AND THE BEAT GOES ON
It is important that you become proactive in learning about ways to access cardiac rehabilitation services. You need to ask about this during your follow-up visits with your cardiologist or regular internist.

Services such as physical therapy, nutritional education, and stress management are important in enhancing your heart health.

In addition, awareness about the possibility of post-operative depression and/or anxiety following surgery is valuable. While everyone who has had surgery does not develop depression, it does happen to some. We urge you to monitor your mood, and for family members to monitor this with you as well.

The symptoms of depression are:
• Persistent sad, anxious, or “empty” mood
• Feelings of hopelessness or pessimism
• Feelings of guilt, worthlessness, or helplessness
• Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
• Decreased energy, fatigue, or the feeling of being “slowed down”
• Difficulty concentrating, remembering, or making decisions
• Insomnia, early morning awakening, or oversleeping
• Appetite or weight changes
• Restlessness or irritability

If five or more of these symptoms are present every day for at least two weeks and interfere with routine daily activities such as work, self care, childcare, or your social life, we recommend that you seek an evaluation for depression.

In the event you develop depression or are interested in any of our stress management groups, do not hesitate to contact us to further evaluate your needs by calling the Behavioral Medicine Clinic at Stony Brook at (631) 632-3123.