

this is about me,  
my health, my  
life... and it's a  
good investment

2005 PROGRAM GRADUATE

## PUT YOUR HEART INTO LIFE

Although research shows that vascular and heart disease are the most common causes of death in Canada, we know that people who participate in **Cardiac Rehabilitation** live longer and healthier lives. People like you tell us that the VIP provides the information and support they need to take control of their health.



Find out more about the **VIP...**  
because your heart and vascular  
health is as important as you are.



Are you ready to put your  
heart into the VIP?

Call us today.

### Vascular Improvement Program

Clinical Services Building – Level 2  
Royal Inland Hospital  
311 Columbia Street  
Kamloops BC V2C 2T1

**Tel: (250) 314-2727**



828144 May 18-18



**Vascular Improvement Program**  
PUT YOUR HEART INTO IT

## CARDIAC REHABILITATION

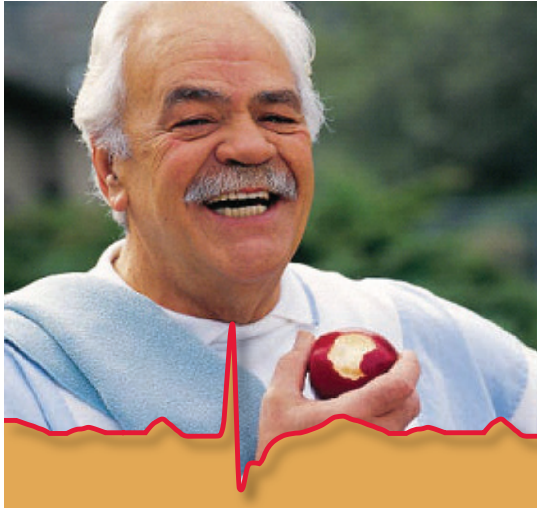
**WE PUT OUR HEARTS  
INTO HELPING YOU LIVE A  
LONGER, HEALTHIER LIFE**

If you have had a heart attack, stroke, bypass surgery, angioplasty, artery or heart problems – or if your doctor has said that your blood pressure, cholesterol, diabetes, inactivity, weight, smoking, or stress is putting you at higher risk for vascular disease, then the Vascular Improvement Program (VIP) is for you.

The VIP team of dedicated health care professionals works with you and your doctor to assess your specific needs and increase your skills and confidence in managing your health.



The **Vascular Improvement Program** provides **Cardiac Rehabilitation**: individualized education, health management counselling and specialized medical care to help you make the changes needed to live a longer and healthier life.



### **PUT YOUR HEART INTO LEARNING ABOUT YOUR VASCULAR HEALTH.**

We recognize that you may have many questions about how you can take steps to improve your vascular health.

The VIP offers individual and group information sessions, including the option of a supervised exercise program to help you and your family gain the skills to manage your health with confidence.



### **PUT YOUR HEART INTO MANAGING YOUR HEALTH.**

We understand that making healthy changes or living with a chronic condition can be difficult – so the VIP team works with you to develop a plan to improve your health and well being.

Ongoing support for up to one year, from your program nurse will help you monitor your progress in achieving your individual health goals.



### **PUT YOUR HEART INTO ACCESSING SPECIALIZED MEDICAL CARE.**

We know that medical assessment and management are important parts of managing vascular health.

Our team will work with you to develop a management plan. This may include a medication review, advanced testing or diagnostic procedures.

Our specialized team includes physicians, cardiac nurses, exercise physiologists and dietitians.

