



Press Release
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Reduce Risk of Second Heart Attack with Specialized Rehab Program

Knox County program helps heart attack victims recover by regaining cardiovascular strength and changing habits.

KNOX CITY, Texas (Feb. 11 2022) – Somewhere in America it is happening now and it will happen again in another 40 seconds.

That is the amount of time it takes for someone in America to suffer a heart attack. This frequency translates to about 700,000 U.S. deaths each year, making heart disease the leading cause of death in our country

If you do survive a heart attack, and today about 90% of Americans do, it is very important to talk to your medical provider about some important lifestyle changes to consider to avoid having another heart attack. According to the American Heart Association, about 1 in 5 people who have had a heart attack will have a second one within five years.

“You don’t have to be one of these statistics,” says Dr. Laura Hart, a physician in Knox City. “Specialized rehabilitation program are important ways to recover cardiovascular health and reduce the risk of a heart attack striking again,” she added.

"Heart attacks and strokes are serious and require a well-planned and tailored recovery program closely supervised by medical professionals," Dr. Hart went on. "Cardiac rehabilitation programs, like the one here in Knox County, combined with lifestyle changes, definitely help reduce the chances of future heart attacks while improving cardiovascular health to improve your overall health and fitness.

The likelihood of bringing on a heart disease often depends on one’s state of health. People with high blood pressure, high cholesterol, those who smoke, those who do not engage in regular exercise, and those who eat poorly are much more likely to experience a cardiac event.

Understanding more about cardiovascular disease, and how it can affect your health, is an essential step in taking the measures needed to prevent or reduce the severity of high blood pressure, heart attacks, or stroke.

“At Knox County Hospital we offer a Cardiac Rehabilitation Program that helps patients recover from a heart attack by providing a monitored exercise program, counseling services, and education,” Dr. Hart explained.

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The rehabilitation program is designed to help those who have suffered from cardiac arrest recover safely and effectively by providing a convenient setting in which patients can talk with professionals who can guide them through the rehabilitation process. Cardiac rehabilitation programs are personalized for each patient, based on their condition, and usually last for about 12 weeks with patients attending three sessions per week. Exercise programs are conducted under carefully monitored conditions to ensure that a safe increase in strength is developed.

The program integrates education, counseling, and various medical tests, and safely helps individuals improve their physical fitness while reducing cardiac symptoms. This includes implementing a regular exercise program and adopting a healthier diet.

To better understand your risk of cardiovascular disease, Dr. Hart suggests you talk with your primary care provider during your next wellness exam. They will ask you about your family's medical history as well as your current health status.

Not all the news around heart attacks is bad. Studies have shown that cardiac-related deaths can be reduced by as much as 30 percent when patients participate in a cardiac rehabilitation program and make lasting lifestyle changes.

Medicare and most private insurance plans cover all or part of cardiac rehab programs. Patients typically qualify if their medical history or condition includes a heart attack, congestive heart failure, or heart surgery.

A referral by a medical provider to the cardiac rehabilitation program is required. For more information about cardiovascular disease and whether the cardiopulmonary rehabilitation program at Knox County Hospital may benefit you, talk with primary care provider.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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