

Heart Action



at The Cardiac Center of Creighton University

May, 1995

Another First for the Creighton Cardiac Center Catheterization Laboratory!

by **Michael Del Core, MD**
Medical Director of Invasive Laboratories

The Creighton Cardiac Center Catheterization Laboratory once again is at the forefront of technology. Recently Omaha's first two Percutaneous Transluminal Rotational Ablations (PTCRA) were performed by our staff. PTCRA, or the Rotablator is a unique treatment device that offers an alternative to traditional balloon angioplasty.

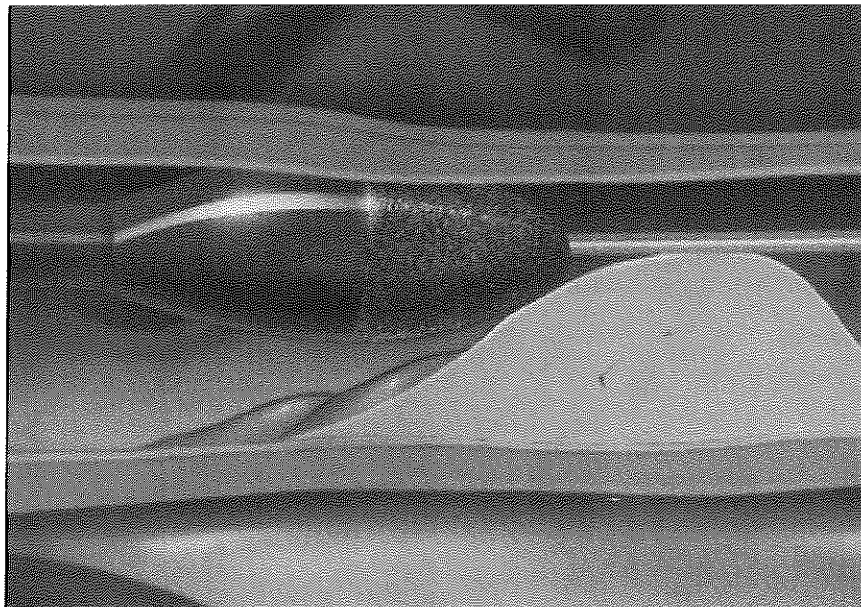
The Rotablator is a wire with a tiny football-shaped tip which is coated with microscopic diamond crystals. This burr is spun at high speeds (up to 190,000 rpm). It removes plaque by ablating the lesion into tiny particles that are generally smaller than a red blood cell.

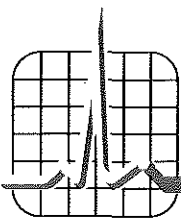
The Rotablator system is designed to remove only the plaque, rather than the surrounding tissue. It works on the

same principle as an orthopedic cast saw which can cut through a plaster cast without harming the elastic skin underneath. Inelastic materials such as plaque are ablated by the cutting surface, but elastic materials such as normal blood vessel walls deflect and are not ablated. The result is a smoother arterial surface with less trauma to the vessel wall.

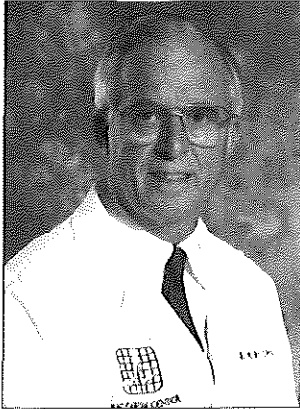
The Rotablator adds a new dimension to the treatment of coronary artery disease. In certain lesions (such as long, diffusely diseased and calcified segments), the Rotablator offers the patient an alternative for treatment in lesions previously difficult to treat by conventional means.

The use of the Rotablator required training and instruction at a certified center. **Dr. Paul Biddle** and I will be performing the procedure at The Cardiac Center.





From The Chief...



Not many years ago, saccharine and then apples were removed from the shelves of grocery stores. This was largely as a result of media hype seeking sensationalism. More recently, a *Washington Post* headline read, "Drug for Blood Pressure Linked to Heart Attacks. Researchers fear 6,000,000 are Imperiled."

Similar headlines appeared throughout the United States in both local and regional newspapers. As a result of these reports, doctors' offices were flooded with telephone calls. Patients refused to take their medications. At least one cardiologist was quoted as saying that one of his patients died subsequent to discontinuing his medication.

The above headlines referred to a class of drugs known as calcium channel blockers. They include nifedipine, diltiazem, and verapamil. They are sold under various brand names including Adalat, Calan, Cardizem, Dilacor, Isoptin, Procardia, and Verelan.

Approximately 50,000,000 Americans suffer from high blood pressure. Approximately 6,000,000 of these are being treated with calcium channel blockers and, according to the news media, have a heart attack risk 60% higher than patients taking other drugs to control their high blood pressure.

Were the above headlines justified? To answer this question, one needs to first examine the press release from the University of Washington (where Dr. Psaty and his co-investigators work) for the news report was based upon the research of these men and women. The news release began, "Calcium channel blockers, widely prescribed to lower high blood pressure, may actually increase the risk

of heart attack by as much as 60%, researchers at the University of Washington and Seattle found."

Without question, a 60% increase in the prevalence of heart attacks suggests a dramatic health hazard. However, in reality, the work of the University of Washington researchers demonstrated through a case controlled, retrospective study, which was subject to significant bias, that the incremental increase in risk associated with the use of calcium channel blockers was, at most, only 6 per 1,000 person years, which although correctly stated to be a 60% increase, was quite small, if not miniscule. Further, the study upon which the report was based did not differentiate the effects of different calcium channel blockers and dose forms, which among other potential biases, certainly could have confounded the results.

No careful investigator would condone the dramatic conclusions that were brought to public attention. Hence, carefully worded retractions appeared intermittently in the press, but the damage was done.

Today, in this era of frequent litigation, when the news media appears to be constantly seeking sensationalism, researchers and leaders in our profession have to be exceptionally careful with respect to the conclusions they draw from research and trials and in the terms they use to express their findings. Dramatization of results, no matter what they are, should never be condoned. Generalizations have to be carefully scrutinized before they are made, with careful consideration given to the impact they will have upon the public in general and specific individuals in particular.

Michael H. Sketch, Sr., MD
Chief, Division of Cardiology
President, The Cardiac Center

Nutrition Programs Target Wide Variety of Foods

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

Good nutritional intake at The Cardiac Center means not only eating low-fat, low-cholesterol and low-sodium, but also working with a wide variety of foods. Many Americans "micro-manage" their diet by focusing only on fat or cholesterol, frequently forgetting that there are over 45 nutrients necessary for good nutrition.

Nutrition classes scheduled for May and June include quite a range of topics and recipes to help participants eat a healthy diet. One of the classes featured a **Mediterranean Cooking School**, with Kathy Sarantos-Niver, a reporter with KM3TV, on May 17th. Kathy demonstrated her favorite recipes along with a discussion on the latest research on the Mediterranean diet.

Other classes offered in May included **Heart-Healthy Creative Main Dish Salads** on May 25th, from 10:00 A.M. to 12:00 Noon and again at 5:30-7:30 P.M. The menu included Roasted Red Pepper Tortellini Salad, Grilled Chicken Caesar Salad, and more.

On June 12th, from 5:30-7:30 P.M. join Margie Lamb, RD, consultant for the Nebraska Beef Council for our **Skinny Beef Basics Cooking School**. The Cardiac Center will host an **Accent on Vegetables Cooking School** on June 16-17th at 10:00 A.M. to Noon, and again on June 20th at 6:00-8:00 P.M. You can also attend the **Nutrition For the Exerciser Workshop** on June 22nd at 5:30-6:30 P.M., and on June 23rd at 11:30-12:30 P.M.

Call (402) 280-4929 to find out more about dates, times, and cost of upcoming cooking schools and workshops, or to obtain a complete schedule of events.

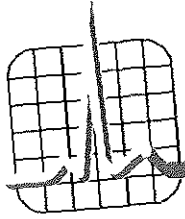
HONEY-MUSTARD GLAZED MICROWAVE CHICKEN

Recipe from The Cardiac Center of Creighton University's
Lean Poultry Cooking School
Guest Chef: Rebecca Brown
Promotion Specialist Poultry and Egg Division,
Nebraska Department of Agriculture

4 boneless, skinless chicken breast
1 teaspoon paprika
8 thin slices lemon
1/3 cup honey
1/3 cup spicy brown mustard
1 teaspoon dried onion
1/2 teaspoon lemon juice
1/2 teaspoon curry powder

Arrange chicken breast halves on microwave dish with meaty area toward the outside. Sprinkle chicken breast halves with paprika. Place 2 lemon slices on each breast. Cover loosely with wax paper and microwave on high for about 10 minutes, turning dish after 5 minutes. In a small microwaveable bowl, mix honey, mustard, onion, lemon juice and curry powder. Microwave sauce on high for 2 minutes. Spoon sauce over chicken and return to microwave. Cook on medium for about 2 minutes or until glaze is hot and fork can be inserted in chicken with ease.

Nutrition Information Per Serving
Calories: 246
Fat: 4.1 grams
Saturated Fat: 1 grams
Cholesterol: 73 milligrams
Sodium: 325 milligrams
Fiber: 0 grams



Recipe From The Cardiac Center of Creighton University's
 Growing and Cooking with Fresh Herbs Cooking School
HERBED LENTIL SALAD
 Guest Chef: Bonni Leiserowitz, L.P.N.

- 3 cooked lentils
- 6 cups water
- 3 bay leaves
- 1/2 cup finely diced carrots
- 1/2 cup seeded and finely diced tomatoes
- 1/2 cup finely diced onions
- 2 Tablespoons minced fresh Italian parsley or fresh thyme, sage, or marjoram
- 1/8 cup sherry wine vinegar
- 1 teaspoon fresh minced garlic
- 1 teaspoon fresh cilantro
- Salt
- 1/2 teaspoon freshly ground black pepper

If using dry, rinse and sort the lentils, then cook for 15 to 20 minutes in 6 cups of water with the bay leaves until done. Do not overcook, or the lentils may fall apart. When the lentils are done, drain and toss them with the vegetables, parsley or other fresh herbs. Season with sherry vinegar and garlic. Add salt and pepper to taste. Serve at room temperature or slightly chilled.

Yield: 5 -1 cup servings

| Nutrition Information Per Serving: | |
|------------------------------------|---------------|
| Calories | 204 |
| Fat | 0.7 grams |
| Saturated Fat | 0.1 grams |
| Cholesterol | 0 milligrams |
| Sodium | 35 milligrams |
| Fiber | 1.5 grams |

Recipe From The Cardiac Center of Creighton University's
 Pre-Summer Fun Cooking School

CAPRI SUMMER SALAD

Guest Chef: Art Epstien, Command Executive Chef
 Strategic Air Command, retired

- 1 large zucchini, tailed and chopped
- 1 large yellow squash, tailed, and chopped
- 1/2 small red cabbage, heart removed and shredded
- 1 small can chopped black jalapeno olives, drained
- 1 cup seedless red grapes, halved
- 3/4 cup fat-free Italian dressing
- 1/4 cup apple sauce
- 1/2 cup fat-free mayonnaise
- 1 teaspoon Italian spices

Combine all ingredients and mix well. Chill one hour before serving.

Yield: 8- one cup servings

Nutrition Information Per Serving:

| | |
|---------------|----------------|
| Calories | 50 |
| Fat | 1 gram |
| Saturated Fat | trace |
| Cholesterol | 0 milligrams |
| Sodium | 450 milligrams |
| Fiber | 1 gram |

STRAWBERRY PIE

Recipe From The Cardiac Center of Creighton University

- 3/4 cup Nilla or graham cracker crumbs
- 1 1/2 tablespoons light margarine
- 1 1/2 cups water
- 3/4 cup sugar
- 2-3 tablespoons cornstarch
- 1 -3 oz. package diet strawberry jello
- 3 cups fresh strawberries, sliced

1. Combine crumbs and margarine. Pat into a 9" pie plate.
2. In a small saucepan, combine water, sugar and cornstarch. Cook until thick and clear about 4 minutes.
3. Add jello to cornstarch mixture.
4. Place sliced strawberries in pie plate. Pour jello/cornstarch mixture over strawberries.
5. Refrigerate until firm, about 2 hours.

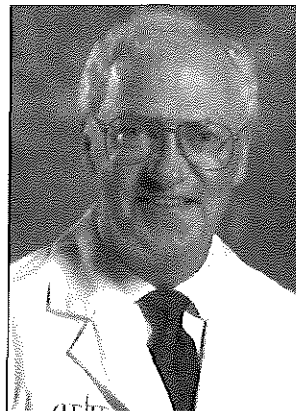
Yield: 1 pie, 8 servings

Nutrition Information Per Serving:

| | |
|---------------|----------------|
| Calories | 168 |
| Fat | 2.5 grams |
| Cholesterol | 0 milligrams |
| Saturated Fat | 0 milligrams |
| Sodium | 132 milligrams |

Dr. Lynch Dedicated Teacher Awardee

The School of Medicine Ad Hoc Committee on Faculty Awards has selected Cardiologist, **Joseph Lynch, MD**, as the 1995 recipient of the “**Dedicated Teacher Award.**” He was nominated by peers, and endorsed by the students. A letter from Thomas Cinque, MD, Dean of the Medical School, states, “... this award recognizes your achievement and outstanding reputation...it recognizes your contributions over the years and your dedication to student development.” Dr. Lynch also is a consulting cardiologist at Iowa hospitals in Atlantic and Harlan. Congratulations Dr. Lynch!



Joseph Lynch, M.D.

EKGs Are Vital Tool

by **Patricia A. Wilson**, Supervisor
EKG & Exercise Stress Test Lab

As a graphic tracing of the variations in electrical potential caused by excitation of the heart muscle and detected at the body's surface, the EKG is a vital diagnostic tool used by physicians in patient care.

We are a 24-hour, 7 days a week service for inpatients at Saint Joseph Hospital. We also provide this service in The Cardiac Center's outpatient care building. Our staff of eight full-time and 11 part-time Technicians perform approximately 1,550 EKGs monthly.

We provide our service throughout the hospital, including the Coronary Care Unit, the Intensive Care Unit, the Emergency Department, the Pediatric Unit, and the Pediatric Intensive Care Unit.

A variety of symptoms call for an EKG, including chest pain, shortness of breath, fainting, arrhythmias, for pre-operative purposes, drug evaluations, to determine myocardial infarctions, and after by-pass surgery.

The staff uses portable, computerized units. This equipment has the capacity to retrieve old data if the patient has prior records. After the cardiologist interprets the EKG, our Lab is responsible for transcribing and sending reports to the nursing station.

We are also responsible for conducting stress/exercise tests on patients in the hospital and at The Cardiac Center building. Stress testing is performed to evaluate arrhythmias, to screen for ischemic heart disease, and entry into the cardiac rehabilitation program. It may also be done in conjunction with echocardiography and/or Nuclear Scintigraphy.

We perform approximately 150 stress tests a month at both locations. Our Technicians also transcribe and send

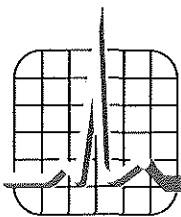
the report to the nursing stations and to the referring physicians.

Holter Monitor hook-ups are another responsibility of the EKG & Exercise Test Lab. In October of 1993, the Dataphone Department became a part of our Lab. EKGs are transmitted through the E-Scribe system. Our Dataphone Technician transcribes and remits a report back to the appropriate Dataphone station. We currently have 60 Dataphone stations, which generate 750 EKGs each month.

Each member of our staff must be BCLS certified. The combined service of our staff at The Cardiac Center totals 52 years of experience in the performance of EKG & Exercise Testing. This level of expertise is essential, as we meet our “round-the-clock” responsibilities.



from left: Laura Cox (Technician II), Scott Griffin (Technician I), Freddl Walls (Technician II), Tracey Wollenburg (Technician II and Coordinator of Outpatient EKG & Stress Lab Clinic), Maggie Kankam (Technician II), Judy Watson (Technician II and Assistant Supervisor), and Patricia Wilson (Supervisor)



Scientific Session at the Zoo!

Area physicians have been invited to a scientific session at the Henry Doorly Zoo on Saturday, July 22nd, entitled **The Athlete and Heart Disease: Diagnosis, Screening and Evaluation**. And while they are attending the conference, their families may enjoy Omaha's outstanding zoo.

Athletic Directors and Trainers who may benefit from participating in this relevant conference are cordially invited.

Barry J. Maron, MD, from the Minneapolis Heart Institute Foundation, will speak on the topic of "Athletes and Sudden Death." The agenda also includes lectures on: "Evaluation of Athletes Presenting With a Heart Murmur" by **Syed Mohiuddin, MD**; "Evaluation of Athletes Presenting with ECG Abnormalities or Arrhythmias" by **Nazih Kadri, MD**; and "Decision-Making for Participation in Sports Activity in Athletes with Acquired/Congenital Heart Disease" by **Dennis Esterbrooks, MD**.

The morning will begin with a continental breakfast at the Zoo's TreeTops Restaurant at 7:45 a.m. for all our guests (participants and families). The scientific lectures will start at 8:30 A.M. in the Wild Kingdom Auditorium. Zoo tickets will be provided for family and/or guests of participants. After the adjournment at 12 Noon, participants may join their families and/or guests and enjoy the zoo.

There will be a minimal registration fee of \$25.00 to cover the conference costs and zoo passes. The conference is sponsored by the Creighton University Cardiac Center and the Continuing Medical Education Division. Please call the Creighton University Continuing Medical Education Division at 402/280-1830 to register. The conference is approved for 3 hours of category I AMA credit.

Cardiology Fellow Takes Third at CGC

Anil Khemani, MD, a third-year Fellow at The Cardiac Center, was selected third best for his poster presentation at the first annual meeting of the Council of Geriatric Cardiology. Dr. Khemani's topic was, "Echocardiographic Predictor of Survival in Elderly Coronary Artery Diseased Patients with Mild to Moderate Mitral Regurgitation." Co-authors of this research were: **Syed Mohiuddin, MD**, **Mark Oberlie**, **Kay Ryschon, MS**, **Ceacy Cook**, and **Daniel Hilleman, PharmD**.

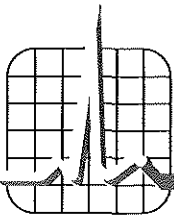
Educational Opportunities

| Date | Title, etc. | Contact for Information |
|------|---|-----------------------------------|
| 5/1 | Cardiology Grand Rounds "AICD Update" by Karen Rovang, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/3 | Cardiac Rehabilitation Patients Class "Understanding Angina" 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 |
| 5/4 | ◆◆◆ EKG Conference by Alan Kaneshige, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/5 | ◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/9 | Journal Club by Syed Mohiuddin, MD Room 209, The Cardiac Center 6:00 - 8:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/10 | Cardiac Rehabilitation Patients Class "Diet & Heart Disease Update" 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 |
| 5/11 | ◆◆◆ Echo Conference by Amy Arouni, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/12 | ◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/15 | ◆◆◆ Cardiology Grand Rounds by Jeff Groothuis, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/17 | Cardiac Rehabilitation Patients Class "Exercising Outdoors - Warm Weather Precautions" by Geri Moore, MA 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 |
| 5/18 | ◆◆◆ CV Research Conference by George Rizk, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/19 | ◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/23 | Journal Club by Syed Mohiuddin, MD Room 209, The Cardiac Center 6:00 - 8:00 P.M. | Lisa Brovold (402) 280-4626 |

Educational Opportunities

| Date | Title, etc. | Contact for Information | Date | Title, etc. | Contact for Information |
|------|--|-----------------------------------|------|--|-----------------------------------|
| 5/24 | Cardiac Rehabilitation Patients Class "Heart Owner's Profile" by Lisa Thalken, MA 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 | 6/15 | ◆◆◆ CV Research Conference by Amy Arouni, MD; Tony Reyes, MD and Alaa Shalaby, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/25 | ◆◆◆ Echo Conference by Tony Reyes, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 | 6/16 | ◆◆◆ Case Management Conference by Cardiac faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/26 | ◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 | 6/21 | Cardiac Rehabilitation Patients Class "Low Fat, Low Cholesterol Summer Eating" 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 |
| 5/29 | ◆◆◆ Cardiology Grand Rounds by Tony Reyes, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 | 6/22 | ◆◆◆ Echo Conference by Adam Cohen, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 5/31 | Cardiac Rehabilitation Patients Class Humor Film by Terri Lynch, RN, BSN, MA 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 | 6/23 | ◆◆◆ Case Management by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 6/1 | ◆◆◆ EKG Conference by George Rizk, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 | 6/26 | ◆◆◆ Cardiology Grand Rounds by Michael Del Core, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 6/2 | ◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 | 6/28 | Cardiac Rehabilitation Patients Class "Calcium and Beta Blockers" Tami Docken, 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 |
| 6/7 | Cardiac Rehabilitation Patients Class "How to Take Nitroglycerin" by Martha Monnig, 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 | 6/30 | ◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 |
| 6/8 | ◆◆◆ Echo Conference by Lacyoni Finglass, MD Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 | 7/5 | Cardiac Rehabilitation Patients Class "Q & A About Your Medications" 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 |
| 6/9 | ◆◆◆ Case Management Conference by Cardiac Faculty/Fellows Auditorium, The Cardiac Center 1:00 - 2:00 P.M. | Lisa Brovold (402) 280-4626 | 7/12 | Cardiac Rehabilitation Patients Class "Diet and Your Blood Lipid Level" Mary Watson, MS, RD 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 |
| 6/12 | ◆◆◆ Cardiology Grand Rounds by Mark Woodruff, 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" Lisa Thalken, MA 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 |
| 6/13 | Journal Club by Syed Mohiuddin, MD Room 209, The Cardiac Center 6:00 - 8:00 P.M. | Lisa Brovold (402) 280-4626 | | | |
| 6/14 | Cardiac Rehabilitation Patients Class "Home Exercise - How to get Started" by Geri Moore, MA 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 | | | |

◆◆◆ CME category 1 one hour credit given

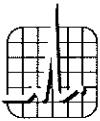


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