

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.

Exercise 3:

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).