organization dedicated to helping seniors in Snohomish County. There are multiple resources available: help with transportation to medical appointments, minor home repairs, meals on wheels and family caregiver support. Call **425-290-1260** to get connected. www.homage.org

Silver and Fit: Access to exercise at certain fitness centers, join classes and events from home and view personalized resources to enhance your well-being. Available to eligible Medicare Advantage/Supplement beneficiaries and group retirees www.Silverandfit.com

Northwest Neighbors Network: Helps seniors age well in their own homes by providing volunteer services and events. Services offered include transportation, home maintenance, technical support, household help and other personal support. <https://3n.clubexpress.com> Or email for additional information at info@northwestneighborsnetwork.org

Mended Hearts of Puget Sound: A local support group for heart patients in the Puget Sound region that offers peer-to-peer support, education, & community. www.mhops.org

Cardiac Arrest Support Group: Meets monthly at Swedish Cherry Hill. For information and registration email cardiacarrestgroup@gmail.com

Better Breathers Club: Support group for individuals living with chronic lung disease. Meets monthly at Evergreen Health in Kirkland. For information and registration contact Chris Huss at 425-899-3000 or by email chuff@evergreenhealthcare.org

NUTRITION AND HEART HEALTHY COOKING

Medical Nutrition Therapy: Swedish Edmonds registered dietitians work with patients to develop personalized nutrition plans that assist with disease management and optimizing health through nutrition. To make an appointment, call **425-640-4395**. Contact your insurance company to verify coverage and referral requirements.



Verdant: Public resource that offers free or low-cost cooking demonstrations and nutrition classes www.Verdanthhealth.org

MyPlate.gov: US Department of Agriculture comprehensive nutritional site, which includes education on healthy eating, videos, an app to set goals and track eating over time, etc. www.Myplate.gov

MENTAL HEALTH RESOURCES

Mindful Therapy Group: Mountlake Terrace, Northgate, Fremont. 425-640-7009 www.mindfultherapygroup.com

Bluestone Psychological Services: Edmonds, Shoreline, Richmond Beach, Seattle, Mukilteo, Mill Creek, Mountlake Terrace, Brier, Lake Forest Park, Snohomish, Everett, Lynnwood Northgate, Juanita, Bothell; 425-775-4059 ext. 1 www.bluestoneps.com



Cedar Valley: Cedar Valley Counseling services Snohomish County with offices in both Lynnwood and Everett. 425-338-7589 www.cedarvalleycounseling.com

Homage: Programs are offered free of charge to older adults in Snohomish County. There are no income requirements. Call **425-290-1260** to get connected. www.homage.org