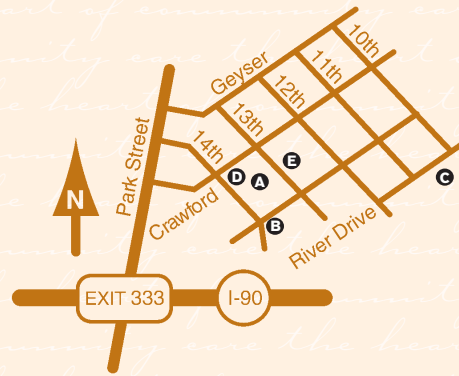


Be Heart Healthy

Cardiopulmonary health is about more than having a healthy heart. It can impact many aspects of your overall well being. Here are some key prevention tips to help you live a healthier life:

- Eat a heart-healthy diet that includes plenty of fiber, lots of fruits and vegetables, and lean protein like chicken and fish.
- Reduce carbohydrates, sugar, and processed foods.
- Stay away from saturated fats (found in animal products) and choose unsaturated sources, particularly omega-3 fatty acids (found primarily in vegetable and fish sources).
- Improve cholesterol levels (reduce LDL and increase HDL).
- Exercise regularly.
- Control high blood pressure.
- Maintain a healthy weight.
- Manage stress.
- Quit smoking.



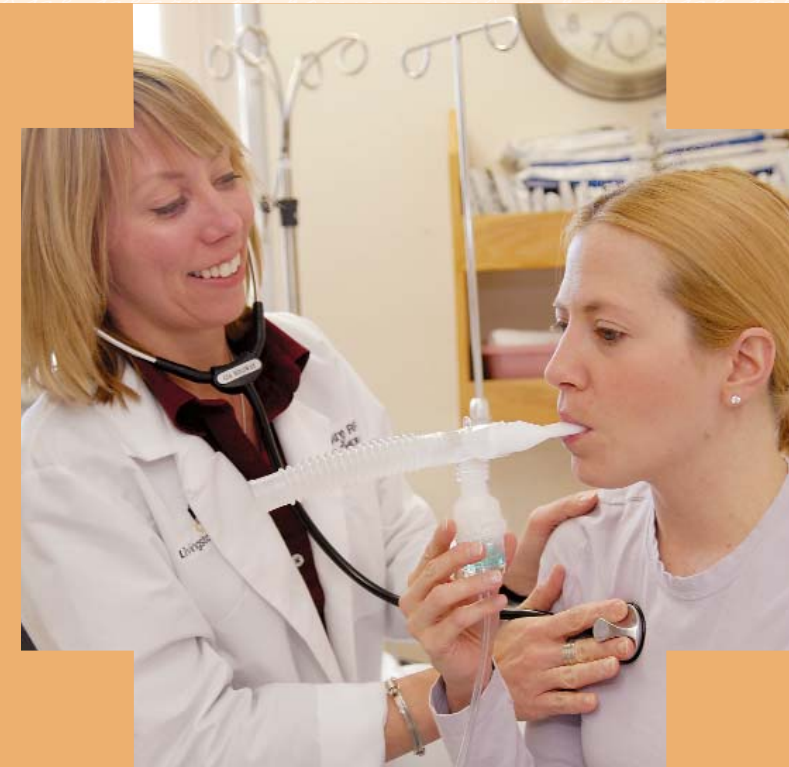
Cardiopulmonary Services

Specialized cardiac and pulmonary testing and treatment

Livingston HealthCare includes:

- A Livingston Memorial Hospital
- A Home Oxygen
- B Orthopedic and Rehabilitation Institute
- C Park Clinic (River Drive)
- D Park Clinic (West Crawford)
- E Home Care and Hospice Care
- Sleep Center, 1429 West Montana

Since 1955, Livingston HealthCare has provided premier quality healthcare to the residents of Park County and surrounding communities. We keep our community healthy with a broad scope of services, provided by well-trained and highly-skilled professionals. At Livingston HealthCare, we believe that **the way we care** is as important as the healthcare services we provide. That's why we like to say that we're more than just healthcare. We're really **the heart of community care.**



LivingstonHealthCare

504 South 13th Street • Livingston, Montana 59047

Phone: (406) 222-3541 • Fax: (406) 823-6499

www.livingstonhealthcare.org



LivingstonHealthCare

the heart of community care

For your health, our campus is tobacco free.

What are Cardiopulmonary Services?

Cardiopulmonary Services combines two specialized areas of healthcare: the heart (cardiac) and the lungs (pulmonary). Our staff of respiratory therapists provide a wide range of therapeutic and diagnostic procedures for hospital inpatients as well as specific diagnostic procedures for outpatients. Cardiopulmonary Services treat adult, pediatric, and newborn patients.

For Your Convenience

All outpatient tests and services are provided at Livingston Memorial Hospital from 6:30 am – 11:00 pm, 7 days a week.

Our specially-trained respiratory therapists will help you breathe a little easier.



Cardiopulmonary Services

Inpatient Procedures:

- Bronchodilator therapy
- Chest physiotherapy
- CPAP/BiPAP management
- Electrocardiograms
- Oxygen administration
- Ventilator management

Outpatient Procedures:

- 24-hour Holter monitoring
- 30-day event monitor
- Ambulatory blood pressure monitor
- Cardiac stress tests
- Electrocardiograms
- Exercise oximetry
- Nocturnal oximetry
- Nuclear imaging stress tests
- Pulmonary function testing

Patient Criteria

A physician referral is required for all cardiopulmonary services.

Insurance Coverage

Most health insurance companies, including Medicare, cover most cardiopulmonary services. Some companies may require pre-authorization. At your request, our business office would be happy to verify your insurance coverage for you.

contact us

For More Information

If you would like more information about Cardiopulmonary Services, please talk with your physician or call **406-823-6610**.