

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

Merck: FDA won't OK its combo cholesterol drug now

Federal regulators have rejected Merck & Co.'s new combination cholesterol drug, which includes a generic version of the mega-blockbuster Lipitor — at least for now.

Weighing the benefits of balance training



According to the Centers for Disease Control and Prevention, more than one-third of adults 65 years and older fall each year. Falls are the leading cause of injury deaths among older adults.

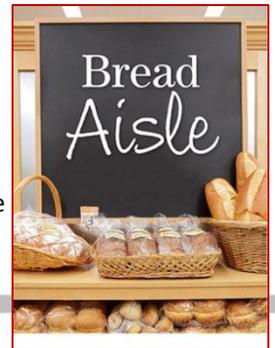
Is sitting the new smoking?

"In one study, adults who spent more than four hours a day sitting in front of the television had an 80 percent increased risk of death from cardiovascular disease compared with adults who spent less than two hours a day in front of the TV. This risk was independent of other risk factors such as smoking or diet."

All about Sodium . . .

Media coverage focuses on recent Vital Signs issue

For years, Americans have heard the lecture: Consume less sodium, or face an increased risk of high blood pressure, heart attack and stroke. Some people have taken heed, others have not. Take the time to read this article and take the Sodium Quiz—you may realize that you need to educate yourself more prior to talking to your patients about lowering sodium in their diet. Were you aware that bread is the No. 1 source of sodium in Americans' diets? Use this link to download the recent Vital Signs: Where's the Sodium? and other useful resources.



Million Hearts Initiative resources . . .

The February 2012 session of CDC's Public Health Grand Rounds examined heart disease and stroke prevention interventions, presented Million Hearts™ activities currently underway in communities such as San Diego and New York City, discussed public and private sector collaboration for this national initiative, and explored efforts to unite existing prevention efforts with innovative programs that will ultimately help Americans live longer, healthier, more productive lives. **View the archived slide show at the following link:**

<http://www.cdc.gov/about/grand-rounds/archives/2012/February2012.htm>

What about Stroke and/or Heart Attack . . .

National Stroke Awareness Month

May will be here before you know it. Check out the online Stroke Awareness Resource Center for tips on how you can get involved.

First suggestion that renal denervation improves cardiac function

In March 6, 2012 issue of the *Journal of the American College of Cardiology*, **Dr Mathias C Brandt** (Paracelsus Medical University, Salzburg, Austria) and colleagues report the encouraging new results of an echocardiographic substudy of the Symlicity II trial—which was reported 18 months ago at the **AHA** meeting and in the *Lancet* and showed that renal denervation produced significant reductions in blood pressure without any major complications in more than 100 patients with severely resistant hypertension.

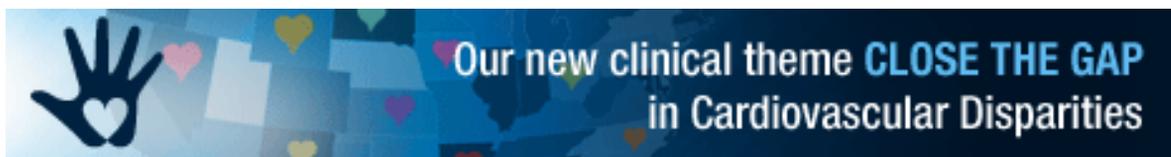


Heart to Heart

Closing the Gap in Cardiovascular Care Disparities

Close the Gap in Cardiovascular Disparities

Heart disease kills more Americans in all racial and ethnic groups and of both sexes than any other disease. Despite this fact, there is a disparity in the treatment of cardiovascular disease for women and minorities. **Close the Gap** is a new educational initiative designed to address disparities in cardiovascular care for the underserved populations of women, Hispanic/Latino Americans, and black Americans.

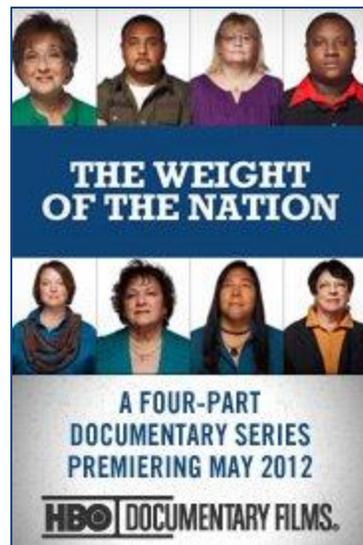


HBO to partner with IOM and CDC on major obesity social marketing campaign...

Bringing together the nation's leading research institutions, THE WEIGHT OF THE NATION is a presentation of HBO and the Institute of Medicine (IOM), in association with the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH), and in partnership with the Michael & Susan Dell Foundation and Kaiser Permanente. "Obesity has become one of the most serious threats to the health of the American people," comments Harvey V. Fineberg, M.D., Ph.D., president of the Institute of Medicine (IOM) of the National Academies. "If we don't succeed in turning this epidemic around, we are going to face, for the first time in our history, a situation where our children are going to live shorter lives than we do," says Francis S. Collins, M.D., Ph.D., director of the National Institutes of Health (NIH).

THE WEIGHT OF THE NATION comprises four documentary films, a three-part HBO Family series, 14 bonus shorts, a social media campaign, a book published by St. Martin's Press and a nationwide community-based outreach campaign to support the initiative.

The four-part series debuts MONDAY, MAY 14 and TUESDAY, MAY 15, on HBO, with two films airing back-to-back each night. The three-part HBO Family series debuts WEDNESDAY, MAY 16. To ensure the widest possible audience, HBO will use all its services, including the main HBO channel, multiplex channels, HBO On Demand, HBO GO and more. All films will also stream free of charge on HBO.com, as well as on multiple platforms by participating television service providers.



In conjunction with the launch of THE WEIGHT OF THE NATION films, the IOM will feature a new report at the CDC's Weight of the Nation™ conference, May 7-9, that reviews the progress made to date in curbing obesity and recommends selected strategies and actions that can accelerate progress in the near future. To facilitate community action, the campaign will reach deep into local areas to distribute 40,000 community action kits to community-based organizations working on obesity prevention. The kits, consisting of the entire series, discussion guides in English and Spanish, and tips and supplemental materials for hosting screenings, will provide essential tools to catalyze and support local efforts in communities that combat obesity across the country.

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