

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

Heart attack with no chest pain more common in women

Women, especially younger women, are more likely than men to show up at the hospital with no chest pain or discomfort after having a heart attack, a new study suggests. View related video at: <http://www.youtube.com/user/TheJAMAREport>
--Related JAMA article can be found at: <http://jama.ama-assn.org/content/307/8/813.short>

Assist your female patients to learn more about heart attack signs and symptoms and calling 9-1-1; more information at Office of Women's Health website:
Make the Call. Don't Miss a Beat.



All about Sodium . . .

Where's the sodium?

There's too much in many common foods.

About 90% of Americans eat more sodium than is recommended for a healthy diet. Click the logo above to view the Vital Signs from the CDC for more information about sodium problems, risk, and which prevention measures can be taken.



Have you taken the Network's Online Sodium course yet? If not, go to:
<http://hcproviders.learnpublichealth.com/> Free CMEs and CEUs.

7 More Companies Join NSRI, Pledge More Sodium Reductions



Seven more companies have committed to join the National Salt Reduction Initiative (NSRI) and pledged to reduce salt in packaged and restaurant foods by 25 percent by 2014. The initiative has developed specific targets to guide company salt reductions across 62 categories of packaged food and 25 categories of restaurant food. Click the link to view more companies.

What about Stroke . . .

Online assistance webinars for stroke survivors—third in a series

Many factors influence a stroke survivor's ability to return to work after a stroke. *Living After Stroke: Social and Physical Support for Returning to Work* provides information about job analysis, resume building, interviewing and disclosure. Watch the webinar at www.stroke.org/living



Wake-up stroke patients may still benefit from thrombolysis

New study adds to accumulating evidence suggesting that some patients who wake up with stroke symptoms may still benefit from treatment with tissue plasminogen activator (tPA).

Heart to Heart

The latest on Hypertension and Cholesterol . . .

Take blood pressure in both arms, study says

A new study shows that differences in blood pressure readings between a patient's right and left arm could be a sign of vascular disease and a greater risk of dying from heart disease. The study, published in The Lancet, suggests doctors should always take blood pressure readings on both arms — an existing guideline that is widely ignored.

ACC/AHA updates secondary-prevention guidelines without new BP and lipid guidance



The **American Heart Association** and **American College of Cardiology Foundation** have issued new guidelines for secondary prevention and risk reduction in patients with atherosclerotic vascular disease, even though it is still waiting for the new **Joint National Committee on the Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 8)** guidelines and new **Adult Treatment Panel 4 (ATP 4)** guidance on lipid management.

What's new for EMS Professionals?

The American College of Emergency Physicians (ACEP), National Stroke Association and Genentech, Inc., have partnered to develop a new stroke education resource for EMS professionals: **EMS4Stroke**.



Loaded with resources, **EMS4Stroke** is for EMS personnel and trainers alike!

EMS4Stroke also offers the new, FREE Learning Management System for stroke management. This course covers the basics of stroke, pre-hospital assessment, stroke systems of care and case studies. CME is not provided in this course. EMS educators may also download slides and use them in their EMS education.

Access **EMS4Stroke** and the free Learning Management System at www.EMS4Stroke.com today!

Give your patients a prescription for success

Think of the last 10 patients you saw who smoke. Did you encourage them to quit? Did you offer resources? Well, they would probably appreciate the help. According to the most recent Iowa Adult Tobacco Survey, **83 percent of lowans who smoke actually want to quit.**

Give your patients a prescription for success by referring them to Quitline Iowa. Just have them call 1-800-QUIT-NOW to get started. It's free and will more than double your patients' chances to quit for good. You can also take advantage of the free fax referral system. Click [here](#) to get the form and fax it to 1-866-688-7577 (new number). Quitline Iowa will initiate contact, thus saving your patients from having to make that first tough call themselves.

(Note: Medicaid recipients will need a different [form](#) from you to get free cessation medication.)



For more information, visit www.quitlineiowa.org.

The Heart Disease and Stroke Prevention Team:



Terry Y. Meek
Program Manager
terry.meek@idph.iowa.gov

Lance Larson
Project Coordinator
lance.larson@idph.iowa.gov

Suning Cao
Epidemiologist
suning.cao@idph.iowa.gov