

'PUSH THE ENVELOPE'



Dr. Gary Reynolds, right, medical director of Cardiac and Pulmonary Rehabilitation at CRMC, checks in on patient Eugene Marquette.

Marquette Back in Shape Thanks to Cardiac Rehab

Heart Attack Survivor Says CRMC Nurses Gently Pushed Him to Do More



THERE'S NOT A NURSE IN THIS BUILDING I WOULDN'T TRUST WITH MY LIFE.

— Eugene Marquette

Eugene Marquette, an 83-year-old Marine and Vietnam veteran who practices criminal law, felt incredibly weak when he came to the Cardiac and Pulmonary Rehab Center at Cookeville Regional following triple bypass surgery.

"I was in bad shape when I came in here, but nurse Debbie Baker (the center director) encouraged me and assigned me to a nurse she felt best met my personality," said Marquette. "That was nurse Mary Riley. She was as much drill instructor as she was RN, but she never put me at risk in anything. She gently helped me push the envelope."

The program offers medically supervised and monitored exercise classes and personalized training designed to get patients back on their feet and in better physical condition after cardiac or pulmonary surgery.

"If your skeletal muscles are well trained and more efficient, you're going to be much more likely to get by with reduced heart output, so symptom improvement and actual mortality reduction are benefits of the program," said Marquette. Dr. Gary Reynolds, the program's medical director.

For the three-month initial phase of the

program, patients are attached to heart monitors and watched carefully by a nurse or exercise physiologist while they work on a customized training program that gradually increases in intensity. At least one of the cardiologists at Tennessee Heart, located upstairs, is immediately available at all times in case of problems.

Marquette successfully completed his first three months in the program and, as many patients do, he continues to participate in the program nearly three years later, working out for more than an hour every Monday through Friday.

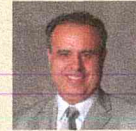
"People look at him and admire him because he exercises at a level that a lot of people even much younger than him do not exercise at," said Debbie Baker, the director of Cardiac and Pulmonary Rehabilitation at CRMC.

Because of the help they gave him, Marquette has become a strong advocate for the program and what it does for people.

"There's not a nurse in this building I wouldn't trust with my life," said Marquette. "Until the last nanosecond of life leaves these beautiful blue eyes, I'll be coming here."

OUR HEART AND VASCULAR *Doctors*

CARDIOLOGY



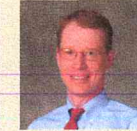
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