

TIPS FOR IMPROVING AND MAINTAINING A HEALTHY LIFESTYLE:

MANAGE HIGH BLOOD PRESSURE, CHOLESTEROL LEVELS, AND DIABETES

Taking medications properly can help you control your blood pressure, decrease stress on blood vessels, maintain normal blood sugar levels, and control heart failure and irregular heartbeats (arrhythmias).

MAINTAIN A REGULAR EXERCISE PROGRAM

Start by walking or riding a stationary bike. Begin slowly by trying 10 minutes at a comfortable speed. Exercising a minimum of 4 days per week for 30 minutes a day is recommended to maintain heart health.

ADOPT A HEART HEALTHY DIET

Being overweight increases the burden on your heart. Try reducing fat intake and increasing the amount of fruits, vegetables and fiber you eat daily. Portion size is fundamental.

QUIT SMOKING

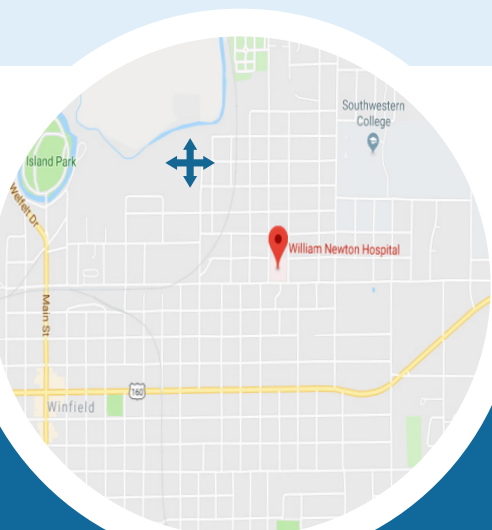
Smoking decreases oxygen to the heart. It also increases blood pressure, heart rate, the risk of blood clots, and damages cells that line the coronary arteries, thus increasing your chances of a heart attack.



William Newton
HEART MENDERS



*Put your heart
in our hands.*



HeartMenders meets three times a week (Monday, Wednesday, and Friday), and is located on the west wing of the main floor of William Newton Hospital.

Easy to talk to. Easy to find.

WNHcares.org | 620.221.2300



620.222.6247 | 1300 E Fifth Ave | Winfield, KS
Located on the first floor of William Newton Hospital, west wing

ABOUT HEARTMENDERS

HeartMenders Cardiopulmonary Rehabilitation, a division of William Newton Hospital, focuses on lifestyle changes that enhance recovery and assure long-term good health. These programs are prescribed by physicians and administered by a staff of medical professionals. Participating in HeartMenders provides individualized group exercise, patient education, and peer support.

Our outpatient cardiac rehabilitation program has a long history of helping people recover from major cardiac events (such as heart attack, angioplasty, and coronary artery bypass), documented angina, valve replacement/repair, and congestive heart failure. HeartMenders combines medically prescribed monitoring, exercise, and education in a controlled, indoor environment, and is covered by most insurance carriers.

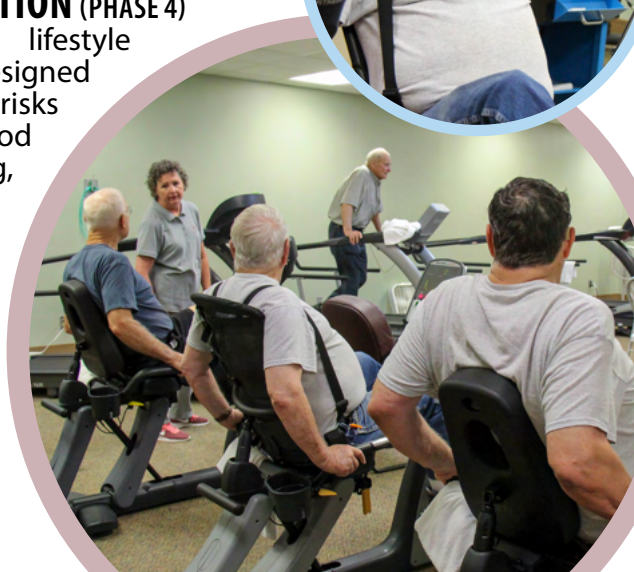
HEARTMENDERS PROGRAMS

CARDIAC REHABILITATION (PHASE 2)

A Medicare and Blue Cross approved, six to twelve week exercise and education program designed for individuals who have experienced a major cardiac event (such as heart attack, angioplasty, coronary artery bypass, documented angina heart valve repair/replacement or heart transplant) in the past 12 months.

LIFE-STYLE REHABILITATION (PHASE 4)

A low-cost, flexible lifestyle rehabilitation program designed for individuals with health risks such as obesity, high blood pressure, diabetes, smoking, high stress environments and graduates of Phase 2 who wish to continue in a monitored exercise program (Phase 4 is self-pay).



KNOW THE FACTS

Heart disease, also known as cardiovascular disease, refers to conditions which involve narrow or blocked blood vessels that could lead to chest pain, stroke, or heart attack.

Heart disease is easiest to treat when detected early. Talk to your healthcare professional about your concerns and steps you can take to reduce your risk of heart disease. Visiting with your doctor is especially important if you have a family history of heart disease.

RISK FACTORS OF HEART DISEASE INCLUDE:

- + Age
- + Family History
- + Smoking
- + Poor Diet (diet high in fat, salt, and cholesterol)
- + High Blood Pressure
- + High Blood Cholesterol Levels
- + Diabetes
- + Obesity
- + Physical Inactivity
- + High Stress



Enroll in HeartMenders at William Newton Hospital:

Call 620.222.6247 or Email menders@wnmh.org

Office Hours: Monday, Wednesday, and Friday | 6:00am - 4:00pm

William Newton Hospital HeartMenders

1300 E Fifth Ave.

Winfield, KS 67156

WHY DID YOU CHOOSE HEARTMENDERS?

"To keep in good heart health shape! I enjoy the relationship with the nurses and fellow attendees." - Allen Grunder, Winfield

"I chose between Winfield and Wichita - both were recommended by my doctor. I'm glad I came here. I love to schmooze with these guys!" - Janis Kiser, Argonia