

Great Falls Resource Guide

for Individuals Recovering from
Heart Attack and Stroke

GREAT FALLS

Resource Guide for Individuals Recovering from Heart Attack and Stroke

If you've had a heart attack or stroke, you're at higher risk of having another one. Other risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation and transient ischemic attacks (TIAs) or mini-strokes are major risk factors for stroke. The more risk factors you have, the greater your chances of having another heart attack or stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of another heart attack or stroke. This resource guide provides names, addresses, website addresses and telephone numbers for programs and services in the Great Falls area to help you make these lifestyle changes.

TABLE OF CONTENTS

Cardiac Rehabilitation	3
Stroke Rehabilitation	4
Diabetes Management Programs	5
Nutrition Education/Counseling	6
Physical Activity	7
Prescription Drug Patient Assistance Programs	8
Smoking Cessation	9
Support Groups	10
Specialists	11
Specialty Clinics & Programs	12-14
Consumer Health Information/Web Sites	15-16
Signs of a Heart Attack or Stroke	17
Acknowledgements	18
Evaluation Form	19

This document is also posted on the
Montana Cardiovascular Health Program web site at:

<http://montanacardiovascular.mt.gov>

Cardiac Rehabilitation

Cardiac rehabilitation (rehab) is a supervised program that includes physical activity, lifestyle changes, education, and emotional support for people who have had a heart attack, bypass surgery or other heart problems. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal of cardiac rehabilitation is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health.

BENEFIS HEALTHCARE CARDIAC & PULMONARY REHAB

Peak Health & Wellness Center
1800 Benefis Court
Great Falls, Montana 59405
Phone: (406) 771-6645 (cardiac)
(406) 771-0492 (pulmonary)

Services Provided: The Outpatient Cardiac Rehab and Prevention program is tailored to meet the needs of the individual. Exercise classes are medically supervised. Weekly education classes provide information on the management of risk factors for heart disease, medications, cholesterol, diet and stress management. Classes are available for the individual recovering from a recent heart event as well as ongoing “maintenance” exercise programs. Physician referral is required and fees may be covered by your insurance.



STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that includes physical activity, education, lifestyle adaptations and emotional support for people who have had a stroke. The goal of stroke rehabilitation is to help you return to, and maintain, your best possible physical and emotional health.

BENEFIS INPATIENT REHABILITATION UNIT

500 15th Avenue South
Great Falls, MT 59405
Phone: (406) 455-2293

BENEFIS OUTPATIENT CENTER

500 15th Avenue South
Great Falls, MT 59405
Phone: (406) 455-2661

Services Provided: Stroke rehabilitation provides medically supervised physical, occupational and speech therapy to patients with a wide range of disabilities and needs. Services include evaluation and treatment of strokes, neuromuscular re-education and gait training. Physician referral is required and fees may be covered by your insurance.



DIABETES MANAGEMENT PROGRAMS

Diabetes Management Programs teach individuals how to manage their diabetes to minimize health complications. Staff members include registered nurses, registered dietitians and other healthcare professionals with training and experience in diabetes management.

BENEFIS HEALTH SYSTEMS DIABETES PROGRAM AND NUTRITION CLINIC

Doctors Plaza
2800 11th Avenue South, Suite 28
Great Falls, MT 59405
Phone: (406) 455- 5516
Fax: (406) 455-4497
www.benefis.org

Services Provided: Benefis Health System has a comprehensive ADA recognized diabetes education program. In small groups and/or with individualized counseling, we work with you to make positive lifestyle changes. The group classes are offered in a series of four that are repeated each month. The qualified staff is dedicated to providing you with the best education and expertise.

GREAT FALLS CLINIC DIABETES EDUCATION

1400 29th Street South
Great Falls, MT 59405
Phone: (406) 454-2171

Services Provided: The Great Falls Clinic Diabetes Education Program offers nutritional guidance, diabetic education and consultation. Through one-on-one instruction, you and your family will receive comprehensive diabetes self-management education. Topics covered include nutrition and physical activity, glucose monitoring, medication, managing high and low blood sugars, risk reduction and coping with diabetes. This is a covered benefit on most insurance plans. Payment plans and scholarships are available.

INDIAN FAMILY HEALTH CLINIC

1220 Central Avenue, Suite 2B
Great Falls, MT 59401
(406) 268-1510

Services Provided: Type 2 diabetes and related conditions are very prevalent in the Native American community. The Diabetes Program at IFHC provides prevention education, screening, medical management and self-management education to individuals and families.

NUTRITION EDUCATION/COUNSELING

Your doctor may recommend nutrition counseling for blood pressure and cholesterol reduction, weight control, and diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly.

BENEFIS HEALTHCARE

1101 26th Street South
Great Falls, MT 59405
Phone: (406) 455-5526

Services Provided: Outpatient nutrition counseling is available for individuals wanting to make positive dietary changes to enhance their health and wellbeing. Staffed by qualified registered dietitians with experience working with individuals who have cardiovascular disease. Physician referral is required and services may be covered by your insurance.



CURVES

1601 2nd Avenue N Suite 101
Great Falls, MT 59401
Phone: (406) 771-7630
www.curves.com

GOLDS GYM

715 13th Avenue South
Great Falls, MT 59405
(406) 727-8888
www.goldsgym.com/greatfalls

GREAT FALLS PARK & RECREATION

1700 River Drive North
Great Falls, MT 59401
Phone: (406) 771-1265
www.greatfallsmt.net/people_offices/park_rec/index.htm

INDIAN FAMILY HEALTH CLINIC FITNESS & WELLNESS CENTER

111 Street
Great Falls, MT 59405
Phone: (406) 268-1510 (406) 268-1822

PEAK HEALTH & WELLNESS CENTER

1800 Benefis Court
Great Falls, MT 59405
Phone: (406) 727-7325 (PEAK)
www.peakclub.com.

SNAP FITNESS

125 Northwest Bypass
Great Falls, MT 59404
Phone: (406) 761-4971
www.snapfitness.com

SNAP FITNESS

2104 10th Avenue South
Great Falls, MT 59405
Phone: (406) 727-2077

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free or at a reduced charge to patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

NeedyMeds.com

www.needymeds.com

Services Provided: This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The website has a listing of pharmaceutical company programs, medications, and applications for many programs. NeedyMeds is an information source, not a program itself.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Phone: 1-888-477-2669

<http://www.pparxmt.org/>

Services Provided: Drug companies, doctors, health care providers, patient advocacy organizations and community groups have combined resources to help qualified uninsured people get free or discounted prescription medications.

Medicare Part D Information (Medicare prescription drug program)

To learn more about the upcoming Medicare sponsored drug insurance program, call 1-800- MEDICARE or the State Health Insurance Assistance Plan at 1-800-551-3191. Information can also be viewed on the Web at www.dphhs.mt.gov. Click on New Medicare Prescription Drug Benefit (under Features).

TOGETHER RX

Phone: 1-800-444-4106

www.TogetherRXAccess.com

Services Provided: The Together Rx Access program was created as a public service to provide savings on prescriptions for eligible residents who have no prescription coverage.

BIG SKY RX

1-866-369-1233

Bigskyrx.mt.gov

Services Provided: Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare, called Medicare Part D. For more information, call the number listed above or write to: Big Sky Rx, P.O. Box 202915, Helena, MT 59620-2915.

SMOKING & TOBACCO CESSATION

If you smoke or use tobacco products, QUIT! Smoking increases the risk of heart attack and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you QUIT, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

TOBACCO QUIT LINE

Montana Tobacco Use Prevention Program

Phone: 1-866-485-QUIT (7848)

Services Provided: The Tobacco Quit Line is a free telephone service for all Montanans. Smokers, chewers, family members, and health care providers are all welcome to call for tobacco cessation information. The program includes coaching sessions, individualized quit plans and nicotine replacement therapy. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.



SUPPORT GROUPS

MENDED HEARTS, INC.

Chapter #133

Located at the PEAK Cardiac Rehab

1800 Benefis Court

Great Falls, Montana 59405

Phone: (406) 771-6645

For more than 50 years, Mended Hearts, Inc. has been offering the gift of hope and encouragement to heart patients, their families and caregivers. A visitation program, support group meetings and educational forums are provided.

STROKE SUPPORT GROUP

Benefis Extended Care Center

2621 15th Avenue South

Great Falls, MT 59405

Phone: (406) 455-5907

The support group offers emotional support for patients and families recovering from stroke. The support group meets every 3rd Monday at 2:00 pm. For more information, call (406) 455-5907.

BENEFIS HEALTH SYSTEM DIABETES SUPPORT GROUP

2800 11th Avenue South, Suite B Doctors Plaza

Great Falls, MT 59405

Phone: (406) 455-5516

Diabetes support group meets the 3rd Tuesday of each month. Call for more information.

CARDIOLOGY

GREAT FALLS CARDIOLOGY

1417 9th Street South Suite 302
Great Falls, MT 59405
Phone: (406) 771-7700

GREAT FALLS CLINIC HEART CENTER

3000 15th Avenue South
Great Falls, MT 59405
Phone: (406) 454-2171

CARDIOWEST

1300 28th Street South Suite 10
Great Falls, MT 59405
Phone: (406) 455-4320

DANIEL WALKER, MD

401 15th Avenue South Suite 104
Great Falls, MT 59405
Phone: (406) 59405

NEUROLOGY

ADVANCED NEUROLOGY SPECIALISTS

400 15th Avenue South, Suite 206
Great Falls, MT 59405
Phone: (406) 727-3720

GREAT FALLS CLINIC DEPARTMENT OF NEUROLOGY

1400 29th Street South
Great Falls, MT 59405
Phone: (406) 454-2171

SPECIALTY CLINICS & PROGRAMS

These clinics and programs provide specialty services that may be appropriate for certain individuals recovering from heart attack or stroke.

BENEFIS HEART & VASCULAR INSTITUTE

1101 26th Street South
Great Falls, MT 59405
Phone: (406) 731-8500
www.benefis.org

Services Provided: Benefis Heart Institute provides a broad spectrum of inpatient and outpatient tests and procedures for patients using the newest technology and advanced treatments. A variety of procedures are available including stress testing, cardiac and vascular stenting, open-heart surgery and pacemaker placement. Personalized care, education and rehabilitation services are provided while patients are treated for heart disease. North Central Montana patients and their families are close to home while receiving excellent individualized care.

GREAT FALLS CLINIC HEART CENTER

3000 15th Avenue South
Great Falls, MT 59405
Phone: (406) 454-2171
www.gfclinic.com

Services Provided: The Great Falls Clinic offers state-of-the-art, comprehensive cardiac services to pediatric, adult and geriatric patients. Services include: prevention, diagnosis and treatment of heart disease, echocardiography, electrocardiography, nuclear imaging, arterial doppler, clinical research and pacemaker/icd clinic.

COMMUNITY HEALTH CARE CENTER CASCADE CITY-COUNTY HEALTH DEPARTMENT

115 4th Street South
Great Falls, MT 59405-4597
Phone: (406) 454-6950

Services Provided: Community Healthcare Center provides services for all residents of Cascade County regardless of race, sex, or religion, with a focus on serving individuals who are low-income/underinsured and who could not otherwise afford medical, dental, and behavioral health care. A full spectrum of high quality, comprehensive medical, dental and behavior health services are offered. Our providers include physicians, nurse practitioners, nurses, dentist, dental assistants, and licensed social workers.

SPECIALTY CLINICS & PROGRAMS

GREAT FALLS CLINIC DEPARTMENT OF NEUROLOGY

1400 29th Street South
Great Falls, MT 59405
Phone: (406) 454-2171

Services Provided: The Great Falls Clinic neurologists and staff are dedicated to providing the highest quality, most clinically excellent and advanced medical care in a compassionate and cost-effective fashion. Services include: CT Scan, MRA/MRI-magnetic resonance imaging/magnetic resonance angiography, EEG-electroencephalography, EMG/NCV-electromyography/nerve conduction velocity, Botox injections-cosmetic and therapeutic, Infusion nurse.

AREA VIII AGENCY ON AGING

501 Bay Drive
Great Falls, MT 59404
Phone: (406) 454-6990
www.co.cascade.mt.us

Services Provided: Area VIII provides coordinated services to Cascade County's "over 60" population to ensure freedom of choice, independence, and the ability to live their lives with dignity. Services include Meals-on-Wheels, preventive health programs, transportation, in-home help, exercise programs, ombudsman, and counseling for Medicare/Medicaid and Part D (prescription drug program).

LIFELINE PERSONAL EMERGENCY RESPONSE BENEFIS LIFELINE PROGRAM

Phone: (406) 455-5839 or 1-800-544-7813
www.lifelinesys.com/

Services Provided: Lifeline is a Personal Emergency Response System (PERS) which enables individuals to remain in their homes because help is just seconds away. Lifeline gives the confidence and freedom needed to continue living independently because there is always someone standing by to help, 24 hours a day, seven days a week – all at the press of a button.

SPECTRUM MEDICAL, INC.

2526 12th Avenue South
Great Falls, MT 59405
Phone: (406) 727-9322

SPECIALTY CLINICS & PROGRAMS

Services Provided: Offers a wide range of in-home services. Equipment services such as, wheelchairs, walkers, beds and bathroom aides are available. Clinical services such as home health care, skilled nursing, pharmacy, private duty services, respiratory, physical, occupational, and speech therapy are offered.

CLARK'S ORTHOPEDIC & MEDICAL

816 9th Street South
Great Falls, MT 59405
Phone: (406) 452-8741

Services Provided: Clark's provides medical equipment needs for those recovering and living with the effects of stroke or heart attack. Products and services include daily living aids, mobility aids, manual and power wheel chairs, scooters, home medical equipments, rehab equipment, bath safety equipment, orthotic bracing, handicap vehicle access, building access systems and incontinence supplies.

HEART BEAT CPR & FIRST AID

Phone: (406) 452-7449
E-mail: heartbeattc@sofas.net

Services Provided: Heart Beat provides American Heart Association CPR, automatic external defibrillator (AED) and first aid classes. Community classes are offered each month. Heart Beat has provided CPR and first aid training to businesses and individuals in Montana for over 10 years.

ADULT AND COMMUNITY CARE

Benefis Healthcare

2800 11th Avenue South

Great Falls, MT 59405

Phone: (406) 455-5545 or (406) 455-5839

www.benefis.org/community/directory.htm

Services Provided: A comprehensive resource list of community services covering a wide array of topics. Resources information can be accessed by phone, website or in person. Hours of operation are 8:00 a.m. to 4:00 p.m. Monday through Friday.

BENEFIS HEALTHCARE HEALTH SCIENCES LIBRARY

Phone: (406) 455-5594

Services Provided: Access to Benefis Health Science Library collections is available to health professionals, students and the general public. Looking for information on wellness? Take a look at the Healthwise web partner at www.benefis.org . This database is searchable by topic.

American Council on Exercise:

www.acefitness.org/fitfacts/

American Dietetic Association

www.eatright.org

American Heart Association

www.americanheart.org

American Stroke Association

www.strokeassociation.org

Benefis Healthcare

www.benefis.org

Great Falls Clinic

www.gfclinic.com

Montana Association of Cardiovascular & Pulmonary Rehabilitation

www.angelfire.com/mt2/macvpr/

Montana Cardiovascular Health Program

<http://montanacardiovascular.mt.gov>

Montana Dietetic Association:

www.montanadieticassociation.org

National Heart, Lung and Blood Institute

www.nhlbi.nih.gov

Social Security Administration

www.socialsecurity.gov

USDA Food Guide Pyramid

www.mypyramid.org

SIGNS OF HEART ATTACK AND STROKE

It is extremely important to be aware of the warning signs of a heart attack or stroke. Treatments are available to reverse the detrimental effects but can only be initiated within a short period of time after symptom onset. Familiarize yourself with the following warning signs recognized by the American Heart Association:

Heart Attack: Symptoms can come on quickly with intense pain or discomfort. However, symptoms commonly start out less intense, leading some to believe it is not an emergency. Common symptoms include:

- Chest discomfort
- Pain or discomfort in the shoulders, arms, neck or jaw
- Shortness of breath
- Nausea
- Lightheadedness
- Sweating

Stroke: Symptoms of stroke are usually characterized by a rapid onset. Many times, individuals having a stroke are confused and may not understand what is happening. Common symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If you or someone you witness experience one or more of these symptoms, call 911 immediately.

ACKNOWLEDGEMENTS

The Montana Cardiovascular Health Program would like to thank the following individuals for their time and help in assembling this resource guide:
Dona Shehan and Sandy Nylund.

QUESTIONS

If you have questions about this resource guide, contact:

Marilyn McLaury, M.S., R.D.
Montana Cardiovascular Health Program
Montana Department of Public Health and Human Services
PO Box 202951
Helena, Montana 59620-2951
Phone: (406) 444-6968
Email: mmclaury@mt.gov

WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Great Falls area guide.

1. Was this guide useful? Yes No

2. Which sections did you use as a reference?

- Cardiac Rehab
- Stroke Rehab
- Diabetes Management Programs
- Nutrition Education/Counseling
- Physical Activity
- Prescription Drug Assistance Programs
- Smoking Cessation
- Specialists
- Specialty Clinics
- Consumer Health Information/ Web Site

3. What other kind of information would be useful to include in this guide?

4. Other comments or suggestions:

Please return this form to:

Marilyn McLaury

Montana Cardiovascular Health Program

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620

Phone: (406) 444-6968

Fax: (406) 444-7465

E-mail: mmclaury@mt.gov

This publication was supported through a cooperative agreement (5U50 DP000736-02) with the Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention and through the Montana Department of Public Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the US Department of Health and Human Services.

The Montana Department of Public Health and Human Services attempts to provide reasonable accommodations for any known disability that may interfere with a person participating in any service, program or activity of the Department. Alternative accessible formats of this document will be provided upon request.

2,000 copies of this public document were published at an estimated cost of \$.86 per copy, for a total cost of \$1,720.00, which includes \$1,720.00 for printing and \$.00 for distribution.

