

If you checked two or more statements, you may be at risk for a heart attack or stroke. If you checked any of the last three, that automatically places you in the high risk category. It is recommended that you visit with your healthcare provider for a complete assessment of your risks.

Elevated cholesterol is a risk factor that can be managed with diet, exercise, and medication. In order to reach a goal that will reduce the risk of cardiovascular disease, it may be necessary to be seen by a specialty group such as the Lipid and Heart Attack Prevention Program at the Nebraska Heart Institute. Keep your heart healthy and determine if you need to make any changes that could affect you for the rest of your life!

For more information or to make an appointment, call the Nebraska Heart Institute:

(402) 328-3990 or
(800) NHI-DOCS

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
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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
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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

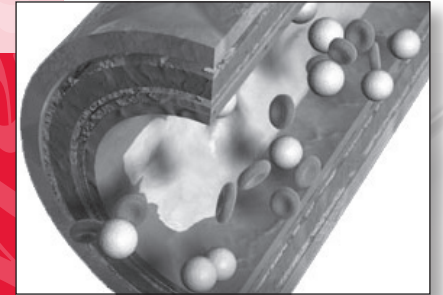
Mary Lanning Hospital Campus
715 North Kansas Avenue, Suite 200
Hastings, NE 68901
(402) 461-5064

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

Lipid and Heart Attack Prevention Program



we're all heart

High Cholesterol

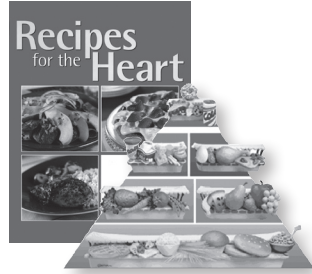
It has no warning or symptoms, yet it can cause serious health problems and is a serious risk factor for coronary artery disease. High cholesterol along with diabetes, obesity, inactivity, smoking, high blood pressure, and diet can all contribute to heart disease.

Cholesterol can be broken down into three components: low-density lipoproteins (LDL), high-density lipoproteins (HDL) and triglycerides.

Levels of each component can be assessed to determine an individual's risk for heart disease. LDL is known as the "bad" cholesterol and contributes to plaque formation, which leads to blockages in the arteries. HDL is considered the "good" cholesterol because it helps to remove cholesterol from the body. Triglycerides are a source of energy for the body, however, too high of a level is not healthy; high triglycerides, especially with low HDL, may indicate a risk.

Program Services

The Nebraska Heart Institute Lipid and Heart Attack Prevention Program specializes in treating people with elevated cholesterol and triglyceride levels. The program involves medical evaluation, lifestyle assessment, blood testing, diet and exercise counseling, and medication therapy. The Program's healthcare team includes cardiologists, registered nurses, exercise



physiologists, dietitians, medical assistants, physician assistants, and nurse practitioners.

An alarming number of patients who have had previous heart attacks, coronary artery bypass surgery, or angioplasty return later with advanced heart disease. Many of these patients never had effective control of their blood cholesterol levels. Just as worrisome, are individuals with no heart disease history who never get their cholesterol levels checked or risks assessed. The Lipid Program recognizes the consequences that high cholesterol may have. By maintaining a healthy cholesterol level, you can reduce your risk of having a heart attack or developing heart disease.

Risk Factors

Important risk factors for heart disease that you can control or treat include:

- Smoking
- High blood pressure
- High blood cholesterol
- Diabetes
- Overweight or obesity
- Physical inactivity
- Diet intake - high in saturated fats and sugars

Risk factors you cannot control:

Age/gender:

Levels in men and women begin to increase at about age 20; premenopausal women generally have lower levels than men of the same age.

Heredity: Unfortunately, we don't have control in the genes we inherit. Genes can influence how your body makes and handles cholesterol.

It is recommended that men and women over the age of 20 have their cholesterol checked at least once every five years. Those with a family history of heart disease may need to be checked more often.

The Lipid Program will see patients in the clinic by referral from the patient's primary care physician. This visit can be for a one time assessment and recommendation or for continued follow up.

For more information about the Lipid and Heart Attack Prevention Program, please call:

(402) 328-3990
or email lipids@neheart.com.

Our location is:
NHI Lincoln
Medical Office Building
7440 South 91st Street



Peter Dionisopoulos, MD, FACC
Medical Director
Lipid & Heart Attack Prevention Program

Are you at risk?

- Age/Sex.** Male over 45, female over 55 or postmenopausal or had ovaries removed.
- Family History.** Father/brother had a heart attack before age 55; or my mother/sister had one before age 65; or my mother, father, sister, brother or grandparent had a stroke.
- Blood Pressure.** 140/90 mm Hg or higher or I don't know.
- Tobacco Smoke.** I smoke, live, or work with people who smoke every day.
- Total Cholesterol.** Total cholesterol is 240 mg/dl or higher or I don't know.
- HDL Cholesterol.** HDL cholesterol is less than 40 mg/dl or I don't know.
- Physical Activity.** Less than 30 minutes of exercise on most days.
- Overweight.** 20 lbs or more.
- Diabetes.** Have diabetes or control blood sugar with medication.
- Heart Disease Medical History.** Have coronary heart disease, atrial fibrillation or other heart condition(s), or have had a heart attack.
- Peripheral Vascular Disease or Stroke Medical History.** Have carotid artery disease, have had a stroke or TIA (transient ischemic attack); or have a disease of the leg arteries, a high red blood cell count or sickle cell anemia.

See reverse for results