

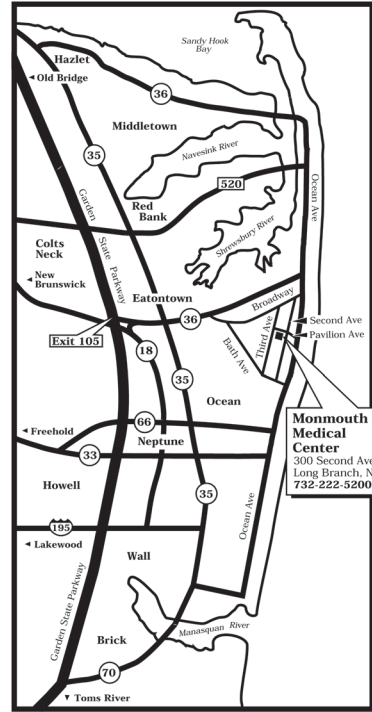
About the Joel Opatut Cardiopulmonary Program



The Joel Opatut Cardiopulmonary Rehabilitation Program at Monmouth Medical Center is designed for individuals recovering from heart and lung disease, and is the first program in Monmouth County to be certified for both cardiac and pulmonary rehabilitation by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). A national, multidisciplinary association, the AACVPR

is dedicated to the improvement of clinical practice, promotion of scientific inquiry and advancement of education for the benefit of cardiovascular and pulmonary rehabilitation professionals and the patients they serve. Certification recognizes that programs reviewed by the national AACVPR board meet the highest standards of care, including a therapeutic plan, intervention and evaluation, certification of staff, preparedness for medical emergencies and physician involvement.

The Joel Opatut Cardiopulmonary Center is located in the Maysie Stroock Pavilion at Monmouth Medical Center and features state-of-the-art fitness equipment, including treadmills, arm ergometers, rowing machines and stationary bicycles.



Directions

From Points North: Take the Garden State Parkway Exit 105, Route 18 or Route 35 to Route 36 East. Stay on Route 36 and make a right onto Ocean Avenue. Continue straight on Ocean Avenue and make a right onto Pavilion Avenue. Make a left onto Second Avenue and the hospital campus is on your right.

From Points South: Route 18 (Exit 13B) or Route 36 East and follow directions above.

From Shore Points: Take Ocean Avenue make a left onto Pavilion Avenue and follow directions above.

Joel Opatut Cardiopulmonary Center

Monmouth Medical Center
300 Second Avenue ▾ Long Branch, New Jersey
07740
732.923.7454



Joel Opatut Cardiopulmonary Rehabilitation Program at Monmouth Medical Center

Improving Heart and Lung Health
Through Disease Prevention
and Health Promotion



About Coronary Heart and Pulmonary Disease

Coronary heart disease is the leading cause of death in the United States for men and women, taking the lives of nearly a half million people each year. Twenty-five percent of the population of the United States has one or more types of cardiovascular disease. This includes high blood pressure, which affects 50 million Americans. Approximately 4.6 million Americans have a diagnosis of congestive heart failure, with 400,000 new cases occurring annually.

COPD, or Chronic Obstructive Pulmonary Disease, is an umbrella term used to describe lung disease associated with airflow obstruction. Most generally, emphysema, and chronic bronchitis, either alone or combined, fall into this category. It is the fourth leading cause of death in the U.S. and is projected to be the third leading cause of death by the year 2020. It is estimated that there are 16 million people in the United States currently diagnosed with COPD. Each year, COPD accounts for about 1.5 million emergency department visits and 726,000 hospitalizations.

Cardiac and pulmonary rehabilitation improves the quality of life and health for people with heart and lung disease. It reduces the risk of recurrence and teaches participants how to manage their disease and achieve optimal independence.

Cardiac Rehabilitation Program: For a Healthier Heart and a Healthier Life

The Cardiac Rehabilitation Program at Monmouth Medical Center is designed for individuals recovering from heart disease, as well as individuals who wish to improve their cardiac health through disease prevention and health promotion. Through education, exercise and counseling, participants receive instruction to prevent or decrease risk factors for developing heart disease.

Living Heart Smart

Studies show that exercise programs work best in conjunction with education for healthy living. Individual and group educational sessions help program participants understand how to embark on a healthier lifestyle. In addition, the program provides an opportunity to learn about proper nutrition, weight management, the coronary disease process, risk-factor modification and stress management.

Is Cardiac Rehabilitation Right for You?

Monmouth's Cardiac Rehabilitation Program is open to individuals who have had bypass surgery, valve surgery, a heart attack, heart failure, angioplasty, stable angina or a heart transplant. Individuals seeking to improve their cardiac health are encouraged to consult with their physician about a referral. Most major medical insurance plans, including Medicare, cover all or a portion of program charges.

Pulmonary Rehabilitation: When Breathing Doesn't Come Easily

The Pulmonary Rehabilitation Program at Monmouth Medical Center is designed for individuals living with pulmonary disease. Through exercise and education, participants will become more active and independent.

Learning to Live Life to the Fullest with Pulmonary Disease

The Pulmonary Rehabilitation Program provides individualized education on topics including:

- Activities of daily living, such as shopping, traveling and bathing
- Bronchial hygiene
- Medications

- Nutrition
- Stress management, including coping and relaxation techniques

Additionally, participants will learn about the pulmonary disease process and the signs, symptoms and complications associated with the disease.

Providing a Personalized Exercise Regime

Our highly specialized staff works closely with participants in developing exercise programs to meet their individualized needs. Workouts are conducted under the supervision of a registered nurse and respiratory care practitioner, who monitor each participant's heart rate, blood pressure and oxygen saturation to measure the body's response to exercise.

Is Pulmonary Rehabilitation Right for You?

Monmouth's Pulmonary Rehabilitation Program is open to individuals who have either obstructive or restrictive pulmonary disease. Individuals should consult with their physician about a referral. All or a portion of Pulmonary Rehabilitation is covered by Medicare and most insurance plans.

To Learn More

For more information about the Joel Opatut Cardiopulmonary Rehabilitation Center or to schedule an appointment, call **732.923.7454**.

