

# Heart to Heart

An e-bulletin created especially for healthcare providers

## In the News . . .



### NIH launches Web resource on complementary and alternative medicine

A new online resource, designed to give health care providers easy access to evidence-based information on complementary and alternative medicine (CAM), was unveiled today by the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health.

Not talking about CAM Listen to a related interview at this link.

## Stroke

### Stroke Seminars

These lectures from U of W are archived after the presentation. They are a great series and well worth viewing at your convenience. Some of the past stroke lectures are on post-stroke infections, depression and stroke, stroke in pregnancy, acute treatment, imaging, TIA management and evaluation, telestroke, and many more.



## All about Sodium . . .

### Sodium-masking Technology Boosts Sweetness

Masking the flavor of salt offers big opportunities for products, such as sports beverages, in which salt is a winning ingredient and can boost perception of sweetness.

### Wonder Bread Introduces New Wonder® Smartwheat™

As part of the brand's recent commitment to the National Sodium Reduction Initiative, Wonder's new Smartwheat bread contains no high fructose corn syrup and is lower in sodium.

### Exercise May Blunt Salt's Effect on Hypertension

The more active you are, the less a high-sodium diet will raise your blood pressure, study suggests.

### Sodium vs. salt: Let's agree to disagree

The United States lists sodium on nutrition labels while salt is more common in the European Union. Salt and sodium are not the same, and a standardized term would only cause confusion...

### Research suggests cause for salt induced high blood pressure

Salt may raise blood pressure by making it harder for the cardiovascular system to juggle the regulation of blood pressure and body temperature, according to new research...

### A happy medium for sodium reduction

Let's hear it for compromise. It's not often that a middle-ground solution is championed, but the National Salt Reduction Initiative is gaining support precisely because it has not strong-armed anyone into action...



# Heart to Heart

## The latest on Cholesterol . . .

### AHA adds fiber & omega-3 to triglyceride management recommendations

Fiber and omega-3s from marine sources should be included in the diet for reducing levels of triglycerides in the blood, according to the American Heart Association's first ever statement on triglyceride management... **Improving Adherence to**

### Lipid-Lowering Therapies to Achieve LDL-C Goals

Join **Drs. Borden, Braun, Davidson, Jacobson, and Orringer** as they discuss strategies to improve patient adherence to lipid-lowering therapies.

## What's new at the CDC



***Health Literacy: the capacity to obtain, process, and understand basic health information and services to make appropriate health decisions.***

***- Healthy People 2020 and National Action Plan to Improve Health Literacy***

The Centers for Disease Control and Prevention (CDC) invites you to visit ***Health Literacy: Accurate, Accessible and Actionable Health Information for All***, the agency's new health literacy web site: [www.cdc.gov/healthliteracy](http://www.cdc.gov/healthliteracy).

The site provides information and tools to improve health literacy and public health and make health information accurate, accessible and actionable for all. The resources are for all organizations that interact and communicate with people about health, including public health departments, healthcare providers and facilities, health plans, government agencies, non-profit, community and advocacy organizations, childcare and schools, the media, and health-related industries. The site features health literacy organizations by state and planning tools to use the National Action Plan to Improve Health Literacy.



The health literacy blog <http://blogs.cdc.gov/healthliteracy/> provides a forum for commentary and discussion of vital issues in health literacy improvement. Join CDC in implementing positive changes to improve health literacy.

## Ready to Earn some CMEs or CEUs?

### Continuing Education Opportunity

The link above takes you directly to the web portal so you can take a course. Don't miss the opportunity to take courses on the Learning Management System to earn your free continuing education credits!



**Cholesterol: Everything You Need to Know to Provide Patient Education**

## The Heart Disease and Stroke Prevention Team:



**Terry Y. Meek**  
Project Coordinator  
[tmeek@idph.state.ia.us](mailto:tmeek@idph.state.ia.us)

**Suning Cao**  
Epidemiologist  
[scao@idph.state.ia.us](mailto:scao@idph.state.ia.us)