

Heart Action



at The Cardiac Center of Creighton University

July, 1995

We Are Accredited by JCAHO— WITH COMMENDATION!

The Cardiac Center completed the second and final phase of JCAHO (Joint Commission) accreditation on March 14, 1995. We have recently been notified that we received a full three-year accreditation with commendation.

The JCAHO defines this accreditation as “the highest level awarded to organizations that have demonstrated exemplary performance.” Only one out of four free-standing ambulatory centers that attempt JCAHO accreditation receive this designation.

Our staff spent 12 months preparing for accreditation. The survey process was a rigorous one. An administrator

and a physician spent a total of four days on site interviewing staff, inspecting the facility, reviewing records of patient care, and observing practice to see if all was in compliance with Cardiac Center Policy and JCAHO standards. Upon completion, there were no deficiencies found!

What does this mean to you, the customer? It is a professional “seal of approval” letting you know that we are willing to do what it takes to provide the highest quality of care and service. We are also continuously focusing on improving our services, so let us know how we can better serve you.

CEN Hospitals Above Standard

by **Syed Mohiuddin, MD**
Associate Director, The Cardiac Center

Treatment of acute myocardial infarction has made major advances in the last decade. One of the most important being recognition of signs and symptoms, ECG findings, and prompt administration of thrombolytic therapy. These steps provide the means of establishing an early patency of the infarct-related coronary artery. However, other measures, such as use of ancillary drugs, i.e., aspirin, beta blockers and ACE inhibitors, also play a major role in the long-term prognosis of the acute myocardial infarction patient.

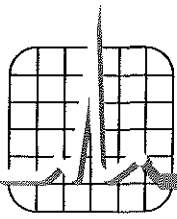
It is my pleasure to report that the Cardiac Emergency Network (CEN) of hospitals affiliated with the Creighton University Cardiac Center and Saint Joseph Hospital, have demonstrated that the care provided by these hospitals is as good or superior to most hospitals in the nation. In the most recent National Registry of Myocardial Infarction (NRMI) quarterly report, the important elements of acute myocardial infarction (AMI) care were reviewed.

	CEN Hospital 45 minutes	National 43 minutes
Time to Treat		
% ASA Therapy in AMI	88%	74%
% Intervention in AMI	68%	52%
% Beta Blocker Rx in AMI	75%	45%
% I.V. Beta Blocker Rx in AMI	41%	13%
% Ace Inhibitors in AMI	68%	23%

One of the major problems in treating acute myocardial infarction is the patient’s ability to recognize the seriousness of the symptoms and willingness to go to the hospital. The patients from CEN hospitals were much more likely to attend to their symptoms than the national average (60 minutes vs. 102 minutes). This reflects the excellent job of the patient and community education being done by the Cardiac Emergency Network hospitals and their staffs.

Proper and appropriate treatment of any disease process involves many steps and personnel, but it is crucial in the management of as lethal a disease as acute myocardial infarction. The NRMI data supports and acknowledges what we have known all along—that the medical, nursing, as well as administrative staffs of the CEN hospitals are in the forefront of the campaign to prevent death from cardiovascular causes.

Congratulations on a job well done.



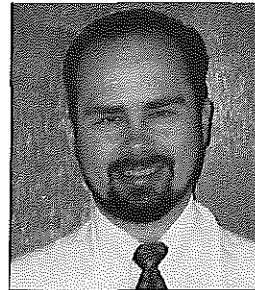
Fellows Come and Go!

The 1995 Class of Cardiology Fellows have left Omaha and are now practicing cardiology elsewhere. **Dr. Anil Khemani** is in private practice with **Dr. James Maloney** in Canton, Ohio. **Dr. Lacy Moraes-Finglass** has joined a group of physicians practicing in Tampa, Florida. **Dr. George Rizk** is in practice at the Northern Arizona Heart and Lung Center in Prescott, Arizona.

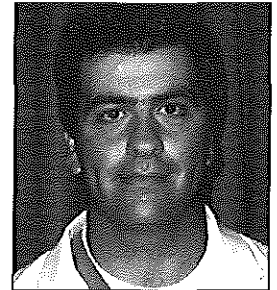
Dr. Jeffrey Groothuis (Class of 1996) has been appointed Chief Cardiology Fellow for the 1995-96 educational year.

The Class of 1998 began its work on July 3rd. The three members are: **Joseph Ayoub, MD**, a native of Hammana, Lebanon, **Richard Clark, MD**, from Denver, Colorado, and **Jim Terakubo, MD** was born in Tokyo, Japan.

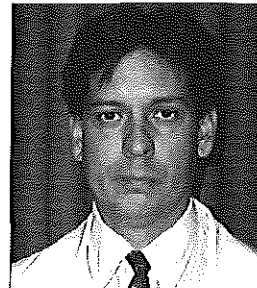
All three physicians are 1992 graduates from Creighton University's School of Medicine. They have each completed a residency in Internal Medicine at Creighton affiliated hospitals.



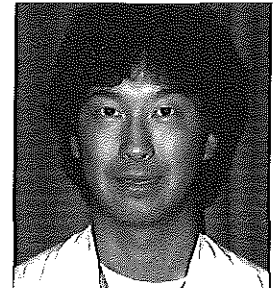
Jeffrey Groothuis, MD



Joseph Ayoub, MD



Richard Clark, MD



Jim Terakubo, MD

New ICD Follow-up System Studied

by **Timothy Ryan, RN**
DIAS Supervisor

The Creighton Cardiac Center is currently one of five centers in the nation doing clinical trials with the Ventritex Housecall system. This system allows the Diagnostic and Interventional Arrhythmia Services staff to monitor the ICDs made by Ventritex over the telephone.

We are able to check the battery status and also determine if they have received any therapy from the device. We can also retrieve "real time" as well as stored electrocardiograms from the patient's ICD. The system

allows us to fully evaluate the device and, if the patient received therapy, whether or not the programmed therapy is best for them.

Transtelephonic monitoring of pacemakers has been around for many years. It has allowed physicians to monitor the pacemaker from the patient's home. This saved the patients many trips to the physician's office.

With the development of implantable cardioverter defibrillators (ICDs), there was no means of evaluating these devices without a visit to the physician's office. Over the last several years, the ICDs have advanced to the point of being more self-sufficient. This means less visits to the physician's office.

Cooking Schools Show and Tell

by **Mary Watson, MS, RD, CN** Coordinator of
PIC Nutrition Services

The Food Pyramid is the basis of a well- balanced, heart-healthy diet. It represents how we should think about building our plates at meals, what our grocery carts should resemble and how the food in our cupboards should stack up.

Recently, the *Eating in America Today II* (Eat II) dietary intake and attitude survey, revealed that Americans are not following the Food Guide Pyramid recommendations. All segments of the population under-consumed in the vegetable, fruit, bread and milk groups and over-consumed fats, oils and sweets. Meat was the only food group consumed in appropriate amounts.

On average, only one serving of fruits are consumed daily in comparison to the recommended 2-4 daily servings; two servings of vegetables are consumed daily in comparison to the recommended 3-5 servings; 1-3 servings from the milk, yogurt and cheese group in comparison to the recommended 2-3 servings; 5.1 servings of bread, cereal, rice and pasta in comparison to the recommended 6-11 servings; and 3.5 servings from the fats, oils and sweets, which is recommended in limited amounts!

Even more interesting, the survey revealed that both men and women think they eat more servings from the vegetable, fruit, milk groups than they actually consumed. Both men and women underestimate how much food they eat from fats, oils and sweets category.

Popular literature recommends to Americans to supplement their diet with a variety of vitamin and minerals. If you consume a diet which meets food pyramid recommendations, supplementation will probably not be necessary.

Upcoming cooking schools at The Cardiac Center will provide participants with new ideas on how to create the food pyramid in their own diets.

Scheduled classes include:

July 17th 5:30 - 7:30 P.M. Heart Healthy Ice-creams, sorbets, frozen yogurt and sherbet;

July 25th 5:30 - 7:30 P.M. Creative Lasagnas Cooking School with **Barb Berry, RD**;

August 3rd 5:30 - 7:30 P.M. Heart Healthy Cooking With Summer Produce;

August 9th 5:30 - 7:30 P.M. Gourmet India Cooking with **Mrs. Ayesha Mohiuddin**;

August 15th 7:00 - 9:00 P.M. Weight Loss Through Healthy Exchanges with **JoAnna Lund**;

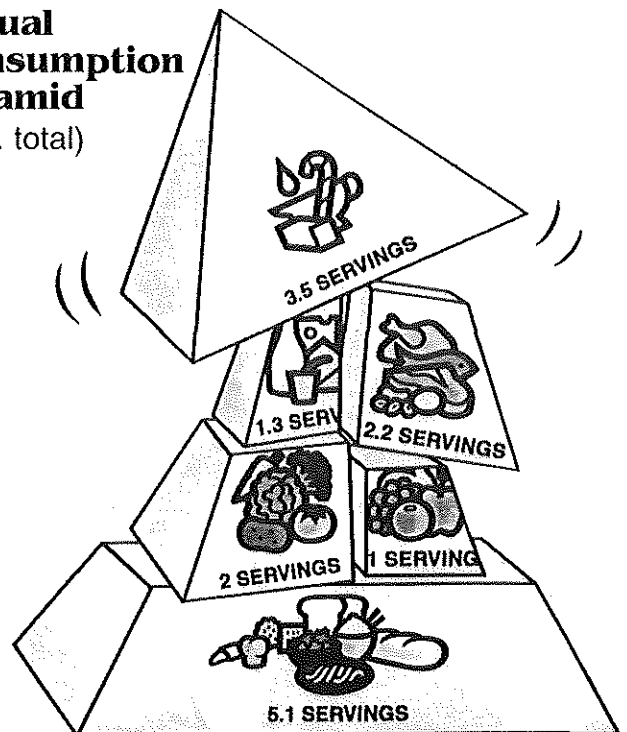
September 16th 10:00 A.M. - Noon Lean Soul Cuisine with **Lora Marshbanks, RD**;

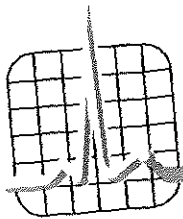
September 22nd 6:00 - 8:00 P.M. Heart Healthy Mexican Cooking;

September 27th 5:30 - 7:30 P.M. Heart Healthy Cooking Basics.

Call **280-4929** to pre-register and for more information about classes including menus and class fees.

Actual Consumption Pyramid
(U.S. total)





Recipe From the Cardiac Center of Creighton University
PIZZA PRIMAVERA

Quick Rising Dough

- 1 3/4 - 2 cups all-purpose white flour
- 1 package rapid rise yeast
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 2/3 cups water
- 1 teaspoon olive oil

In a large mixing bowl, stir together flour, yeast, salt and sugar. Combine water and oil, heat to 125-130 degrees. With a wooden spoon, gradually stir oil and water into flour mix. Mix well. Gradually add enough of remaining flour to make a firm, soft, dough. Turn onto lightly floured surface. Knead 8-10 minutes, or until smooth. Cover with plastic and let set for 10 minutes. Roll out dough into 1 pizza crust.

Pizza

- cornmeal
- 1 cup not-fat, grated mozzarella cheese
- 1 cup pizza sauce
- fresh basil, chopped
- 4 cups fresh vegetables, i.e. sliced tomatoes, zucchini, mushrooms, onion, green, red and yellow peppers, artichokes, etc.

Pre-heat oven to 500 degrees F. Dust pizza pan with cornmeal. Place dough into pan. Spread cheese, pizza sauce, basil, then vegetables on dough. Bake for 10-14 minutes, or until the crust is crisp and brown.

Yield: 8 slices

Nutrition Information Per Slice:

Calories	150
Fat	1.2 grams
Saturated Fat	0 grams
Cholesterol	.7 milligrams
Sodium	279 milligrams
Fiber	2.5 grams

Recipe From The Cardiac Center of Creighton University
CHOCOLATE UPSIDE DOWN FUDGE CAKE

- 3/4 c. sugar
- 2 Tablespoons cocoa
- 1/4 teaspoon salt
- 1 cup flour
- 1 teaspoon baking powder
- 1/2 c. skim milk
- 1 teaspoon vanilla extract
- 1 tablespoon liquid margarine, melted
- vegetable oil spray
- 1/2 c. sugar
- 1/2 c. brown sugar
- 3 tablespoons cocoa
- 1 cup boiling water

Combine first eight ingredients in a bowl; mix well. Spray a 8x8, 9x9 or 7x11 inch cake pan with vegetable oil spray, pour in batter. Combine sugar, brown sugar, boiling water and cocoa. Pour over batter. Bake for 40 minutes at 350 degrees.

Yield: 12 servings

Nutrition Information Per Serving:

Calories	180
Fat	1 gram
Saturated Fat	trace
Cholesterol	trace
Sodium	120 milligrams
Fiber	trace

Recipe From The Cardiac Center of Creighton University
RED PEPPER TORTELLINI SALAD

- 1/2 c. orange juice
- 1 Tablespoon cornstarch or flour
- 1/4 teaspoon paprika
- 2 Tablespoons vinegar
- 1 Tablespoon honey
- 1 Tablespoon spicy brown mustard
- 2 cups cheese tortellini
- 1 medium-sized red bell pepper, cubed
- 1 medium cucumber, cubed
- 2 cups cantaloupe, cubed
- 1 Tablespoon lemon juice

Combine first 6 ingredients in a saucepan; stir well. Bring to a boil and cook for 1 minute, stirring constantly. Dressing will become thick. Remove from heat, pour into a bowl. Cover and chill.

Combine red pepper, cucumber, cantaloupe, tortellini and orange juice dressing. Add lemon juice. Mix well. Refrigerate before serving.

Yield: 2/3 cup salad dressing
 Yield: 8 cups 4 - 2 cup servings

Nutrition Information Per Serving:

Calories	185
Fat	3 grams
Saturated Fat	1 gram
Cholesterol	20 milligrams
Sodium	113 milligrams
Fiber	2 grams

Recipe From The Cardiac Center's Summer Recipe Exchange

CHICKEN WAIKIKI BEACH

Mary Ellen Myers
Cardiac Rehabilitation Participant

- 12 oz. chicken breast, without skin
- 1/2 c. flour
- Vegetable cooking spray
- 1/4 tsp. pepper
- 1 can (1 lb., 4oz.) sliced pineapple
- 1 c. sugar
- 2 Tbl. cornstarch
- 3/4 c. cider vinegar
- 1 Tbl light soy sauce
- 1/4 tsp ginger
- 1 low sodium chicken bouillon cube
- 1 large green pepper, cut crosswise into 1/4" circles

Wash and pat dry chicken. Coat with flour and spray with vegetable oil spray. Spray a large skillet and add chicken, a few pieces at a time, and brown on all sides. Meanwhile, preheat oven to 350 F. Drain pineapple, reserving juice. Add enough water to juice to make 1 1/4 c. In medium saucepan, combine sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon cube; bring to boiling, stirring constantly. Boil 2 minutes and pour over chicken. Bake uncovered for 30 minutes. Add pineapple slices and green pepper; bake 30 minutes longer, or until chicken is tender. Serve with fluffy white rice. Sprinkle with pepper.

Yield 4 servings
Nutrition Information Per Serving:

Calories	425
Fat	3.4 g
Saturated Fat	trace
Cholesterol	73 mg
Sodium	212 mg
Fiber	2 g

Recipe From The Cardiac Center's Summer Recipe Exchange
BAGELS
Frances Young
Cardiac Rehabilitation Participant

- 4 1/2 c. all purpose flour
- 2 pkg. active dry yeast
- 1 1/2 c. warm water (110 F.)
- 3 Tbl. sugar
- 1 teaspoon salt (optional)

In a large mixer bowl, combine 1 1/2c. flour and yeast. Combine water, sugar, and salt and add to dry mix. Beat at low speed for 1/2 minute with an electric mixer, scraping sides of bowl. Stir in, by hand enough flour to make a moderately stiff dough. Turn onto a lightly floured board. Knead 8-10 minutes. cover and let rest 15 minutes. Cut into 12 portions; shape in smooth balls. Punch a hole in the center of each ball with floured finger pull gently to enlarge hole. Cover and raise 20 minutes. In a large kettle combine 1 gallon of water and 1 Tbl of sugar. Bring to a boil and cook 4 to 5 bagels at a time, for 7 minutes, turning once. Drain and place in a baking sheet. Continue until all bagels are boiled. Bake at 375 F. for 30 - 35 minutes. For a glossy surface, place raised bagels on a baking sheet and broil 1 1/2 - 2 minutes on each side.

Yield 12 bagels
Nutrition Information Per Serving:

Calories	186
Fat	trace
Saturated Fat	0
Cholesterol	0
Sodium	200 mg.
Fiber	1.3 g.

Recipe From The Cardiac Center's Summer Recipe Exchange
CHERRY PING
Evelyn Martin
Cardiac Rehabilitation Participant

- 1 -20 oz. can light cherry pie filling
- 1/4 c. sugar
- 1/8 tsp. nutmeg
- 1/8 tsp. almond abstract
- 1 - 2 tsp. lemon juice

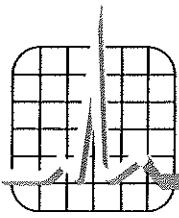
Combine all ingredients and turn into an 8" square baking pan. Set aside.

- 1/2 c. sugar
- 1/2 c. all purpose flour
- 1 tsp. baking powder
- 1 tsp. vanilla
- 1/4 c. egg substitute

Stir until dry ingredients are well blended. Drop mixture evenly over cherries by using a teaspoon. Bake at 375° F for 40 minutes. Top with powdered sugar.

Yield 9
Nutrition Information Per Serving:

Calories	168
Fat	0
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	63 mg
Fiber	.7 g



Educational Opportunities

Date	Title, etc.	Contact for Information	Date	Title, etc.	Contact for Information
7/5	Cardiac Rehabilitation Patients Class "Q & A About Your Medications" by Karen Hardy, RN Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Terri Lynch, RN (402) 280-4613	7/26	Cardiac Rehabilitation Patients Class Film: "Active Partnership- Stress Management" by Tami Docken, RN Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613
7/6 ♦♦♦	EKG Conference by Michael D'Urso, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	7/27 ♦♦♦	Echo Conference by Alaa Shalaby, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
7/7 ♦♦♦	Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	7/28 ♦♦♦	Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
7/11	Journal Club by Syed Mohiuddin, MD Room 209, The Cardiac Center 6:00 - 8:00 P.M.	Lisa Brovold (402) 280-4626	8/2	Cardiac Rehabilitation Patients Class "Update on Invasive Techniques" by Martha Monnig, RN Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M. and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613
7/12	Cardiac Rehabilitation Patients Class "Diet and Your Blood Lipid Level" by Mary Watson, MS, RD, CN Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Terri Lynch, RN (402) 280-4613	8/3 ♦♦♦	EKG Conference by Jeff Groothuis, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
7/13 ♦♦♦	Echo Conference by Jeff Groothuis, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	8/4 ♦♦♦	Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
7/14 ♦♦♦	Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	8/7 ♦♦♦	Cardiology Grand Rounds by Alaa Shalaby, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
7/19	Cardiac Rehabilitation Patients Class "Exercise and Weight Loss" by Lisa Thalken, MA Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613	8/8	Journal Club by Syed Mohiuddin, MD Room 209, The Cardiac Center 6:00 - 8:00 P.M.	Lisa Brovold (402) 280-4626
7/20 ♦♦♦	CV Research Conference by Syed Mohiuddin, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	8/9	Cardiac Rehabilitation Patients Class "Reducing Saturated Fat & Cholesterol" by Mary Watson, MS, RD, CN Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613
7/21 ♦♦♦	Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	8/10 ♦♦♦	Echo Conference by Michael D'Urso, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
7/24 ♦♦♦	Cardiology Grand Rounds by Amy Arouni, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	8/11 ♦♦♦	Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
7/25	Journal Club by Syed Mohiuddin, MD Room 209, The Cardiac Center 6:00 - 8:00 P.M.	Lisa Brovold (402) 280-4626			

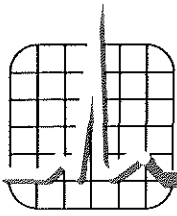
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♦♦♦ CME category 1 one hour credit given

Educational Opportunities

Date	Title, etc.	Contact for Information	Date	Title, etc.	Contact for Information
8/16	Cardiac Rehabilitation Patients Class "Exercise Trivial Pursuit" by Geri Moore, MA Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613	9/6	Cardiac Rehabilitation Patients Class "An Aspirin a Day..." by CVD Rehabilitation Staff Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613
8/17	◆◆◆ CV Research Conference by Julie Stading, PharmD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	9/7	◆◆◆ EKG Conference by Joseph Lynch, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
8/18	◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	9/8	◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
8/21	◆◆◆ Cardiology Grand Rounds "Syndrome X" by Aryan Mooss, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	9/12	◆◆◆ Journal Club by Syed Mohiuddin, MD Room 209, The Cardiac Center 6:00 - 8:00 P.M.	Lisa Brovold (402) 280-4626
8/22	Journal Club by Syed Mohiuddin, MD Room 209, The Cardiac Center 6:00 - 8:00 P.M.	Lisa Brovold (402) 280-4626	9/13	Cardiac Rehabilitation Patients Class "Grocery Shopping for Heart Health" by Mary Watson, MS, RD Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613
8/23	Cardiac Rehabilitation Patients Class "Medication Know How" by Karen Hardy, RN Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613	9/14	◆◆◆ Echo Conference by Adam Cohen, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
8/24	◆◆◆ Echo Conference by Joseph Ayoub, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	9/15	◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
8/25	◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	9/18	◆◆◆ Cardiology Grand Rounds by Dennis Esterbrooks, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626
8/30	Cardiac Rehabilitation Patients Class "Q & A About Your Risk Factors" by Tami Docken, RN Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613	9/20	Cardiac Rehabilitation Patients Class "Exercise Advice" by Lisa Thalken, MA Rehab Area, The Cardiac Center 8:30 A.M., 10:45 A.M., and at 2:15 P.M.	Karen Hardy, RN (402) 280-4613
9/1	◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626	9/21	◆◆◆ CV Research Conference by Julie Stading, PharmD Auditorium, The Cardiac Center 1:00 - 2:00 P.M.	Lisa Brovold (402) 280-4626

◆◆◆ CME category 1 hour credit given



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of CREIGHTON UNIVERSITY



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