

# Heart to Heart

An e-bulletin created especially for healthcare providers

## In the News . . .

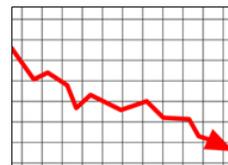
### Review Shows Hospitalizations Down for Heart Attack and Stroke

Recent review of data from the National Hospital Discharge Survey, 2000 and 2010, showed hospitalizations for heart disease decreased by 2% from 2000 to total 8% of hospitalizations in 2010 while stroke dropped 1% to account for 5% of hospitalizations. [Read the full report here.](#)



### Lipid Levels Improve Over Last 20 Years

New data from the Health and Nutrition Examination Survey (NHANES) suggests that US lipid levels have been on a downward, favorable trend over the last two decades. Data obtained from three NHANES studies spanning from 1988 to 2010, show total cholesterol fell by 10 mg/dL, LDL fell by 13 mg/dL, and HDL levels rose by 2 mg/dL. Triglycerides fell by 8 mg/dL over the 22-year study period.



### Weight Watchers as Successful as Clinical Programs

A recent study compared the weight loss efforts and outcomes between commercial weight loss programs such as Weight Watchers and clinic programs and found that Weight Watchers was just as effective in weight loss, emphasizing that the peer motivation from peer counseling in either group played a significant factor in the amount of weight lost.



### Beverage Vending Machines to Display Calorie Counts

The American Beverage Association, which represents the major soda companies, will be unveiling new vending machines that display the calorie contents of the beverages and prompting consumers to choose lower calorie drinks. The machines will be launched next year in Chicago and San Antonio before spreading nationwide.

## Make the Call. Don't Miss a Beat . . .

### Make the Call. Don't Miss a Beat.

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.](#)

### "Just a Little Heart Attack"

In honor of their Go Red for Women events taking place across the nation, the American Heart Association is highlighting their short film, "Just a Little Heart Attack", starring actress Elizabeth Banks. The video, inspired by the real-life stories of women affected by heart disease, is a poignant call for women to recognize their risk, the symptoms of heart attack in women, and make the call.



[Watch the video here.](#)

## What about Heart Attack . . .

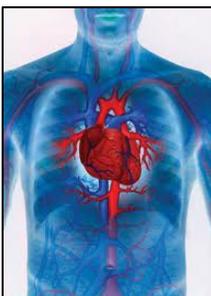
### PCI versus OMT in Prevention of MI for Patients with CAD

A study review and meta-analysis of clinical case studies determined that percutaneous coronary intervention (PCI) or angioplasty does not reduce the risk of mortality, cardiovascular death, nonfatal myocardial infarction, or revascularization in patients with stable coronary artery disease.

[Read the full report.](#)

### Chronic Stress Worsens Prognosis Following Heart Attack

New research found that of patients hospitalized for heart attack, those who reported recent stress have an 42% increased likelihood of dying over the next two years .



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## The latest on the **ABCS** . . .

### **Aspirin Use**

#### Aspirin May Aid in Prevention Too

Recommendations from the US Preventative Services Task Force recommends that men aged 45-77 years without any history of cardiovascular disease use aspirin to prevent heart attack and women aged 55-79 years with no previous history to use aspirin to prevent stroke.

#### Regular Aspirin Use May Lower Ovarian Cancer Risk

New research suggests that women who regularly use pain relief medications, particularly aspirin, have a decreased risk of aggressive serous ovarian cancer.

### **Blood Pressure Control and Management**

#### Physicians Missing Chance to Manage BP

Survey data obtained from more than 4.85 billion doctors office visits from the National Ambulatory Care Survey from 2005 through 2009 indicate that physicians prescribed new blood pressure medications to patients with uncontrolled hypertension less than 20% of the time.

#### Calcium Channel Blocker Improves BP Control

Researchers in Japan find that addition of calcium channel blocker (CCB) to an angiotensin II receptor blocker (ARB) regimen provided better blood pressure control among elderly hypertensive patients than a doubled ARB dose.



### **Cholesterol Control and Management**

#### New Guidelines Recommend Increased Cholesterol Testing in Kids

New recommendations from the National Heart, Lung, and Blood Institute endorsed by the American Academy of Pediatrics call for all children to be screened for cholesterol levels between the ages of 9 and 11 and again between 17 and 21. Such recommendations aim to detect elevated cholesterol levels younger and prevent the development of heart disease later in life.



#### An Apple a Day May Keep the Cardiologist Away

Researchers suggest that patients may lower their LDL levels by eating an apple a day as a study of healthy, middle-aged adults found that those who ate an apple a day were able to lower their oxidized LDL levels by 40% over four weeks.

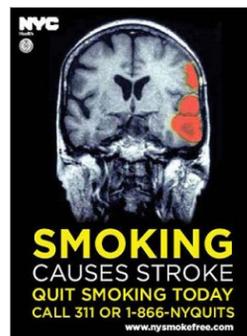
### **Smoking Cessation**

#### Graphic Smoking Ads Work

A new study in the American Journal of Preventative Medicine evaluated the effectiveness of graphic and emotional anti-smoking ads by surveying smokers on their habits and recollection of seeing such ads. Survey results found that smokers who recalled seeing at least one of the ads were 29% more likely to have tried to quit within the last year.

#### Smoking After Stroke Triples Risk of Death

According to recently presented research, smoking cessation following an acute ischemic stroke may be more effective than any medication in reducing the risk for further adverse events, though continuation of smoking behavior can increase risk of death from subsequent events by three-fold.



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## Stroke News . . .

### Stroke Under Age 55 On the Rise

A recent study published in the journal *Neurology* finds that incidence of stroke in adults under the age of 55 more than doubled from 1993 to 2005. Researchers speculate that increased detection may play a role, but emphasize that increased prevalence of risk factors, such as obesity, diabetes, and high blood pressure in younger generations as a significant factor.

### Lycopene-Rich Diet May Reduce Stroke Risk

Diets high in lycopene, the carotene commonly found in tomatoes, may reduce risk for stroke, according to a Finnish population-based study. The study found that men with higher lycopene levels were less likely to have a stroke over ten years than those with lower lycopene levels.

## Million Hearts Initiative

**Million Hearts has a Facebook page!** The page offers details on the Million Hearts Initiative and is full of interactive tools, including a blood pressure calculator, videos, and daily updates. The page links to the Million Hearts website to allow users to pledge their support for reducing one million heart attacks by 2017. Encourage your patients to **Be One in A Million Hearts™!**



## Stroke Does Not Discriminate . . .

Stroke is often thought of as an older generation's illness. The reality is stroke can happen to any one of any age, including young adults, children, infants, and even in utero. According to the American Stroke Association, more than 3,000 young adults and children suffered from stroke in 2004 alone. From 2009-2011, more than 156 lowans under the age of 18 were diagnosed with stroke; sixty-four of those were children under the age of 14. While there have been great advances in research and early detection of stroke for adult populations, such advancements have not been translated to pediatric stroke. The recovery from early age stroke is a life-long process, affecting the individual, their family and friends, community, and society as a whole. There is great need for increased awareness and research to reduce the burden of pediatric and youth stroke.



### **Get to Know Pediatric Stroke**

- 85% of babies who experience stroke will live to adulthood
- Up to 80% of children who suffer a stroke will have serious, long-term side effects, such as hemiplegia, hemiparesis, and cerebral palsy.
- Due to the side effects of stroke, many childhood stroke survivors require acute and long-term rehabilitation, including therapy sessions, seizure and spasticity medications, orthotics, orthopedic surgery, behavioral interventions, and special education
- The average cost of medical care the year following the stroke is \$43,000
- Stroke is a top ten cause of death in children



### **For more information on pediatric stroke visit, visit:**

- [Childhood Stroke Awareness Association](#)
- [Pediatric Stroke Network](#)
- [American Stroke Association](#)



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## Heart Health and Emotional Wellness...

### Stress and Grief Can Cause “Broken Heart”

An article for NBC News online highlights a woman’s experience with “broken heart” syndrome, also known as stress cardiomyopathy, brought on by extreme stress and emotion following her husband’s heart attack during surgery.

## Gum Disease and Heart Disease



### Specific Protein That May Increase Vessel Constriction Linked to Gum Disease

Research presented earlier this year found that the protein CD36, which is involved in cellular inflammation, increased the risk for plaque accumulation in blood vessels. In the study, mice with the CD36 protein intact exhibited increased accumulation of plaque with oral inflammation while vessels of the mice that had CD36 removed remained clear even with gum disease present.

## More On Hypertension...

### Uncontrolled Hypertension Not Due to Lack of Healthcare Access

A new study utilizing data from the National Health and Nutrition Examination Survey (NHANES) found that 90% of Americans with uncontrolled hypertension have a usual source of healthcare and insurance. Meaning that lack of focus on blood pressure and control rather than lack of access to needed health services as a significant contributing factor.

## Resources for Healthcare Providers

### IOM Video: PCP and Public Health

A new video from the Institute of Medicine (IOM) addressing the need for better integration between primary care and public health, based on the recent IOM report, *Primary Care and Public Health: Exploring Integration to Improve Population Health*. Presentation highlights example of community-based program in Durham, North Carolina that saw ER rates drop in just two weeks! The presentation is available as a video or as presentation slides. [Watch the video here.](#)

### Download the slides.

### APHA Public Health Infograph

New infograph released by the American Public Health Association (APHA) which graphically explains the role of public health and the importance of public health in saving lives and saving money. Provides examples of public health at work in all levels and provides support for continued funding for public health to keep your kids healthy and communities strong. Excellent tool for providers and patients!

### Vital Signs Video: Controlling High Blood Pressure

Video from the CDC based on the Vital Signs report Getting Blood Pressure Under Control. Video highlights burden of hypertension in the US, and recommendations for control. Video is an excellent resource for providers to use with patients. [Watch video here.](#)

### Stayin’ Alive with Hands-Only CPR

In another video by the American Heart Association, viewers are educated by popular actor Ken Jeong (*The Hangover*) on hands-only CPR style put to the rhythm of the BeeGee’s “Stayin’ Alive”. Share the video with your patients to show just how easy it can be to save a life with hands-only CPR. [Watch the video here.](#)



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