

# Rush Center for Prevention of Cardiovascular Disease

The Rush Center for Prevention of Cardiovascular Disease treats patients who have risk factors for cardiovascular disease, such as family history of coronary artery disease, obesity, hypertension and hyperlipidemia. Our cardiology experts offer an integrated approach to patient care, including a comprehensive baseline screening and biometric data collection. This includes screening for depression and sleep apnea, and collecting data, such as BMI, point of care lipid panel and A1c.

Based on the assessment, some patients may receive additional non-invasive cardiovascular testing, which may include an exercise stress test, transthoracic echocardiogram or carotid ultrasound. After testing has been completed, patients will receive individualized exercise and nutrition plans. If needed, referrals can be made to Rush's psychology, sleep medicine, endocrinology and care management providers.

Rush's multidisciplinary cardiovascular prevention team works together to identify risk factors and remove any barriers to healthy living. The team meets monthly to discuss complex cases and findings from recent studies.

## Our Physicians



**Daniel Luger, MD**  
Director, Rush Center for Prevention of Cardiovascular Disease



**Max Fitzgerald, MD**  
Physical Medicine and Rehabilitation

## Conditions We Treat

- Abnormal lipids
- Hypertension
- Metabolic syndrome
- Pre-diabetes
- Early stages of peripheral artery disease
- Chronic inflammatory condition
- Patients who are high-risk for stroke and heart attack

## Non-Invasive Cardiovascular Testing

- Ambulatory blood pressure monitor
- Exercise stress test
- Transthoracic echocardiogram
- Carotid ultrasound
- Arterial brachial index
- Coronary artery calcium score

## Treatment Options

- Antihypertensive therapy
- Lipid lowering therapy
- Antiplatelet therapy
- Physical therapy
- Pain control
- Joint injections
- Graduated exercise program
- Psychotherapy/psychopharmacology
- CPAP
- Nutrition counseling
- Nicotine replacement therapy

## Location

**Rush Oak Park Hospital**  
Rush Medical Office Building  
610 S. Maple Avenue  
Suite 5500  
Oak Park, IL 60304

**For internal referrals, please enter “Request for CV Prevention” in Epic to place the order.**

**For external referrals, please call (708) 660-2328.**