

Did you know that cardiovascular disease remains the leading cause of death in Pennsylvania? Nearly one in four deaths in Allegheny County alone is caused by diseases of the heart.

That is why cardiac care is one of the most critical services a health system can provide to its community, and St. Clair Health takes pride in providing a world-class program right here in the South Hills. Our multidisciplinary team of cardiovascular services professionals deliver the highest quality patient care and a full range of services, including our Cardiovascular and Pulmonary Rehabilitation program—the only AACVPR accredited program in the South Hills.

The St. Clair Health Foundation Cardiac Rehab Fund enables patients with cardiovascular and respiratory conditions to access the most up-to-date clinical and fitness equipment to improve their functional capacity, enhance quality of life, and reduce risk of future cardiac and pulmonary events. In fact, in a recent study in the Journal of the American Heart Association showed that 36 sessions of cardiac rehab can reduce cardiovascular mortality by 42% on a three year follow up.

Thanks to the generosity of donors like you, our cardiac care patients have had access to the very best equipment to support their heart health over the years. And with your ongoing support, we can continue to make a real difference in the lives of these patients for years to come.

In honor of American Heart Month, we encourage you to make a gift to our Cardiac Rehab Fund and/or Cardiac Services Fund. Your contribution will not only help our team members continue to heal hearts, but also show our patients that community is at the heart of everything we do at St. Clair Health.

Show your support by making a gift today!

[Click Here](#) to donate or scan the QR Code below.



CARDIAC REHAB *can*:



Lower the chances of a second heart attack or heart surgery



Reduce the overall risk of dying or having a future cardiac event



Lessen chest pain



Control risk factors such as high blood pressure and cholesterol



Help with weight loss