



How Your Heart Works

Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

Topic Summary: How Your Heart Works

Your heart is a muscle that delivers oxygen-rich blood to your entire body. To do this, it has a pump, an electrical system, and a blood supply. Heart disease refers to a group of conditions that affect how your heart beats and how blood moves into and out of your heart.

Learning goals

Explore the learning resources to learn:

- How a healthy heart works
- What can go wrong with the systems in your heart
- The treatments that try to correct or manage problems with your heart

Learning Resources

- THRIVE: [Create a Plan for Change](#)
- Website: [How the Heart Works](#)
- Videos: [Ask Dr. Oh series](#)
- Webinar: [How Your Heart Works](#)
- Patient Guide: [How Your Heart Works and Common Types of Heart Problems](#)

Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Preparing for Your Doctor's Appointment](#)

Key points:

- ◆ Heart disease can reduce the blood supply to your heart, cause problems with the electrical system, or change the way your heart pumps.
- ◆ There are many treatments and procedures that can help you manage your heart condition and help you live your best life.
- ◆ Heart medicines can help you improve and manage your health.