

WHY WOMEN NEED CARDIAC REHABILITATION

CARDIAC REHABILITATION FACTS



help patients
avoid another
heart attack



quickens
recovery



improves
quality of life
and reduces
depression



gets patients
back to work
and activities
they enjoy



Heart disease kills 3 to 4 times more women
than breast cancer



Attending cardiac
rehabilitation halves the
risk of premature death



Cardiac rehabilitation is just
as beneficial for women as it
is for men, but women are
less likely to attend



Exercises need to be more
tailored to women's needs &
preferences
- to promote attendance

Help us create "female-
friendly" cardiac rehabilitation

