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Tri-City Medical Center Named a Preferred Provider of Cardiac Rehabilitation for UC San Diego Health

OCEANSIDE, Calif. – UC San Diego Health has named [Tri-City Medical Center](#) a preferred provider of cardiac rehabilitation and wellness services. UC San Diego Health will now be able to offer its patients access to Tri-City Medical Center’s nationally certified comprehensive cardiac rehab [program](#) available at the Tri-City Wellness Center in Carlsbad and its Oceanside facility.

“Cardiac conditions leave patients in weakened and frightened states. Cardiac rehabilitation restores their strength and endurance so that they may return to the functional demands of life. Patients perform modified exercises under the watchful eyes of rehabilitation experts. This eases the psychological stress that these patients have when they push themselves,” commented Tri-City Healthcare District Board Chair Jim D’Agostino. “The cardiac rehabilitation team helps the patient maximize their function to live life to its fullest. We are excited to be connected with the region’s only academic health system.”

“Tri-City Medical Center is extremely proud of its cardiac rehabilitation program, which has contributed to positive outcomes for thousands of patients in our community,” said Tim Moran, CEO of Tri-City Medical Center. “We are honored to now be a preferred provider with UC San Diego Health and look forward to helping even more neighbors live healthier, fuller lives.”

“Medically-supervised cardiac rehabilitation and wellness programs help patients with heart attacks, heart surgeries and other heart-related conditions to recover, learn to manage their heart conditions and return to healthy living which also decreases hospitalizations” said Karim El-Sherief, MD, Director of Cardiac Rehabilitative Services at Tri- City Medical Center.

“Tri-City’s comprehensive cardiac rehab program is a superb resource to help patients achieve optimal heart health,” said Ehtisham Mahmud, MD, professor of cardiology and chief of cardiovascular medicine at UC San Diego Health. “The combined resources and expertise of Tri-City Medical Center, Sulpizio Cardiovascular Center, and the future Jacobs Medical Center will expand medical, surgical and rehabilitation options for patients throughout North County, La Jolla and the surrounding communities.”

Recognized by the American Academy of Cardiovascular and Pulmonary Rehabilitation (AACVPR), Tri-City's cardiac rehabilitation program emphasizes a 12-week initial approach to recovery, followed by fitness-based maintenance to position patients for continued health and success. The program's multidisciplinary team; comprised of board-certified doctors, registered nurses, exercise physiologists and event certified diabetic instructors; develops customized exercise plans, supervises patient workouts, provides education on diet and nutrition and offers medication counseling to participants. Individuals recuperating from a heart event or heart surgery or facing conditions ranging from coronary artery disease and angina to congestive heart failure can benefit and find camaraderie at additional programs such as [Mended Hearts](#).

To learn more about cardiac rehabilitation and wellness offerings at Tri-City Medical Center, visit www.tricitymed.org.

About Tri-City Medical Center

Tri-City Medical Center has served its community for over 50 years and is a 397 bed full service, acute-care hospital in Oceanside, Calif. with a primary care clinic and over 700 physicians practicing in 60 specialties. Its Gold Seal of Approval® from the Joint Commission recognizes its commitment to safe and effective patient care for the residents of the community it serves. It operates the only Level III Neonatal Intensive Care Unit (NICU) in North County as well as an Orthopaedic & Spine Institute, a Cardiovascular Health Institute and a Neuroscience Institute along with the Tri-City Wellness Center in Carlsbad, Calif., recognized as one of the best wellness centers in San Diego County. It also specializes in women's health, robotic surgery, cancer and emergency care. Tri-City Medical Center has received its fifth consecutive "A" rating from the national hospital safety scoring organization, The Leapfrog Group.

For more information about Tri-City Medical Center and Tri-City Healthcare District, please visit www.tricitymed.org.

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