

## Proven Benefits of Cardiac Rehabilitation

- Reduced risk of fatal Heart Attack (MI/myocardial infarction;  $\geq 25\%$ )
- Decreased severity of angina & need for anti-angina medications
- Decreased hospitalizations
- Decreased cost of physician office visits & hospitalizations ( $\leq 35\%$ )
- Fewer ER visits
- Decreased cardiac event rates

### SPECIFIC RESEARCH:

- Post 1 year Cardiac Rehabilitation participants ( $\geq 24$  sessions) had a 58% relative risk reduction for mortality\*
- Post 5 year Cardiac Rehabilitation participants ( $\geq 24$  sessions) had a 34% relative risk reduction for mortality\*

\*Mortality reductions extend to all demographic and clinical subgroups including patients with acute myocardial infarctions, those receiving revascularization procedures and those with congestive heart failure. Data cited from a 2009 study; Coronary Artery Disease Cardiac Rehabilitation and Survival in Older Coronary Patients. Suaya, JA., et al. J AM Coll Cardiol 2009; 54:25-33

- Cardiac Rehabilitation participants enjoyed a 45% reduction in all-cause mortality compared to those that did not attend Cardiac Rehabilitation. \*\*

\*\*Mayo Clinic study published by American Heart Association (to see the report [click here.](#))