

# Attack



*Baystate offers a spacious rehabilitation and wellness center.*

# After the

If you have a heart attack, your heart will begin to heal soon after; however, the heart muscle is permanently damaged. The damaged heart muscle is replaced with tough scar tissue. Unfortunately, this tissue doesn't contract and expand like the rest of your heart does as it pumps. That means that your heart may not work at 100 percent capacity after you have a heart attack.

But within about four weeks, small arteries called "collateral vessels" may begin to grow around the scar tissue to help

provide a new route for blood to reach your heart to improve heart function. Your doctor may recommend a moderate exercise program to help encourage this new growth.

Heart muscle has a significant reserve, so if damage has occurred, you can usually still lead an active and normal life. How fast your heart heals will depend on the size, extent, and location of your heart's damage, your overall health, and your attitude.

Generally, you'll need six to ten weeks to recover. Your doctor will tell you what activities to avoid and make other recommendations for your at-home recovery, including a cardiac rehabilitation program, medications, and lifestyle changes.

Numerous studies have shown that patients who attend cardiac rehabilitation can significantly increase their chances of survival.

The Cardiovascular Rehabilitation & Wellness Program, part of the Baystate Heart & Vascular Program, with services provided by Baystate Medical Center, is located at 3300 Main Street in Springfield. For more information, call 413-794-7024 or visit [baystatehealth.org/heart](http://baystatehealth.org/heart). Cardiac rehabilitation services are also offered at Baystate Franklin Medical Center in Greenfield.

Baystate Medical Center's Cardiovascular Rehabilitation and Wellness Program offers comprehensive services to assist you in all aspects of your recovery, such as:

- Cardiac Rehabilitation Phase 1, Phase 2, and Phase 3
- One-on-One Exercise Evaluation & Individualized Exercise Program
- Change of Heart Program
- Group Exercise Classes
- Blood Pressure Screening
- Smoking Cessation
- Nutritional Counseling
- Healthy Heart Recipes & Cooking Demonstrations
- Mindful-Based Stress Reduction
- Yoga Classes
- Educational Lecture Series
- Cholesterol Screening