## Cardiovascular rehabilitation

## TASK 1 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**

safely improve your heart health.

Exercise may be the most importance because regular exercise not only helps you with weight control, im your h	directly improves your response	our cardiovascular system, but it	
It is necessary to find out which e	exercises are safe for	you. Developing a safe exercise	
programme requires	several factors	including you	r
general physical condition, the			
are still having	, your weight, and	the condition of your limbs and	joints.
You perform a stress test, usually			
rehabilitation clinician	all of	these factors.	
A 0 11 1			
After all necessary tests your reha		k with you (and your doctor) to ription will include the appropriate	te type

(walking, jogging, swimming, etc.), duration, frequency and intensity of exercise that will

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.			
TASK 2 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>.

## TASK 3: Speaking

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

## TASK 4: Listening

## http://www.voutube.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 5: Explaining diagnosis and management

Exercise 1. The final part of a consultation is the explanation which should cover:

	Exercise 1. The final part of a consultation is the	explanation which should cover.		
1.	The identification of a disease from its signs and symptoms			
	You're suffering from	You have		
	You've developed	This is (mainly) because		
2.	Theplan, including investigations and treatment			
	I will make you an appointment	I'll arrange for you to		
	I will make you an appointment I'm going to have you admitted to	You'll be given		
3.	General advice about in lifestyle that may be needed			
	You should try to give up The nurse will give you advice on	It's important that you		
4.	The what is likely to happen because of a disease, stressing that nothing is certain.			
	I expect the treatment will	Hopefully we can		
5.	5time – the patient can ask questions about his/her illness.			
Is there anything you would like to ask?				
	Note: Explanation should be given in words the patient will understand (lay terms), avoiding medical jargon.  Exercise 2: How would you explain the following terms to a patient in lay terms?			
	Acute cerebrovascular event	Analgesics		
	Arrhythmia	Anti-depressants		

Insomnia Anti-inflammatories

Intermitten claudication Diuretics

Myocardial infarction Hypertension medication

Nocturia Hypnotics

Oral contraceptives

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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).					