

Contact Information

Tammy Spencer
YMCA of Columbia-Willamette
Director of Public Relations
503.382.4394
tspencer@ymca-portland.org

Harry Lenhart
Oregon Health & Science University
Senior Communications Coordinator
503.494.8231
lenharth@ohsu.edu

IMMEDIATE RELEASE

YMCA Cardiac Therapy Participants Benefit with Transfer to OHSU

Cardiac Rehabilitation Gets a Boost with OHSU Cardiac Expansion

Portland, Oregon—March 9, 2007—The Metro Family YMCA and Oregon Health & Science University (OHSU) have entered into an agreement to move the YMCA cardiac therapy program to OHSU effective April 2.

For more than 30 years YMCA Cardiac Therapy has delivered high quality outpatient cardiac rehabilitation to individuals who have had a cardiac episode. The program was one of three pilot projects at YMCAs when it began in the mid 70s.

The Metro Family YMCA and OHSU have enjoyed a long and mutually beneficial partnership, which has included medically trained volunteers and advisory board members from OHSU who have helped guide the development of the YMCA program.

Transferring the program to OHSU will be a positive step for the program's participants, officials of both organizations believe. YMCAs have a long history of developing programs when a need exists, as well as identifying opportunities to transition those programs as communities and organizations providing services change.

“The YMCA will work closely with OHSU to ensure a comfortable transition for all of its valued participants,” said David Avison, Metro Family YMCA Executive Director. “OHSU’s strong commitment to comprehensive cardiac care for the greater Portland area, coupled with its medical expertise and innovative approach to medical wellness, make this move highly beneficial to YMCA cardiac patients. Through OHSU’s leadership we see the cardiac therapy program enjoying increased medical support and enhanced services, while being able to expand to meet the area’s increased demand for cardiac therapy.”

“OHSU’s newly reorganized cardiac program consisting of 21 full-time faculty focuses on continuity of care from prevention, to diagnosis, treatment and rehabilitation,” said Sanjiv Kaul, M.D., professor of medicine and chief of the division of cardiovascular medicine in the OHSU School of Medicine. “Moving the YMCA cardiac rehabilitation program to OHSU will provide participants enhanced convenience and access to the services in OHSU’s new state-of-the-art March Wellness Center.”

At the OHSU preventive cardiology and cardiac rehabilitation program, exercise physiologists, exercise specialists and registered nurses will oversee cardiac rehabilitation under the constant supervision of a physician. This level of medical expertise in partnership with an innovative approach to medical wellness is unique in the Portland area. It reflects the collaboration between OHSU’s division of cardiovascular medicine and the OHSU School of Nursing, which manages March Wellness.

For more information, please contact Tammy Spencer, YMCA Director of Public Relations at 503.382.4394 or tspencer@ymca-portland.org, or Harry Lenhart, OHSU Senior Communications Coordinator, at 503.494.8231 or lenharth@ohsu.edu.

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