

For Immediate Release

New Cardiac Rehabilitation Centre opens in Cambridge Partnerships Key to Success

Cambridge, Ontario. December 1, 2010...Cambridge Mayor Doug Craig will join with local officials tonight to officially open a new cardiac rehabilitation centre which is now part of the Cambridge Cardiac Care Centre at 150 Hespeler Road.

"This is an important enhancement to our existing health services and the new rehabilitation centre offers a local solution that will benefit many people in our community," says Mayor Craig. The new rehabilitation component of the centre, which will have an open house between 6:00 pm and 8:00 pm, will also support Cambridge Memorial Hospital and the Waterloo Wellington Local Integrated Health Network.

As a cardiac rehabilitation facility, the centre addresses education and long-term management of the illness by providing:

- Stage-based intervention for individuals with Coronary Heart Disease
- An out-patient service delivered by a multidisciplinary team
- Requires an auto-referral to ensure a high capture of eligible patients
- Exercise & lifestyle modifications in a supervised setting by nurses, kinesiologists, & other trained personnel

The new Cambridge Cardiac Rehab Centre will focus exclusively on rehabilitation services complementing the main centre which currently provides comprehensive cardio-diagnostic services & management services for all stages of disease. The original centre was opened nearly two years ago.

"Our new program is a disease specific program that focuses exclusively on Cardiac Rehabilitation," say Dr. A. Shekhar Pandey. "Its mandate is to assist in lifestyle changes, health behavior interventions, exercise training, patient education, psychosocial support, and performance measures."

Cambridge Cardiac Centre currently employs 25, and has hired additional staff, including: a Kinesiologists, a dedicated CR Nurse, a Cardiac Pharmacist, a Registered dietician, and a social worker. For this venture, they have partnered with several community groups and individuals to put together a robust program.

Cambridge Cardiac Care serves patients throughout southwestern Ontario including Cambridge, Kitchener, Waterloo, Guelph, Brantford, Paris, Fergus, Elora, Elmira, Owen Sound, Kincardine, and Stratford. For more information, visit www.cambridgecardiaccare.com.

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About Cambridge

The City of Cambridge is one of the fastest growing areas in the country. It is strategically located astride highway 401 in Southwestern Ontario, part of Canada's Technology Triangle. In 2010, the population reached over 130,000 people. With a multicultural mix and a strong foundation of support services, Cambridge has a diverse economic base with leading industries in advanced manufacturing, automotive, high technology, pharmaceutical, business and financial services and hospitality/retail. The Corporation of the City of Cambridge is an employer with a progressive work environment that offers the opportunity to provide service to the community through creativity and innovation, and with opportunities for career growth and advancement.

For more information on the area or the corporation visit www.cambridge.ca

The City of Cambridge press room is located at www.cambridge.ca/pressroom

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