



## Heart Health Tidbits

**Cardiovascular disease is America's #1 killer, claiming the lives of more than 2.4 million American men and women each year.\***

*\*Source: Centers for Disease Control and Prevention*

**Cardiovascular disease accounted for 38% of all deaths (1 of every 2.6 deaths) in the United States in 2002.\***

*\*Source: American Heart Association*

The Cardiac Center of Creighton University Medical Center is a leader in the fields of cardiovascular research, clinical education, and early detection and prevention of cardiovascular disease. The Cardiac Center has more than 240 healthcare professionals, including cardiologists, nurses, pharmacists, exercise specialists and dietitians, committed to keeping you and your family heart healthy. If you or someone you love wants the best in cardiac care, call The Cardiac Center at (402) 280-4566

**Only 13 percent of American women consider cardiovascular disease their greatest health threat; however, statistics show that no other disease claims as many women's lives as heart disease.\***

The award-winning Cardiac Center of Creighton University Medical Center features four female cardiologists and two nurse practitioners who understand the unique concerns associated with women and heart disease. They are mothers, daughters, sisters, friends...and would be honored to be your doctors. For more information about the professional staff at The Cardiac Center, call 280-4566.

*\*Source: American Heart Association*

**70.1 million Americans have some form of cardiovascular disease, including diseases of the heart, stroke, high blood pressure, congestive heart failure, congenital cardiovascular defects, hardening of the arteries and other diseases of the circulatory system.\***

If your healthcare provider suggests you or a loved one see a cardiologist, ask for a referral to The Cardiac Center of Creighton University, part of the award-winning Creighton University Medical Center team.

*\*Source: Centers for Disease Control and Prevention*

**Healthy food habits can help you reduce three of the major risk factors for heart attack -- high blood cholesterol, high blood pressure and excess body weight. They'll also help reduce your risk of stroke, because heart disease and high blood pressure are major risk factors for stroke.\***

*Recipes from the Heart* is a cookbook filled with heart healthy recipes from The Cardiac Center faculty, staff, patients and friends. It includes exciting new meal selections and tried-and-true favorites modified to enhance heart health. The cookbook provides appetizing recipes that can serve as part of your everyday meal plans or for any special occasion. *Recipes from the Heart* is available at The Cardiac Center for just \$10. For more info, call The Cardiac Center at 280-4566.

*\*Source: American Heart Association*

**Each year, more than \$33 billion in medical costs and \$9 billion in lost productivity due to heart disease, cancer, stroke and diabetes are attributed to diet.\***

The Cardiac Center offers cooking classes to teach heart healthy cooking techniques. Each class focuses on a different type of cuisine and cooking style. After each class, the participants dine on the food prepared during the session. Classes are offered periodically through the year; prices range from \$10 - \$20 per class depending on the cuisine. For more information, call Rita Frickel, The Cardiac Center's registered dietitian, at 280-4950.

*\*Source: Centers for Disease Control and Prevention*

**An estimated 300,000 U.S. adults die each year of causes related to obesity.\***

Heart-Lite is a personalized program for weight loss and heart-healthy lifestyle changes. The program includes personalized health assessment by a board-certified cardiologist or nurse practitioner; individual nutrition planning created by a registered dietitian; behavior modification counseling; and customized exercise programming. Participants must have risk factors for heart disease to enroll. The cost of the program is based on each participant's individual needs and goals. A portion of the cost may be reimbursed by health insurance. For more information about The Cardiac Center's Heart-Lite program, call 280-3428.

*\*Source: JAMA*

**Cigarette smoking is the most important preventable cause of premature death in the United States. It accounts for more than 440,000 of the more than 2.4 million annual deaths.\* About 48 million Americans smoke cigarettes, but most (more than four in five smokers) are either actively trying to quit or want to quit.\***

Commit to Quit is Creighton's successful smoking cessation program. Commit to Quit includes eight 1-hour, small group sessions held over a period of two months. Classes focus on topics including preparing for change, identifying triggers, coping techniques, stress management and more. For more information about Commit to Quit, call Tim Grollmes at The Cardiac Center at 280-5287. Tim is the only certified Tobacco Treatment Specialist - Masters Level in the region. He has provided tobacco cessation treatment at The Cardiac Center for the past 4 ½ years and has been a key factor in hundreds of patients "kicking" their tobacco habit

*\*Source: American Heart Association*