

Cardiothoracic & Vascular Surgery

Deepak M. Gangahar, MD
Giles S. Hedderich, MD
R. Kent Jex, MD
Steve Tyndall, MD
James H. Wudel, MD

Interventional Cardiology

Paul S. Bajwa, MD
Erich Fruehling, MD
Denes Korpas, MD
Douglas Kosmicki, MD
Steven L. Martin, MD
Douglas D. Netz, MD

Electrophysiology

Stephen J. Ackerman, MD
Peter Gallagher, MD

Invasive Cardiology

Roque Arteaga, MD
Kaliprasad N. Ayala, MD
Pradipta Chaudhuri, MD
Peter N. Dionisopoulos, MD
Rick Heirigs, MD
Anuj Jain, MD
Omar Nass, MD
Rebecca S. Rundlett, MD

Anesthesiology

Eric Crimmins, MD
Joseph Petty, MD
Ryan Schmidt, DO

Nebraska Heart Locations

Medical Office Building
7440 South 91st Street
Lincoln, NE 68526
(402) 489-6555

Saint Elizabeth Hospital Campus
555 South 70th Street
Lincoln, NE 68510
(402) 486-8000

3154 18th Avenue, Suite 2
Columbus, NE 68601
(402) 564-7756

3515 Richmond Circle
Grand Island, NE 68803
(308) 381-8636

Mary Lanning Hospital Campus
715 North Kansas Avenue, Suite 200
Hastings, NE 68901
(402) 461-5064

Great Plains Regional Medical Center Campus
1307 South Oak Street
North Platte, NE 69101
(308) 532-5522

Nebraska Heart Institute Heart Hospital

7500 South 91st Street
Lincoln, NE 68526
(402) 327-2700

Heart Improvement Program



Heart Failure

Heart failure affects nearly 5 million Americans with more than 500,000 new cases diagnosed each year. Congestive heart failure remains the number one reason for hospitalization admissions for those over the age of 65. The Nebraska Heart Institute's Heart Improvement Program is a comprehensive program designed to provide necessary tools to individuals with heart failure to better manage their chronic illness. The program uses a team approach to provide individual assessment, ongoing support and education on what patients can do to feel better and reduce their risk of hospitalization.

Mission

- Provide comprehensive education that is individualized for patients and their families to help improve symptoms and quality of life.
- Provide state-of-the-art (evidence-based) care for advanced heart failure.
- Assist in early recognition of signs and symptoms of congestive heart failure in an attempt to decrease hospitalizations and financial costs to the patient and family.
- Provide access to clinical trials with medications and devices.
- Continuity of provider care while tailoring therapy to the individual patient's needs.
- Promote self care through education on diet, monitoring weight daily and recognition of symptoms leading to congestive heart failure.

Team Approach

It has been proven through research that individuals with a history of heart failure who participate in a structured program have fewer complications and hospitalizations. Heart Improvement Program participants have a team of healthcare professionals involved in their care which include:

- Cardiologists
- Nurse practitioners and physician assistants who specialize in heart failure management
- Nurses
- Dietitians
- Pharmacists
- Exercise physiologists
- Social workers

Education

Heart Improvement Program participants will learn to successfully manage their heart failure through:

- Understanding the causes and symptoms of heart failure
- Importance of lifestyle changes – diet, exercise, monitoring home weight and fluid guidelines, and smoking cessation
- Understanding a medication program
- Knowing when to contact their doctor or heart failure team

For more information, contact the Nebraska Heart Institute's Heart Improvement Program at (402) 328-3890.

Heart Improvement Program

Anuj Jain, MD

Program Medical Director



Dr. Jain received his medical degree and completed an internal medicine residency from Maulana Azad Medical College, Delhi, India.

He then completed an internal medicine residency at New York Medical

College and Lincoln Medical Center, New York, NY, followed by a postdoctoral fellowship in cardiology at the University of Missouri Hospital and Clinics, Columbia, Missouri.

Dr. Jain is board certified by the American Board of Internal Medicine and its subspecialty boards of cardiovascular disease and nuclear cardiology.

Andrea Lonowski, MSN, APRN, NP

Program Coordinator



Andrea Lonowski received her bachelors in nursing at Nebraska Wesleyan University in Lincoln, Nebraska. In 2001, she received her masters in nursing and family nurse practitioner certification at

Clarkson College in Omaha, Nebraska. She has practiced with the Nebraska Heart Institute since 2001 and currently works with congestive heart failure patients in the Heart Improvement Program.