



# Your Hospital



## Cardiac Rehabilitation Program



Over the years thousands of individuals and their families have benefitted from services provided through the Halton Healthcare Cardiac Rehabilitation Program.

With a goal of preventing future cardiac events, the program provides participants with an individualized exercise and educational program, designed to improve cardiovascular fitness and reduce risk factors for coronary artery disease.

The Cardiac Rehab Program is most beneficial to people who have had a heart-related event including angina,

heart attack, congestive heart failure, heart surgery, or angioplasty. Through exercise and education, this program improves both quality of life and life expectancy.

The multidisciplinary Cardiac Rehab Team brings a wealth of knowledge to support the patients enrolled in the program. In addition to registered nurses and physiotherapists, patients will benefit from the expertise of dietitians, kinesiologists, social workers, trained exercise supervisors and volunteers. Patients are provided with individually prescribed exercise programs, supervised exercise classes, risk factor education, and counseling.

The Cardiac Rehab Program is offered at both Oakville Trafalgar Memorial Hospital and Milton District Hospital. Patients from Halton Hills are referred to the Milton District Hospital's Cardiac Rehab Program. A physician referral is needed to access the program.

For more information:  
[www.haltonhealthcare.com/cardiarehab](http://www.haltonhealthcare.com/cardiarehab)

### Know the signs of a heart attack

- Chest discomfort
- Discomfort in other areas of upper body (neck, jaw, shoulder, arm, back)
- Sweating
- Upper body discomfort
- Nausea
- Shortness of breath
- Lightheadedness

Signs of a heart attack can vary and may be different for men and women. If you experience any of these symptoms, call 9-1-1 immediately.

Source: [www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)

## Contribute your Voice, Leadership & Experience



Halton Healthcare's Board of Directors is recruiting a new Committee Member for the Finance and Audit Committee. The Board is interested in hearing from Senior Finance Professionals with executive-level operations experience in a large complex business environment, or Partner-level in a large accounting firm.

Interested applicants should have experience on a Not-For-Profit or Corporate Board and be a resident or employed in the Regional Municipality of Halton or Peel. The ideal next step will be for the new Committee Member to move on to the Board of Directors in 2019.

Please submit your expression of interest to Judy Mandelman at Promeus Inc. at: [resumes@promeus.ca](mailto:resumes@promeus.ca)

A recruitment profile is available upon request.

## CardioRespiratory Outpatient Programs

The following outpatient programs are offered at Georgetown Hospital (GH), Milton District Hospital (MDH) and Oakville Trafalgar Memorial Hospital (OTMH), as indicated.

### Asthma Education Centre (GH, MDH, OTMH)

The centre offers comprehensive assessment, treatment and education for adults and children living with asthma. Patients are referred to the service by their family doctor, specialist or by an emergency room physician.

### Butt Out Smoking Cessation Program (OTMH)

This FREE program consists of seven weekly sessions that helps patients develop a comprehensive individualized quit plan. For more information or to register, please call (905) 338-4691.

### C.AIR Home Oxygen Program (GH, MDH, OTMH)

This program provides one-on-one introduction and education to home oxygen use, home orientation to the equipment and ongoing follow-up. C.AIR is available to patients from Halton Hills, Milton, Oakville and the surrounding areas. Physician referral required.

### Chronic Obstructive Pulmonary Disease (COPD) Education Clinic (GH, MDH, OTMH)

These education clinics provide support and education for individuals living with Chronic Obstructive Pulmonary Disease. The clinic provides individual outpatient appointments. Physician referral required.

### Heart Function Clinic (OTMH)

The clinic cares for patients with heart failure by providing medical assessment and follow-up, medication management, education and support. Patients are referred to the clinic by their cardiologists.

### Neurology Clinic (OTMH)

The clinic offers comprehensive assessment, treatment and education for adults living with nervous system conditions. Patients are referred by their family doctor, specialist or by an emergency room physician.

### Pacemaker Clinic (OTMH)

The clinic provides follow-up to patients in Halton who have pacemakers inserted at OTMH or Joseph Brant Hospital. Physician referral required.

### Sleep Laboratory (OTMH)

The Sleep Laboratory provides sleep studies to diagnose and treat a wide range of sleep disorders including sleep apnea, insomnia, hypersomnia, and narcolepsy as well as abnormal sleep behaviours such as restless leg syndrome, REM-behaviour disorder, night terrors and bruxism (teeth grinding).

For more information on any of these programs:  
[www.haltonhealthcare.on.ca/programs-and-services/cardiorespiratory](http://www.haltonhealthcare.on.ca/programs-and-services/cardiorespiratory)