

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.