



The NHI Women's Heart Program may be able to help you reduce your risk of cardiovascular disease through the assessment of risk, evaluation for the presence of heart disease and state-of-the-art cardiovascular treatment.

For specific questions related to women's heart health or to make an appointment, call the Nebraska Heart Institute at: (402) 489-6555 or (800) 644-3627.

*The Nebraska Heart Institute is proud to be the exclusive regional sponsor of Go Red for Women.*



American Heart Association  
*Learn and Live*

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### **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  
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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

# *Women's Heart Program*



[www.nebraskaheart.com](http://www.nebraskaheart.com)

**NHI**  
Nebraska Heart Institute  
WOMEN'S HEART PROGRAM

**Did you know . . .**

*Heart disease is the number one killer of women, yet only 21 percent of American women view heart disease as a health threat.*



**Heart Disease is Equal Opportunity**

- Heart disease is the number one cause of death in women over the age of 35.
- Since 1984, cardiovascular disease has claimed the lives of more women than men.
- One in three women over the age of 20 have some form of cardiovascular disease.
- One out of four women compared with one out of five men will die within one year after having a heart attack.
- Each year 460,000 women die from heart disease or stroke in the U.S.
- Often women are more likely to have symptoms, but less likely to seek evaluation for heart disease.
- The symptoms of heart disease in women may be different than traditionally noted in men.
- Risk for cardiovascular disease may be increased for certain ethnic groups.

**Risk Factors in Women**

- High blood pressure
- High cholesterol
- Smoking
- Family history of heart disease
- Diabetes
- Sedentary lifestyle
- Postmenopausal
- Obesity (including even a modest weight gain of 11-25 pounds)



**Risk Factor Management**

Management of risk factors can significantly reduce a woman’s risk from developing heart disease. Although some factors are beyond one’s control, a woman can significantly alter her cardiovascular risk profile by moderate changes in lifestyle (diet, exercise, and smoking cessation).

**What the Nebraska Heart Institute is Doing to Help**

The Nebraska Heart Institute (NHI) Women’s Heart Program offers comprehensive cardiovascular care for women. The program is committed to providing the most up-to-date information and care regarding the assessment of risk, evaluation for the presence of heart disease and state-of-the-art cardiovascular treatment for women.

**Our program will help you to:**

- Assess your risk
- Define whether further diagnostic or screening studies are appropriate
- Choose from an array of testing regarding heart disease
- Understand treatment for heart disease
- Design a heart-health lifestyle including diet, exercise, and stress management
- Evaluate hormone replacement therapy

The Women’s Heart Program at NHI partners with your primary care physician.



**Rebecca S. Rundlett, MD**  
Women’s Heart Program Medical Director

**Mini-Risk Assessment**

Below is a mini-risk assessment for cardiovascular disease. To find out your risk, total the number of points below. If your score is 6 points or more, you should consider some risk modification and discuss this questionnaire with your physician.

	<b>Points</b>
• Age greater than 45	1
• Age greater than 60	3
• Total cholesterol over 200	2
• Total cholesterol over 240	4
• HDL cholesterol less than 40	2
• Smoker	4
• Blood pressure over 140 (systolic)	3
• Blood sugar over 140 or history of diabetes	3
• Weight 10 lbs. or more over ideal	2
<b>Results</b>	
0-5	Keep up the healthy lifestyle
6-10	Consider some risk modification
10-15	Annual or biannual risk assessment
15-18	Take charge now for prevention
+18	Risk modification now can prevent cardiovascular events in the future

The full version risk factor assessment can be found on the Nebraska Heart Institute website at [www.nebraskaheart.com](http://www.nebraskaheart.com).