



Patient booklets rolled out to cardiac rehab clinics across Ireland

1st May 2016: The Cardiac Rehab Team in St. Columcille's Hospital, Loughlinstown, Dublin and healthcare company MSD have developed two Cardiac Rehab Booklets, to help support patients who are recovering from a heart attack, a stent or heart surgery, which are being distributed to clinics across Ireland.

The booklets contain educational information around cardiac rehab, risk factors, symptoms and treatment of cardiovascular disease, types of exercise to start as well as the do's and don'ts of training, and ways to increase physical activity.

Cardiac Rehab is a series of care that provides education and exercise sessions to patients to help increase physical fitness, improve general health and reduce the rise of future heart problems. The two booklets; *Your Guide to Cardiac Rehab* and *Exercise and Your Heart Health* are designed to complement the cardiac rehab programme delivered in hospital and give patients and their families useful and practical information that they can use at home.

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About Cardiac Rehab

Cardiac Rehabilitation (sometimes called 'Cardiac Rehab' for short) is a series of care that provides education and exercise sessions to patients to help increase physical fitness, and improve general health and reduce the risk of future heart problems. There are 4 stages of Cardiac Rehabilitation. Three stages take place in hospital and one stage will take place in the community.

About MSD

Known as MSD worldwide, and as Merck in the United States and Canada, MSD has operations in more than 140 countries. In Ireland, MSD employs over 2,000 people across its five sites in Dublin, Carlow, Cork, Tipperary and Wicklow. Its extensive Irish operations encompass manufacturing, commercial and marketing facilities.

MSD is a leader in healthcare, dedicated to helping the world be well through a wide range of innovative health solutions. This includes the development, production and distribution of prescription medicines, vaccines and biologic therapies as well as animal health products.

MSD's commitment to research and to increasing access to healthcare across the world is demonstrated by clearly focused policies, far-reaching programmes and life-enhancing partnerships.