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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# CARDIAC RISK MANAGEMENT



**Ashford and St. Peter's Hospitals**  
**SECONDARY PREVENTION**  
**REHABILITATION SERVICE**

# CARDIAC RISK MANAGEMENT / SECONDARY PREVENTION AND REHABILITATION SERVICE

**This programme will cover all you need to get back to normal, following a cardiac event. It will provide you with the tools to manage your heart condition for life.**

This programme is offered to people who have had a heart attack, coronary angioplasty or bypass or valvular surgery. It can also be helpful if you have had an ICD fitted or have stable heart failure, cardiomyopathy or congenital heart disease.

Even if you have had only a brief stay in hospital after a heart attack or angioplasty and are feeling well, it is still useful to attend rehab, to learn how to manage your condition in the long term and how to reduce your risks as much as you can.

The programme will always consider what your individual needs are, how these can be met and how to enjoy the best possible health in the future.

**The main aspects of the programme are reducing your risks factors, protecting your heart and long-term management of your condition.**

**You will get information on diet and medications. There will also be support for your broader wellbeing including assessment of anxiety and depression, tips for dealing with stress. There will also be practical advice such as driving and insurance, returning to work and what to do in an emergency.**

*"I just want to say thank you to everyone for their dedication and effort over the last few weeks. What was rather an alarming experience has been put into a more positive context and, based on talking with other participants, I can say with confidence that the whole programme is hugely appreciated.*

Brian 2023

The exercise component of the programme starts about four to six weeks after you leave hospital.

At Ashford and St Peter's Hospitals NHS Foundation Trust we offer a six-week programme and encourage you to attend twice a week, for approximately 12 exercise sessions and 2 education dates.

- **St Peter's Hospital** offer these every Wednesday and Friday afternoon at the River Bourne Club in Chertsey
- **Ashford Hospital** offer these every Tuesday and Thursday morning at Ashford Hospital Gym

If you would like to enroll on the programme or receive further information, please telephone the Risk Management / Secondary Prevention office on **01932 722207** or **01932 723445** and speak to **Jeanette Matten or Veronica Cohen**, who will discuss a mutually agreeable starting date.

**The monthly education sessions are on the attached sheet, please feel free to attend on the last Wednesday of every month, just turn up or for further information contact: 01932 722207.**

