



Name \_\_\_\_\_ Date \_\_\_\_\_

The problem of cardiac arrest has become a major problem these days. A lot of patients have acute pain after suffering from a stroke. There are plenty of medicines, surgical methods developed in the field of medicine to treat such cardiac problems. These solutions are time consuming and costly. In the process of rehabilitation, the medicines also have a lot of side effects on the human body and take time to give relief. Therefore, a lot of people go for alternative therapies that help in rehabilitation of patients who suffer from cardiac stroke. The alternative therapies help in relieving pain, stress and make the body healthy and fit through exercise, yoga as well as meditation.

Those who have the cardiac complaint, such patients have to take a good care of their diet. Also they must look after their regular exercise in order to stay fit and make sure that they do not take undue stress. These are some of the precautions that you need to take while you are in the process of rehabilitation. The cardiac rehabilitation can be carried out at the rehabilitation centers as well as at the residence of the patients. Once the patient learns all the exercise and techniques of meditation and understands what diet he or she should include in their meals as per the instructions of the doctor's and dieticians then it is possible to accomplish the rehabilitation process at home with little guidance and monitoring. But the best results are seen at the center, where the program is given to a group of patients together.

The alternative therapies used for cardiac rehabilitation are stress management, physical exercises and diet. Let us see these therapies in detail as follows. Stress management is very much essential in the rehabilitation process because it has a lot of effect on the patient's body. A lot of relaxation techniques are taught to the patients that helps them in stress management. Meditation is one of the main areas focused in the rehabilitation program.

The various rehabilitation programs also give you information on how to have a stress free lifestyle. The patients are supported and encouraged to discuss their problems with the counselor or fellow patients. This helps them to vent their feelings and feel comforted. Breathing exercises are also of great help for the patients who are undergoing cardiac rehabilitation.

In addition to stress management, physical exercises are also given a lot of importance the rehabilitation program. The patients are asked to perform various physical exercises which are suitable to them depending on their age and the severity of their problems. These activities include activities like walking, jogging, cycling, and some other sports like badminton, tennis etc., to maintain their health and keep their muscles, bones and body tissues in a good state. Cardio exercises in a gymnasium are also encouraged. This helps in strengthening the muscles. Physical exercise gives the confidence to look at life. The exercise also helps in weight management. The diet of these patients also needs to be looked upon very carefully. Such people should stay away from alcohol and tobacco consumption in order to improve their health. Make sure that their meals include plenty of organic foodstuffs as well as fruits and juices. Do not include junk and oily foods in your diet because they are very difficult to digest. The intake of calories should also be done at required level. It is a significant fact that the patients have to understand and work accordingly.



Name \_\_\_\_\_ Date \_\_\_\_\_

1. Which of the following is a growing problem of these days?
  - a. Alcohol addiction
  - b. Tobacco consumption
  - c. Cardiac arrest
  - d. Smoking
  - e. All of the above
  
2. Which of the following is one of the main areas focused in the rehabilitation program?
  - a. Meditation
  - b. Rehabilitation
  - c. Alcohol addiction
  - d. Weight loss
  - e. None of the above
  
3. In the process of rehabilitation \_\_\_\_\_ also have a lot of side effects on the human body and take time to give relief.
  - a. Physical exercises
  - b. Meditation
  - c. Medicines
  - d. Diet
  - e. All of the above
  
4. The people suffering from cardiac arrest should stay away from which of the following things in order to improve their health?
  - a. Alcohol and tobacco consumption
  - b. Fruits and juices
  - c. Medicines and exercises
  - d. Organic foodstuffs
  - e. None of the above
  
5. Suggest a suitable title for the above passage according to the data given in the passage.
  - a. Alternative therapies for cardiac rehab
  - b. Cardiac rehabilitation
  - c. Rehabilitation form cardiac problems
  - d. Useful Cardiac therapies
  - e. None of the above



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1. Correct answer: c
2. Correct answer: a
3. Correct answer: c
4. Correct answer: a
5. Correct answer: a