



Wexner Medical Center

OSU Heart & Vascular Center

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Mended Hearts of Central Ohio

Jeff Davidson, President
7774 Brandonway Drive
Dublin, Ohio 43017

Specializing in:

- Arrhythmia Monitoring
- Cardiac Catheterization
- Cardiovascular Clinical Trials
- Cardiovascular Rehabilitation
- Clinical Cardiovascular Disease
- Congenital Heart Disease
- Coronary Bypass
- Diagnostic Services
- Echocardiography
- Electrocardiography
- Electrophysiology
- Heart Failure Program
- Heart Transplant Program
- Interventional Cardiology
- Mitral Valve Repair
- Pacemaker Services
- Preventive Cardiology
- Pulmonary Hypertension
- Therapeutic Services
- Vascular Angiography
- Vascular Medicine
- Women's Health

At the Ohio State University Heart and Vascular Center our mission is to offer unparalleled cardiovascular care and services. Through education, research, outreach and patient care we have established ourselves as leaders in the cardiovascular care of patients within our community and across the nation. Although great strides have been made in the treatment of cardiovascular disease, our focus now needs to move towards prevention of cardiovascular disease, including both primary and secondary cardiovascular disease prevention.

One such program that demands our attention is cardiac rehabilitation. Cardiac rehabilitation is an integral part of the treatment of cardiovascular disease after major cardiac events: after a heart attack, after presenting with angina, after a stent is placed in a blocked coronary artery, after undergoing coronary artery bypass surgery, after a heart valve is operated on, or after a heart transplant—all require cardiac rehabilitation as part of the treatment of these conditions. There is significant evidence that cardiac rehabilitation improves outcomes and functional capabilities after a patient completes cardiac rehabilitation and should be part of the secondary prevention treatment for these cardiovascular conditions.

Nonetheless, ***Cardiac rehabilitation is the most underutilized of all the proven therapies for cardiovascular disease.*** Research shows that those patients who do participate in this critical program have a 30% reduction in mortality from any cause, approximately a 40% reduction in sudden cardiac death, and a 22% reduction in suffering a fatal heart attack. There is a significant reduction in cholesterol and blood pressure, a higher success rate in quitting smoking, and less depression in those who attend cardiac rehabilitation than those who do not. However, it is estimated that only 10 – 20% of those patients who require cardiac rehabilitation get referred or complete cardiac rehabilitation.



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Financial restraints may be a major barrier for attending and completing cardiac rehabilitation. Often, insurance may cover a portion of their cardiac rehabilitation but there may be a co-pay, which when you consider that they will pay a co-pay at all 36 sessions (since this is a 12 week program, 3 days a week), the costs may prohibit a person's participation in this life-saving program. Many patients simply cannot afford the additional expense associated with programs like cardiac rehabilitation despite its life-saving effects.

Here at the Ohio State University Heart and Vascular Center we have developed a program through the generous support of Jeff and Helen Davidson, and Mended Hearts of Central Ohio called the Cardiac Rehabilitation Access Fund. This fund is designed to defray the costs of high co-pays so that more individuals can participate in cardiac rehabilitation. Our goal is to continue to grow this fund in the hopes of providing care for all patients who can benefit from the education and direction given during cardiac rehabilitation.

Sincerely,

Martha Gulati, MD, MS, FACC, FAHA

Associate Professor of Medicine in the Division of Cardiology
Associate Professor of Clinical Public Health, Division of
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Sarah Ross Soter Chair in Women's Cardiovascular Health
Section Director for Preventive Cardiology and Women's
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The Ohio State University Wexner Medical Center