

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

CDC and Public and Private Partners Launch Million Hearts Campaign

On September 13, 2011, CDC in collaboration with the Department of Health and Human Services, the National Institutes of Health, and many other partners announced the launch of the **Million Hearts** campaign, an initiative designed to prevent one million heart attacks and strokes over the next five years.



Be one in a Million Hearts™

Get involved and share your commitment to help prevent 1 million heart attacks and strokes in the next five years.

CLINICAL PRACTICE GUIDELINES: EVERYTHING YOU WANTED TO KNOW (BUT WERE AFRAID TO ASK)

Who writes them and what is their relationship to the industry?



Blood Test May Predict Diabetes Risk

Scientists have identified 5 molecules in the blood that can foretell diabetes risk years before typical signs of the disease appear. The finding might help to identify at-risk people who could take steps to delay or halt the disease.

Heart Attack Warning Signs for Women



Inspired by the stories of real women whose lives have been forever changed by heart disease, "Just a *Little* Heart Attack" is a short film from the American Heart Association's Go Red For Women movement. The film, by Elizabeth Banks, educates women about the realities of heart disease and encourages them to put their health first.

View the film at GoRedForWomen.org Share it with your patients and other women you love.

NEW Go Red Short Film: 'Just a *Little* Heart Attack'

All about Sodium . . .

Special report: a pinch of doubt over salt

The controversial debate over sodium and its relationship to high blood pressure and heart disease has big implications for business. Salt for food use accounts for only a fraction of the 250 million tons of annual global production. Looking at the United States alone, 1.5 million tons of so-called human nutrition salt was sold in 2009 with a value of more than \$321 million.

High Sodium, Low Potassium Diet Linked to Increased Risk of Death

Americans who eat a diet high in sodium and low in potassium have a 50 percent increased risk of death from any cause, and about twice the risk of death from heart attacks, according to a study published today in the Archives of Internal Medicine. The study was conducted by researchers at the Centers for Disease Control and Prevention, Emory University and Harvard University.



Heart to Heart

The latest on Cholesterol . . .

Improving Adherence to Lipid-Lowering Therapies to Achieve LDL-C Goals **CME**

Using a heart scan to check for hardening arteries is a better predictor of whether the patient will benefit from statin drugs, which are used to lower cholesterol. Researchers believe these findings can be applied to vastly reduce the number of patients taking statins.



Low vitamin-D levels linked to atherosclerosis

Investigators have identified new evidence from the Northern Manhattan Study connecting low vitamin-D levels to atherosclerosis. They found that low 25-hydroxy vitamin-D levels were associated with increased intima-media and maximal carotid thickness in those with plaque.

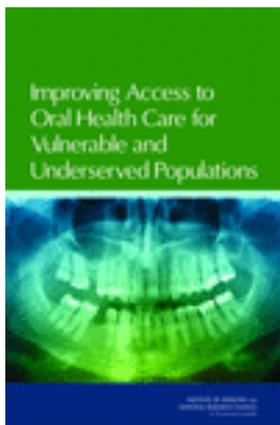
Cholesterol concerns create egg market opportunities, says Mintel

Ninety-two percent of consumers agree that eggs are an important part of a healthy diet – but 30 percent of respondents limit eggs due to cholesterol concerns, according to a new Mintel report... [Read](#)

WHAT FUTURE FOR NIACIN AFTER AIM-HIGH?

It is now more than 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 lipid experts and cardiologists if they had changed their practice since the results were reported.

What's new at the IOM...



Good health requires good oral health, yet millions of Americans lack access to basic oral health care. Various factors create barriers, preventing access to care for vulnerable and underserved populations, such as children and Medicaid beneficiaries. The Health Resources and Services Administration and the California HealthCare Foundation asked the IOM and the National Research Council to assess the current oral health care system, to develop a vision for how to improve oral health care for these populations, and to recommend ways to achieve this vision.

Access to oral health care across the life cycle is critical to overall health, and it will take flexibility and ingenuity among multiple stakeholders—including government leaders, oral health professionals, and others—to make this access available. To improve provider participation in public programs, **states should increase Medicaid and Children's Health Insurance Program reimbursement rates**. With proper training, **non-dental health care professionals can acquire the skills to perform oral disease screenings and provide other preventive services**. **Dental schools should expand opportunities for dental students to care for patients with complex oral health care needs in community-based settings** in order to improve the students' comfort levels in caring for vulnerable and underserved populations. Finally, **states should examine and amend state practice laws to allow healthcare professionals to practice to their highest level of competence**. The IOM's recommendations provide a roadmap for the important and necessary next steps to improve access to oral health care, reduce oral health disparities, and improve the oral health of the nation's underserved populations.

<http://www.iom.edu/~media/Files/Report%20Files/2011/Improving-Access-to-Oral-Health-Care-for-Vulnerable-and-Underserved-Populations/oralhealthaccess2011reportbrief.pdf>



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