Partners in Cardiology (PIC) is a cardiovascular disease prevention program designed to help you eat healthy, manage stress and include exercise as part of your daily routine. The goal of the program is to prevent cardiovascular disease through the reduction of risk factors including high blood pressure, elevated cholesterol, smoking, physical inactivity and obesity.

As a PIC member you will:

• Meet with staff to learn about the program
• Review any test results or recommendations from your physician
• Develop a personalized risk reduction program designed around your goals and current level of risk for developing heart disease

To learn more about the PIC program, call 402.280.4929.

The Cardiac Center
3006 Webster Street
Omaha, Nebraska
(just northwest of Creighton University Medical Center)

Plenty of free parking is available.

Exercise

Members of PIC have access to The Cardiac Center’s beautiful exercise facility equipped with an indoor track, treadmills, elliptical trainers, arm and leg stationary cycles, rowing machines, stair climbers, strength training equipment, and complete locker room facilities. The facility is open Monday through Friday, from 6 a.m. to 5:30 p.m. You will learn the proper way to begin and monitor your exercise program under the supervision of exercise professionals. The PIC staff will develop and oversee your individual exercise program, designed with your current fitness level and personal exercise goals in mind.

Nutrition

Proper nutrition is essential in the prevention of cardiovascular disease. PIC members can meet with a registered dietitian to review dietary habits and establish new eating goals. Weight management courses, cooking schools, workshops and one-on-one counseling sessions are designed to help meet your goals.

Smoking Cessation

One of the strongest risk factors for the development of cardiovascular disease is tobacco use. The Cardiac Center offers a highly successful smoking cessation program to help members quit tobacco for good.