



Heart to Heart

December, 2010

A Monthly E-Bulletin on heart health topics including resources and links for healthcare providers working with the Care for Yourself/WISEWOMAN Program



From our desk . . .

Free Resources from the Centers for Disease Control and Prevention

The 'CDC Learning Connection' provides a collection of free resources – about an assortment of health topics – created by the CDC and its partners for all health professionals. The site includes podcasts, e-learning courses, electronic publications, and live events.

What objectives will be considered in Healthy People 2020?

Check-out what health professionals across the nation have commented about the proposed *Healthy People 2020* objectives. [Click here](#) to receive Healthy People updates through your e-mail.

Thank-you for all that you do!

We know that your clinics are always busy and your list of 'to-dos' is never-ending!



To celebrate your triumphs and achievements over the past year – we want to hear from you! Send us a memorable story about how the cardiovascular disease education you have received from the WISEWOMAN and Heart Disease and Stroke Prevention programs have affected your practice.



Selected stories will be featured in the 2011 editions of Heart to Heart!

Submit your story to Terry (tmeek@idph.state.ia.us) and be sure to include a photograph of your staff!

Thanks and see you in 2011!

Free Continuing Education Credits

Don't miss the opportunity to take courses on the Learning Management System to earn your free continuing education credits – we will pay for your credits! Just visit <http://hcproviders.learnpublichealth.com> to learn more! (Stay tuned for information about the latest course about Cholesterol coming in 2011!)



News

Drug-Coated Stents Safe for Large Heart Arteries

A large European study showed drug-coated heart stents are as safe as the old bare metal variety for patients with narrowed large coronary arteries.

New Treatment Zaps High Blood Pressure from the Source

ZIP-ZAP! A new tool that has the capability to destroy nerves leading to the kidney has been shown to lower blood pressure in patients with treatment-resistant hypertension.



First-Ladies increase Women's Heart Disease Awareness

Heart Truth ambassador, Laura Bush, has unveiled a rare collection of red dresses from 14 of America's first ladies. Along with the red dresses, health screenings and educational forums will be available at Bush Presidential Library and Museum through August 2011.





Sodium Links

Less Salt Consumption as a Teen makes for a Healthier Adult

A research study has found that teens that decrease their sodium intake by 3,000 mg per day would cut their risk for developing heart disease and stroke significantly later in life.

Projected Effect of Dietary Salt Reductions on Future Cardiovascular Disease

A recent study published in the New England Journal of Medicine, has found that a modest reduction of 1 g of salt per day could result in large declines of annual cardiovascular events and deaths.

Population Strategies to Decrease Sodium Intake and the Burden of Cardiovascular Disease – A Cost-Effectiveness Analysis

Published in the Annals of Internal Medicine, a recent study assessed the cost-effectiveness of two population strategies to reduce sodium intake: government collaboration with food manufacturers to voluntarily cut sodium in processed foods, modeled on the United Kingdom experience, and a sodium tax.



Cholesterol Links

Cholesterol Drug Advances

A drug developed by Merck and Co., called anacetrapib, is designed to raise levels of HDL, or good cholesterol, that is associated with lower heart-attack risk. A study found that the drug increased HDL by 138% and cut LDL, or bad cholesterol, by 40% in patients who started on the drug with already low levels.

Contemporary Awareness and Understanding of Cholesterol as a Risk Factor

The American Heart Association National Survey has found that the public's understanding of cholesterol management is not at the level we had hoped for. The study concludes that physicians have a unique opportunity to educate and change their patient's attitudes to improve cholesterol education.



NIH Genomic Mapping Study finds Largest set of Genes related to Major Risk Factors for Heart Disease

Scientists report the largest set of genes discovered underlying high cholesterol and high triglycerides.

Impact of Multifaceted Intervention on Cholesterol Management in Primary Care Practices

A study examines strategies to increase provider-adherence to ATP III Guidelines from the National Cholesterol Education Program.



Stroke

Adherence to a DASH-style Diet and Risk of Coronary Artery Disease and Stroke in Women

How does following the DASH diet affect patients in the long-term? Click on the title above to find out!

A Prospective Study: Occupational Stress and Risk of Stroke

A study in Japan examined the relationship between occupational stress and incidence of stroke.

Stroke Survival Greater for Men than Women after Hospital Treatment

The Agency for Healthcare Research and Quality found that the death rate for men treated in hospitals for strokes fell 29 percent between 2000 and 2007.



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