

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

Youth Inactivity Linked to Metabolic Syndrome Later in Life

In the first study of its kind, Swedish researchers found that the amount of time spent watching television and lack of physical activity at age 16 independently predicted metabolic syndrome and increased risk for adverse cardiovascular health at age 43.



Waist Measurement Better Indicator of Heart Disease Death Risk

New research is spreading light on the “obesity paradox” in relation to the death risk from heart disease, highlighting central obesity measurements in addition to BMI to more accurately predicts the risk than BMI alone.



Mediterranean Diet Lowers Cardiovascular Risk

A study published in the *New England Journal of Medicine* shows that a Mediterranean style diet, high in extra virgin olive oil and tree nuts, can cut the risk of cardiovascular disease by up to 30%.

Volunteering Good for the Heart

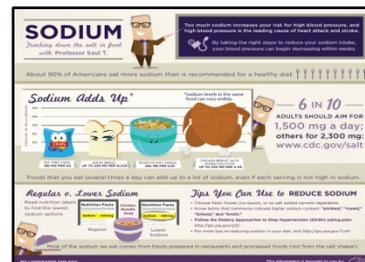
Research appearing in *JAMA Pediatrics* reports that youth who volunteered one hour of their time per week have lower levels of cholesterol and BMI than those who did not. Volunteering youth also reported higher levels of empathy and improved mental health.



All about Sodium . . .

Check Out the New Infographic

Million Hearts TM has developed a infographic aimed at providing engaging patient education on sodium reduction, leading readers through sources of sodium and ways to cut back. The infographic is available for digital or print use.



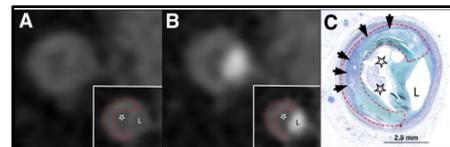
Lowering Sodium Can Save Lives

New research out from the American Heart Association declares that lowering sodium consumption can save as many as 500,000 lives over the next decade. The research pinpoints reducing sodium intake by 40%, from 3,600mg on average currently consumed to 2,000mg, over ten years. Researchers propose such changes can be achieved through consumer education and food labeling, with continued efforts to increase availability of lower sodium food products.

What about Stroke and Heart Attack . . .

“Napkin-ring sign” on CT Indicates High-Risk Lesions

Researchers from Massachusetts General Hospital have identified a ringlike pattern in coronary atherosclerosis plaque, nicknamed the “napkin-ring sign”, that can detect high-risk lesions on CT with 99% accuracy. With such detection, proactive treatments, such as prophylactic stenting, may become customary to mitigate further risk from such plaques.



Identification of Stroke Gene May Lead to Improved Treatment

According to a study conducted by Kings College in London, a newly identified genetic variance associated with large vessel stroke may lead to more targeted, individualized stroke treatment and prevention.

Heart to Heart

The latest on Hypertension. . .

ACA Will Boost Remote BP Monitoring

Incentives emerging as part of the Affordable Care Act (ACA) will support an increase in the practice of “telehealth” and remote monitoring of vitals and patient health status, such as blood pressure and oxygen levels in heart failure patients. The return on investment in remote monitoring of patients is expected to come in the form of improved care management and reduced hospital readmissions, with the associated bonus reimbursement and penalty avoidance for improving patient care and meeting established quality metrics.



Gestational Hypertension Can Increase Future Risk for CVD

A Finnish study, spanning over four decades, has identified a potential 45% - 60% increase in risk of developing ischemic heart disease and stroke, as well as diabetes, in women with new-onset hypertension versus women whose blood pressure remained within the normal range during pregnancy.

Give us your 2 cents...



Help make the **Cardiovascular Collaborative Healthcare Provider Network** better by providing your feedback in the **online Network survey**. Survey responses will be used to gauge the effectiveness of resources provided as part of Network enrollment as well as determine additional resources needed. As the HDSP team seeks continued funding, **your responses can be instrumental in providing support for the continuation of the Network**.



There are two surveys, one for clinical healthcare providers and one for *Care for Yourself* coordinators. The surveys take only 15 minutes to complete. And you can register for a free drawing! Deadline for completion is **FRIDAY, MARCH 22ND**!

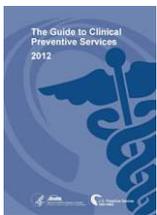


[Click Here for the Healthcare Provider Survey](#)

[Click Here for the CFY-WISEWOMAN Survey](#)

New Resources from US Preventive Services...

The US Preventive Services Task Force (USPSTF) provides various resources to assist primary care providers and other healthcare professionals in the provision of quality health care and health services. Recently, the USPSTF has developed the 2012 **Guide to Clinical Preventive Services**, providing evidence-based recommendations to help primary care providers and patients decide which prevention services are right for the patient's needs.



Guide to Clinical Preventive Services

[Access the full PDF version](#)

[Order free pocket guide](#)



Electronic Preventive Services Selector (ePSS) app is designed to help providers identify clinical preventive services for their patients. The app can be used on mobile devices or desktop computers. [Access the app.](#)

[Click here](#) to access additional resources from the USPSTF, including CME/CE opportunities

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