

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

## Health Promotion is Newsworthy . . .



### **Personalized medicine will transform how consumers choose, UNPA event attendees told**

Personalized medicine—nutrition and health products customized to a consumer’s particular genetic profile—is no longer a trend for the future. According to the presenters at a recent conference, it’s happening now, and some giant companies have quietly march ahead of the rest of the industry in figuring how to capitalize on the trend.

### **Flu vaccine associated with lower risk of cardiovascular events**

Receiving an influenza vaccination was associated with a lower risk of major adverse cardiovascular events such as heart failure or hospitalization for heart attack, with the greatest treatment effect seen among patients with recent acute coronary syndrome (ACS; such as heart attack or unstable angina), according to a meta-analysis published in the October 23/30 issue of JAMA.

## Pre-diabetes and Diabetes News . . .

### **Dietary advice should be no different for those with diabetes, study finds**

Dietary guidelines for those with diabetes should be the same as those for the general population – although the benefits of following a healthy diet are greater for diabetics, claim the authors of a new study... [Read](#)

### **Whole fruits linked to lower diabetes risk, while fruit juices may increase risks: Harvard study**

Eating more whole fruit may help to lower your risk of developing type 2 diabetes, while increased consumption of fruit juices may be linked to higher risks, according to new research.

### **Diabetes is not cheap!**

Researchers have figured out how much a person with type 2 diabetes can expect to pay over a lifetime. At the Centers for Disease Control and Prevention, Xiaohui Zhuo ran a computer model based on national data.

### **Diabetes prevention program helping at-risk patients alter lifestyles**

A comprehensive, community-oriented approach to diabetes prevention is making headway in staving off the disease among at-risk patients, even as experts predict that as many as one-third of Americans could have.



### **Chelation therapy reduces cardiovascular events for older patients with diabetes**

Chelation treatments reduced cardiovascular events, such as heart attacks, and death in patients with diabetes but not in those who did not have diabetes, according to analyses of data from the National Institutes of Health-funded Trial to Assess Chelation Therapy (TACT). However, researchers say more studies are needed before it’s known whether this promising finding leads to a treatment option.

## What’s new about



## Better Choices, Better Health

Put Life Back in Your Life

### **CDSMP Findings**

An article was recently published in the *Journal of Aging and Health* on the six-month outcome findings from the CDSMP national study. Among the findings: Social/role activities limitations, depression, and communication with physicians improved significantly from baseline to 6-month follow-up. Study participants also reported significant improvements in more physical activity and less Emergency Room (ER) visits and hospitalization during that period.



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## Million Hearts™ Initiative Update

**Tom Frieden, MD, MPH, Director, US Centers for Disease Control and Prevention, Says HBP Control Must be a National Priority**

One in 3 adults in this country has high blood pressure. That's nearly 67 million people, and more than 35 million of them don't have it under control. In fact, high blood pressure contributes to more than 1,000 deaths every day. We are making progress, but not nearly fast enough. Control is now increasing at about 1% per year. We need to ramp that up to 5% per year. High blood pressure control has to be a priority for every patient at every visit.

## The latest on the ABCS ...

**A1c** 

### **Management of Hyperglycemia in Type 2 Diabetes: A Patient-Centered Approach**

Glycemic management in type 2 diabetes mellitus has become increasingly complex and, to some extent, controversial, with a widening array of pharmacological agents now available, mounting concerns about their potential adverse effects and new uncertainties regarding the benefits of intensive glycemic control on macrovascular complications. Many clinicians are therefore perplexed as to the optimal strategies for their patients. As a consequence, the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD) convened a joint task force to examine the evidence and develop recommendations for antihyperglycemic therapy in non-pregnant adults with type 2 diabetes. This link is the resulting recommendations from the task force.

## Aspirin Use

- The USPSTF recommends the use of aspirin for men ages 45 to 79 years when the potential benefit of a reduction in myocardial infarction outweighs the potential harm of an increase in gastrointestinal hemorrhage. Grade: A recommendation
- The USPSTF recommends the use of aspirin for women ages 55 to 79 years when the potential benefit of a reduction in ischemic stroke outweighs the potential harm of an increase in gastrointestinal hemorrhage. Grade: A recommendation.
- The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of the use of aspirin for cardiovascular disease prevention in men and women age 80 years or older. Grade: I statement.
- The USPSTF recommends against the use of aspirin for stroke prevention in women younger than age 55 years and for myocardial infarction prevention in men younger than age 45 years. Grade: D recommendation.

## Blood Pressure Control and Management

### **Are Your Patients Eating Too Much Salt?**

Most experts agree that elderly, obese, and diabetic people are more sensitive to salt consumption and should consider cutting back. Find out who else should watch their salt intake.

### **Automated telephone calls improve blood pressure control**

Patients who received automated telephone calls inviting them to get their blood pressure checked at a walk-in clinic were more likely to have controlled hypertension than patients who did not receive calls, according to a Kaiser Permanente study published today in the *Journal of Clinical Hypertension*.

### **'Smarter' blood pressure guidelines could prevent heart attacks, strokes**

A new way of using blood pressure-lowering medications could prevent more than a fourth of heart attacks and strokes -- up to 180,000 a year -- while using less medication overall, according to new research from the University of Michigan Health System and the VA Ann Arbor Healthcare System.

### **Childhood BP Signals Adult Hypertension**

Even occasional high blood pressure (BP) readings -- as well as overweight and obesity -- in childhood predicted an increased likelihood of being diagnosed with hypertension in adulthood, two studies showed.

*Continued on the next page...*

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## Cholesterol Control and Management



### New Guidelines!

[2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults](#)

[2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk](#)

[2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults](#)

[2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk](#)

## Smoking Cessation



### Mondays most popular for smokers to consider quitting

What is it about Mondays that make smokers think about quitting? San Diego State University researchers are still looking into that phenomenon but their findings have at least determined that Mondays are indeed the day when nicotine addicts are most likely to consider kicking their habit.

## Place these Health Observations on Your Upcoming Calendar . . . Plan for Awareness Activities at your Clinic !

December, 2013

World AIDS Day [December 1]; [www.worldaidscampaign.org](http://www.worldaidscampaign.org)

National Hand Washing Awareness Week [December 1-7];  
Henry the Hand Foundation [www.henrythehand.com](http://www.henrythehand.com)

National Influenza Vaccination Week [December 1-7];  
[www.cdc.gov/flu/nivw](http://www.cdc.gov/flu/nivw)

International Volunteer Day [December 5]; [www.unv.org](http://www.unv.org) or  
[www.worldvolunteerweb.org](http://www.worldvolunteerweb.org)

Human Rights Day [December 10] United Nations Human Rights;  
[www.ohchr.org](http://www.ohchr.org)



January, 2014

National/Radon Action Month [www.epa.gov/radon/nram](http://www.epa.gov/radon/nram)

National Glaucoma Awareness Month [www.preventblindness.org](http://www.preventblindness.org)

Thyroid Awareness Month [www.thyroidawareness.com](http://www.thyroidawareness.com)

National Birth Defects Prevention Month [www.nbdpn.org](http://www.nbdpn.org)



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## Helping Patients Weather the Holidays



### Managing Diabetes During the Holidays

Having diabetes shouldn't stop your patients from enjoying holiday celebrations and travel. With some planning and a little work, they can stay healthy on the road and at holiday gatherings with friends and family. This CDC website offers tips and ideas for you to share with them.



### Twelve Health and Safety Tips for the Holidays

Give the gift of health and safety to yourself and your patients by following these [holiday tips](#). You can sing along to [The 12 Ways to Health Holiday Song](#), listen to a [holiday health podcast](#), and send the song to your friends and family in a [holiday health-e-card](#)!

### Stress, depression and the holidays: Tips for coping

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you and your patients can minimize the stress that accompanies the holidays and even end up enjoying the holidays more than you thought you would.

## New Resources for Healthcare Providers

A photograph of five healthcare professionals (three men and two women) in a hospital setting, smiling. A red banner is overlaid on the bottom half of the image.

**What saved \$155 million in Michigan last year?**

- a. Fewer hospital admissions
- b. Better chronic disease management
- c. Team-based care

### Practice Transformation for Physicians and Health Care Teams

The NDEP's "Practice Transformation for Physicians and Health Care Teams" resource is designed for health care professionals and administrators who want to change systems of health care delivery around diabetes.



### Practice Transformation for Physicians and Health Care Teams



### Social determinants of health expert urges doctor role in better outcomes

In a presentation at the recent AMA conference, a world-renowned expert in the social determinants of health challenged his fellow physicians to get involved in improving health outcomes. "Most of us became physicians because ... [Read more](#)

**The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership**

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