

# Heart to Heart

An e-bulletin created especially for healthcare providers

## News from CDC ...

### **Attention: Emergency and Crisis Communicators, Clinicians, Health Educators, and Public Information Officers:**

CDC has launched a new official Facebook page for the Health Partners Outreach Team, part of the Division of Emergency Operations. This page will provide real time updates, guidance, and situational awareness for public health partners about how to prepare and respond to public health emergencies and disasters.

**Become a fan today!**

“Like” the page to receive updates, participate in future conversations, and more.

<http://www.facebook.com/CDCHealthPartnersOutreach>



## All about Sodium Reduction ...



Potatoes are a good source of potassium, as are bananas, grapes and carrots. (Eric Boyd, Los Angeles Times / May 24, 2006)

### In with potassium, out with sodium

People whose diets have roughly equal amounts of sodium and potassium are at the lowest risk of dying from heart attack and stroke, new study finds.

### Restaurants cut back on salt, but they're keeping it quiet

Companies are rushing to reduce sodium content now in anticipation of possible new federal rules. But they believe customers told they're being served a low-sodium dish will say it's bland even before they taste it.



Waiter Branden Adams delivers a tower of onion rings to Michael Macaranas, from left, Martin Maren and Ricardo Solano at Yard House at L.A. Live, which has quietly cut salt in several dishes. (Genaro Molina, Los Angeles Times / June 29, 2011)

### JTM Kicking Salt Out of School Products

After one year, food manufacturing giant JTM has already surpassed its goal of reducing sodium in school menu items by an average of 25 percent.

### Global policies urged for cuts in dietary salt

An international push to sharply reduce dietary salt intake at the population level could save millions of lives otherwise lost to cardiovascular disease and billions in healthcare costs around the world, according to a statement published on 8/11 in *BMJ*.

### Shoppers mistakenly believe sea salt contains less sodium

Many consumers still mistakenly believe that sea salt contains less sodium than table salt, although its primary allure remains its all-natural, unprocessed image, according to one leading supplier...



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## The latest on Cholesterol . . .



### Personalizing Lipid Management

Cardiovascular events occur despite patients having on-treatment LDL-C levels within the recommended range. You are invited to participate in this educational survey to gauge physician practice patterns in the management of dyslipidemia.

### WHAT FUTURE FOR NIACIN AFTER AIM-HIGH?

It is now a month after the surprise announcement by the US National Heart, Lung, and Blood Institute that it was stopping the AIM-HIGH trial of extended-release niacin for patients with low HDL and high triglycerides because of futility. **heartwire** asked several lipid experts and general cardiologists if they had changed their practice since the disappointing, albeit preliminary, results were reported.

### Personalizing Lipid Management: Balancing Efficacy With Tolerability **CME**

Patients often present with mixed dyslipidemia, thereby making management a more complex issue. Statins, of course, are a mainstay of therapy, but concern about drug-drug interactions as well as adverse events sometimes prevents optimization of this lipid-modifying therapy. Maintaining a favorable safety and tolerability profile has led to the development of novel agents and new treatment approaches. In this case challenge format, Dr. Michael Davidson presents one of his difficult cases for Drs. Ballantyne and Chapman to ponder over. Which approach do you agree with?

## What's new about Food Safety?

### Food Safe Families – Check Your Steps

The United States Department of Agriculture, the United States Department of Health and Human Services, and the Ad Council are launching a new public service advertising campaign that encourages parents and caregivers to help protect their families from food poisoning by checking their food safety steps.

The new English and Spanish Food Safe Families PSAs feature specific safe food handling steps and communicate the risk of food poisoning. The campaign components include TV, radio, print and digital PSAs. The campaign will also be supported by many partners including the Partnership for Food Safety Education, food retailers, consumer groups and academia, as well as state and local agriculture and public health agencies.

By promoting Food Safe Families, you can become part of a nationwide effort to reduce the number of cases of foodborne illness—a serious but often unrecognized public health issue that equates to one in six Americans getting sick every year.

To get a sneak preview of the work, please click the link below. And don't forget to visit [FoodSafety.gov](http://FoodSafety.gov) to check your steps.

Link to [PSA Preview](#)



Using the motto “Check Your Steps” ([#checksteps](#) on Twitter), *Food Safe Families* aims to get consumers to adopt four very easy steps when preparing food:

**Clean:** Clean kitchen surfaces, utensils, and hands with soap and water while preparing food.

**Separate:** Separate raw meats from other foods by using different cutting boards.

**Cook:** Cook foods to the right temperature by using a food thermometer.

**Chill:** Chill raw and prepared foods promptly.

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