

PAID ADVERTISEMENT

# Healing The Heart

*Cardiac Rehab Program at Cleveland Regional Medical Center helps participants regain independence and confidence*

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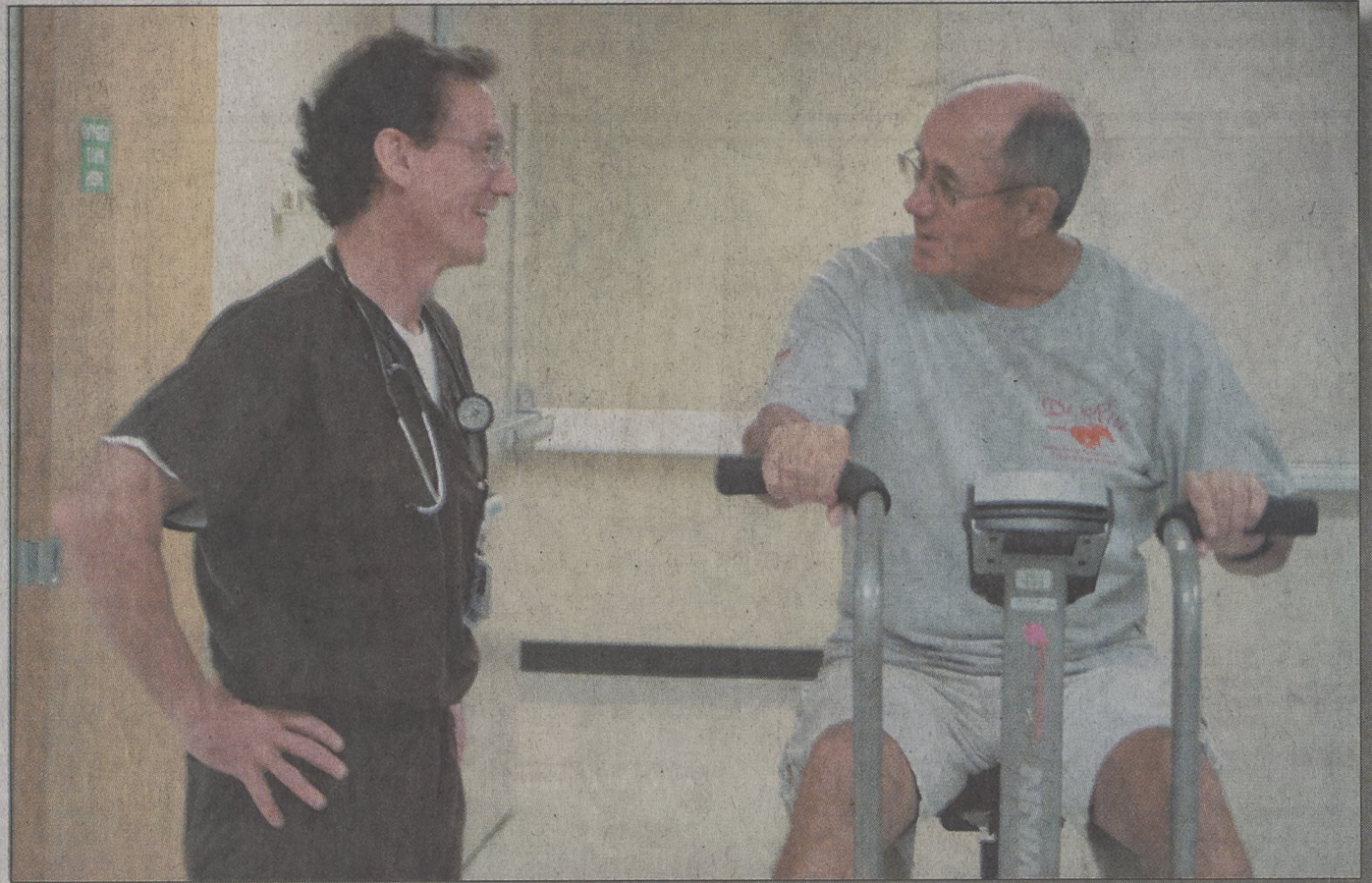
**SHELBY** - Wayne Goode of Shelby has been in good physical condition his entire life. "I felt good," he said. "I had no symptoms, but I was a walking time bomb."

Last spring, because of something found during a physical, Goode went to see Sanjay Patel, MD, a cardiologist with Cleveland County HealthCare System. Afterward, Goode began a journey he never expected to travel. What started as a heart catheterization for a single blockage turned into open-heart surgery with four bypasses.

Suddenly, Goode found himself recovering from and dealing with the apprehensions and worries that often accompany open-heart surgery. "Most people who go through heart surgery worry about becoming active after surgery," said Sean Mayes, Coordinator of the Cardiac Rehab program at Cleveland Regional Medical Center. "That's where we can help."

As Goode began recovering from his surgery Dr. Patel recommended he enroll in the Cardiac Rehab program at CRMC. "I called Sean, talked with him and decided to try it," said Goode. "They made me feel comfortable from the beginning."

In Cardiac Rehab, the staff set goals for Goode, and monitored



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Cardiac Rehab staff member Joe Omlor, RN, talks with Goode during his exercise. Cardiac Rehab takes a team approach to helping you heal.

his progress every step of the way. "They have developed a program that is very comfortable to be in," said Goode. "They give you goals to work toward. They monitor you daily on your activity and your progress."

"When you go through this type of thing, you realize your mortality, more than you ever thought you would," he continued. "I had reservations and concerns



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Wayne Goode works out during a class at CRMC's Cardiac Rehab Program.

## Who benefits from the Cardiac Rehab Program?

People who experience:

- ♥ Heart attack
- ♥ Coronary angioplasty
- ♥ Coronary artery bypass graft surgery
- ♥ Angina
- ♥ Percutaneous Transluminal Coronary Angioplasty (PTCA)/Stent
- ♥ Congestive Heart Failure (CHF)
- ♥ Cardiomyopathy
- ♥ Coronary Artery Disease (CAD)
- ♥ Valve replacement



about starting the program, as I think most people do."

The Cardiac Rehab Program at CRMC takes a team approach to helping people get back to their lives after a cardiovascular disease diagnosis. "The goal is to help people regain as much independence as possible and achieve a better quality of life," said Mayes.

The team includes exercise physiologists, a critical care trained nurse, a nutritionist and a social worker. They work one-on-one with program participants to develop an exercise program specific to them.

During exercise classes the team monitors participants closely, watching heart rate and blood pressure, and talking with them about how they are feeling as they exercise. "When you come here they take care of you," said Goode. "With them

watching everything it gives you the confidence to keep going and do more. All those doubts and worries begin to go away once you get started. You begin to gain confidence in your own abilities again.

"Some people may think they are too old to do this, but that's not true. Anyone can benefit from this program," said Goode. "It's all relative. You can benefit to the level that's right for you."

The cardiac and pulmonary rehab programs at Cleveland Regional Medical Center require a physician referral.

If you are interested in joining the program, talk with your doctor.

For more information on the cardiac and pulmonary rehab programs call 980-487-3697, or visit [www.ClevelandCountyHealthCareSystem.org](http://www.ClevelandCountyHealthCareSystem.org) to watch videos and read more about the program.

## Rehab Services

Cleveland County HealthCare System provides a full range of rehabilitation services, including physical therapy, speech therapy, and occupational therapy. Licensed therapists and other professionals assist in providing services to patients in the hospital and also on an outpatient basis. In addition, an experienced team of pediatric clinicians are available to evaluate and help in your child's rehabilitation. For more information call 704-482-1191 or 980-487-5436.

Cleveland Regional Medical Center: 980-487-3000  
Kings Mountain Hospital: 980-487-5000  
[www.ClevelandCountyHealthCareSystem.org](http://www.ClevelandCountyHealthCareSystem.org)

 Cleveland County HealthCare System

