

NEWSLETTER

February 2023

February is American Heart Month!

An average human heart can pump up to 2,000 gallons of blood in a single day!

How healthy is YOUR heart?

St. Peter's Health Cardiopulmonary Rehabilitation professionals can help patients safely get back on their feet, achieving their activity goals and improving confidence in their day-to-day lives.



Cardiac: Cardiac rehabilitation provides an environment for patients with cardiac health issues to safely exercise, develop individualized protective health habits and improve health outcomes in the months and years following a cardiac event.

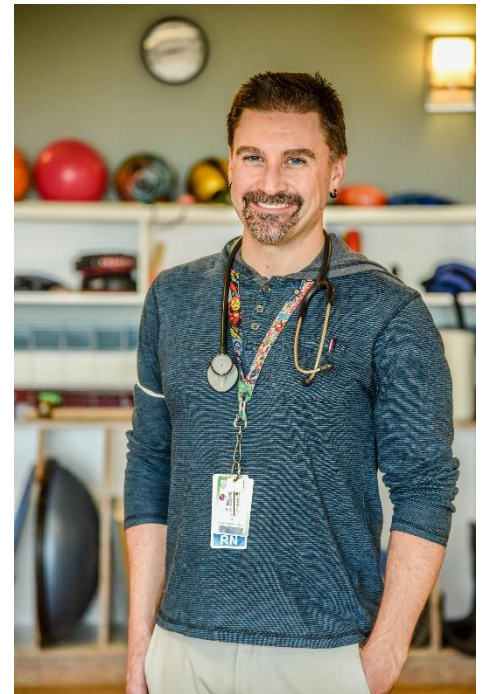
Cardiac Rehab Qualifying Conditions

- Heart Attack
- Angioplasty/Stent
- Heart Transplant
- Congestive Heart Failure
- Valve Replacement Surgery
- Angina
- Bypass Surgery



Pulmonary: Pulmonary rehabilitation helps improve the quality of life and well-being of patients with lung and airway issues through monitored exercise and oximetry; supplementation when necessary, and periodic progression.

Staff Highlights:



Joseph Ellwein, RN
Cardiopulmonary Rehab Nurse,
Regional Medical Center

When he's not working, he's spending time with his kids, playing games, exercising or doing a jigsaw puzzle.

What are your favorite types of patients to see?

Patients that use rehab as an opportunity to make positive lifestyle modifications.

What are your life aspirations?

Travel to a new place at least once a year.

Pulmonary Rehab Qualifying Conditions

- COPD
- Persistent Asthma
- Interstitial Lung Disease
- Pneumonia/ COVID Long Haul
- Chronic Bronchitis
- Pulmonary Hypertension
- Bronchiectasis

Where we are located:

Regional Medical Center:

2475 Broadway, East Entrance | 406-447-2622

Heart Health Awareness:

American Heart Month provides an opportunity to examine our own heart health by identifying factors that may impact our cardiovascular health status and steps we may take to mitigate the risk of developing heart disease – all while improving overall well-being and quality of life.

As the primary cause of death for most population groups, more than 600,000 Americans die each year due to heart disease. This mortality rate includes individuals from all walks of life, age groups and ethnicities. However, you can breathe a sigh of relief knowing the risk can be managed!

Hypertension, or high blood pressure, is regarded as “the silent killer” because symptoms often go unnoticed. If left untreated, hypertension can cause renal damage and lead to dangerous conditions such as an aneurysm or a stroke. You can help reduce the risk of developing hypertension or related cardiovascular issues by:

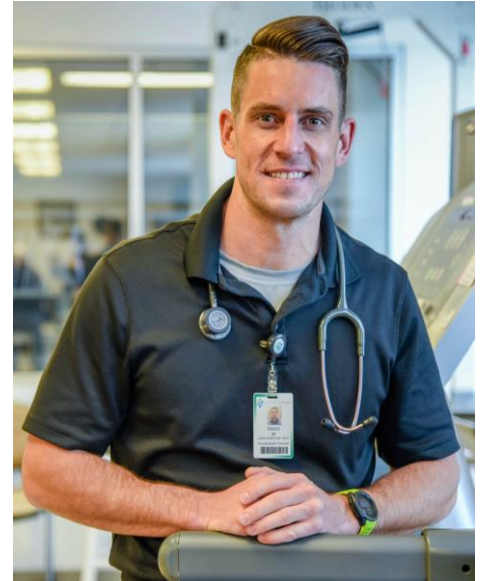
- ✓ Moderating sodium and alcohol intake
- ✓ Quitting the use of tobacco products
- ✓ Making sure to get enough sleep
- ✓ Maintaining a healthy weight
- ✓ Focusing on quality nutrition
- ✓ Prioritizing exercise and physical activity

Do you want to see more information like this?

Please sign up for the newsletter at:
<https://lp.constantcontactpages.com/su/2C8B4dL>
or scan the code.



Staff Highlights:



Doug Wandke, MPH

Lead Exercise Tech
Regional Medical Center

When he's not working, Doug can be found playing in the mountains.

What is the best part of your job?

Participating first-hand in optimizing the health and well-being of our patients, watching their lives improve, and their smile as they walk out the door.

What are you working on professionally?

I am working to expand my skill set in order to become a better-rounded, more effective team member.

What is a unique or fun fact about you?

My absolute favorite pastime is exploring backroads with my kiddos.