

Stony Brook Southampton Hospital's Cardiac Rehab program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and is recognized for a commitment to improving quality of life for patients by enhancing standards of care.



Stony Brook Southampton Hospital Cardiac Rehabilitation Program

3rd Floor
240 Meeting House Lane
Southampton, NY 11968
(631) 726-8620
southampton.stonybrookmedicine.edu



Stony Brook Southampton Hospital is an affirmative action, equal opportunity employer.



Cardiac Rehabilitation

Regain Strength
Restore Independence
Improve Overall Health





Stony Brook Southampton Hospital Cardiac Rehabilitation

We are one of the few nationally certified programs on Long Island.

Our team of nurse practitioners, cardiac registered nurses, exercise physiologists, and physical and respiratory therapists provide a personalized treatment plan and seamlessly communicate the continuum of care with your cardiologist and medical team.

We are respected for our high patient program completion rate and Phase III maintenance program. Most patients elect to continue as members for five or more years.

Our Program Delivers:

- Assessment of personal risk factors for heart and blood vessel disease
- Beginning and maintaining a personalized exercise plan
- Psychological/stress evaluation and counseling
- Education and support to make healthy lifestyle changes
- Heart-healthy eating guidance and tips

- Techniques to avoid tobacco and environmental smoke
- Monitoring to help control blood pressure, lipids, cholesterol and/or diabetes
- Answers to questions about diagnosis, medication management, etc.
- Opportunity to meet and bond with other program members

How to Qualify for Our Cardiac Rehabilitation Program:

If you have a diagnosis of:

- Heart Attack
- Angina
- Cardiac surgery, such as coronary bypass or valve surgery
- Coronary artery angioplasty or stents
- Heart failure
- Heart transplantation

Call (631) 726-8620 and we will coordinate enrollment with your cardiologist.



Benefits of Cardiac Rehabilitation:

- Live longer and lessen chance for another heart attack
- Control heart disease symptoms such as chest pain or shortness of breath
- Stop or reverse damage to the heart's blood vessels
- Lessen the physical and emotional effects of heart disease
- Improve stamina
- Resume activities, including work, hobbies and exercise
- Improve confidence and well-being

"Without this cardiac rehab program, I certainly would not be as stable as I am today. Thank you."

- Paul S.

"Cardiac rehab saved my life."

- David L.