

The Center for Heart Failure Management



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**THE CENTER FOR
HEART FAILURE
MANAGEMENT**

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The Staff of the Center for Heart Failure Management

Allen Anderson, MD

Dr. Anderson, assistant professor of medicine, specializes in the treatment of patients with complex heart failure and serves as director of the Center for Heart Failure Management and the medical director of the Cardiac Transplant Service at the University of Chicago Hospitals. A graduate of the Emory University School of Medicine, Dr. Anderson completed a cardiology fellowship at the University of Chicago Hospitals and a visiting fellowship in heart failure and transplantation at Columbia Presbyterian Medical Center.

Victoria Mugica, RN, BSN

Nurse specialist Victoria Mugica closely monitors and administers follow-up care for patients with congestive heart failure. She provides educational services to patients and their families in regard to diagnosis, medical therapies, and symptom management.

Catherine Murks, RN, MS, CS, CCRN

Nurse practitioner Catherine Murks specializes in cardiac transplantation. She believes in patient and family centered care and is a strong advocate of patient education.

Sandra Nothegger, MSW, LCSW

Clinical social worker Sandra Nothegger provides counseling and community linkage services for heart failure and heart transplant patients on an individual, family, or group basis. She is currently co-president of the Society of Heart and Lung Transplant Social Workers.

and diagnostic methods, heart failure patients at the University of Chicago Hospitals often have the opportunity to participate in research trials to test new therapies.

When Traditional Therapies Don't Work

When traditional surgical and medical therapies cannot effectively treat patients, we consider cardiac transplantation. The physicians at the University of Chicago Hospitals have been performing cardiac transplantations since 1984. We are one of the few centers in the United States that perform simultaneous multiple organ transplantations. If you are a candidate for transplantation, you and your family will have numerous opportunities to meet with our medical and counseling specialists who will help you prepare both physically and emotionally for the procedure.

Our Reputation

The University of Chicago's cardiology program has consistently ranked high in the prestigious *U.S. News & World Report's* Best Hospitals survey. Our cardiology program is the only program in Illinois to be ranked in the top 20 in the nation.

To Learn More

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patients who may benefit from invasive procedures and also seek to identify patients at risk for sudden death.

Our program is led by cardiologists who specialize in heart failure and cardiac transplantation. Supporting these physicians is a team of nursing specialists, nutritionists, and social workers who all work together to develop an integrated and personalized treatment plan that addresses both the medical and emotional needs of each patient.

Diagnostic Assessment of Your Condition

Treatment begins with a complete history and physical examination as well as a review of previous evaluations and consultation with referring physicians. If indicated, we will perform diagnostic tests including echocardiography, cardiac catheterization, and radionuclide imaging that clarifies and confirms diagnoses. Throughout the entire process, you will have access to our caring medical and support staff members. They will answer your questions about treatment procedures as well as assist you and your family members in lifestyle adjustments.

Treatment Options

The foundation of our treatment involves lifestyle changes, aggressive use of standard medications as well as promising new medical therapies. Surgery may be recommended to replace defective heart valves or to bypass narrowed arteries. Because our physicians are involved in numerous research studies for new drugs, devices,



Specialists to Improve Your Quality of Life

The Center for Heart Failure Management at the University of Chicago Hospitals is a specialty treatment clinic that offers a multi-disciplinary approach to patients with congestive heart failure. Our goal is to provide patients with aggressive medical therapies in an encouraging and compassionate environment.

Congestive Heart Failure

Congestive heart failure occurs when the heart loses its ability to pump enough blood through the body. It is a condition which develops over time and is the most frequent cause of hospitalization in the elderly. It is estimated that 4.8 million Americans have congestive heart failure and at least 400,000 new cases are diagnosed each year.

Multi-Disciplinary Approach

Our approach is multi-faceted and combines aggressive medical and surgical therapies with patient education and support to improve the quality of life and reduce hospitalizations in patients who suffer from heart failure. We work with our interventional and surgical colleagues to identify