

Heart to Heart

An e-bulletin created especially for healthcare providers interested in cardiovascular information sharing, resources, and training.

In the News . . .

Democrats, Republicans: Rival Views to Control Health Costs

Two articles online today in the New England Journal of Medicine show how far apart Democrats and Republicans stand on the question of what to do about rising healthcare costs. The papers come ahead of a November election showdown between President, Barack Obama, and presumptive Republican, nominee Mitt Romney.

Report: 29% of Iowans obese

An obesity report released Monday ranks Iowa 18th in the country, with 29 percent of the state's residents rated as severely overweight. "That's almost a third of Iowans. It's a lot of people," said Catherine Lillehoj, a research analyst for the Iowa Department of Public Health. Twelve states now have very high obesity rates, according to the study released by the Centers for Disease Control and Prevention. At least 30 percent of adults are obese in Alabama, Arkansas, Indiana, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Texas and West Virginia. Colorado was lowest, at just under 21 percent, and Mississippi was highest at nearly 36 percent.



Menu Labeling May Aid Sodium Reduction Efforts

A recent study, published in the *Journal of the Academy of Nutrition and Dietetics*, found that chain restaurant menu items in King County were reduced in sodium after a 2009 menu labeling law took effect. The study, "Energy, Saturated Fat, and Sodium Were Lower in Entrées at Chain Restaurants at 18 months compared with 6 months following the Implementation of Mandatory Menu Labeling Regulation in King County, Washington" analyzed 3,941 menu items from 37 chain restaurants. Findings indicate that sodium levels declined the most for sit down restaurants, from more than 2,100 milligrams to 1,900 milligrams. The average sodium reduction for all restaurant types was 108 mg per menu item. The King County menu labeling regulations state that restaurants must provide calorie content, grams of saturated fat, and milligrams of sodium at the point of purchase. **The study abstract may be found here:**

[http://www.andjrnl.org/article/S2212-2672\(12\)00592-8/abstract](http://www.andjrnl.org/article/S2212-2672(12)00592-8/abstract).

The proposed regulations may be found here: [Food Labeling; Calorie Labeling of Articles of Food in Vending Machines](#) and [Food Labeling; Nutrition Labeling of Standard Menu Items in Restaurants and Similar Retail Food Establishments](#).

The Best Sugar Substitutes

Agave, Splenda, Truvia — there are lots of sugar substitutes out there, but some are better for diabetes (and others) than other sweeteners. [Get the facts before you buy.](#)



What about Heart Attack ?

COMFORTABLE AMI: Vanishing-polymer DES beat bare-metal stents in STEMI

Use of a biolimus-eluting stent with a biodegradable polymer (**BioMatrix**, Biosensors Europe) in patients with ST-elevation MI (STEMI) results in an almost 50% lower rate of major adverse cardiovascular events (MACE) compared with using a bare-metal stent, according to the **COMFORTABLE AMI** study, which has just been published in the August 22, 2012 issue of the *Journal of the American Medical Association*.

How to Avoid a Heart Attack

Cardiologist Arthur Agatston details how you can lower your risk. [Get his life-saving advice.](#)



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

Aspirin Use

Balancing CV and GI Risk: Expert Perspectives

A study of self-reported aspirin use reveals the drug therapy is underused for preventing cardiovascular events among women. Many aren't following national guidelines.

An Aspirin a Day: Yes or No?

Heart health expert Dr. Arthur Agatston used to recommend daily aspirin to many patients, but now he's rethinking this advice. [Find out why.](#)

Blood Pressure Control and Management

Team Up. Pressure Down.

Join Dr. Janet Wright, Million Hearts Executive Director and Surgeon General, Dr. Regina Benjamin, as they launch *Team Up. Pressure Down.* a new Million Hearts educational program that promotes team-based care and offers support for health care professionals working to improve medication adherence and blood pressure control. The program, which was developed by the Centers for Disease Control and Prevention in collaboration with practicing pharmacists and national pharmacist groups, emphasizes medication adherence and high blood pressure control to prevent heart attacks and strokes. The goal of the Million Hearts™ initiative is to prevent 1 million heart attacks and strokes by 2017.

The Launch Webinar for this new program: **Program Launching via live webinar on Wednesday, September 5 at 10:00 a.m. ET. [To register for the launch webinar.](#)**

Cholesterol Control and Management

Cholesterol test with only a photo of patient's hand

Researchers in India have developed a total cholesterol test that uses a digital camera to take a snapshot of the back of the patient's hand rather than a blood sample. The image obtained is cropped and compared with images in a database for known cholesterol levels.

Egg yolk consumption almost as bad as smoking when it comes to atherosclerosis, study suggests

Newly published research led by Western's Dr. David Spence shows that eating egg yolks accelerates atherosclerosis in a manner similar to smoking cigarettes.

Americans Bringing Down Cholesterol Levels

It looks like Americans might be doing something right when it comes to their cholesterol levels. See how they've dropped in the last decade.



Smoking Cessation

Genetics May Guide Ways to Quit Smoking

Genetic information can help predict whether medications will boost a smoker's odds for quitting. The new finding brings health care providers a step closer to providing individualized treatment plans to help smokers kick the habit.

2012 Surgeon General's Report--Preventing Tobacco Use Among Youth and Young Adults

This Surgeon General's report examines in detail the epidemiology, health effects, and causes of tobacco use among youth ages 12 through 17 and young adults ages 18 through 25. This report also highlights the efficacy of strategies to prevent young people from using tobacco.



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Stroke News . . .

No FDA Approval Yet of Apixaban for Stroke Prevention in AF

For now, the US Food and Drug Administration (FDA) has declined approval of apixaban (*Elquis*, Pfizer/Bristol-Myers Squibb) as a third warfarin alternative in the prevention of stroke and systemic embolism in patients with atrial fibrillation (AF).

Media Campaign Boosts Stroke Awareness and Speeds Treatment

A public information media campaign in Ireland about acute stroke made the public more aware of the signs and symptoms of stroke and led to greater activation of a stroke pathway, quicker brain imaging, and an increase in the number of patients receiving thrombolysis.

Million Hearts Initiative

Team Up. Pressure Down.

A new Million Hearts Initiative launch for a program that offers support and resources for health professionals, especially pharmacists, working with Americans to improve BP medication adherence and blood pressure control. TU.PD. Was developed by the CDC for pharmacists, in collaboration with practicing pharmacists, national pharmacist groups, and other stakeholders supporting the Million Hearts Initiative. **IDPH will be sending more information about the Launch Webinar!!!**

NIH launches trial to evaluate anti-inflammatory treatment for preventing heart attacks, strokes, and cardiovascular deaths

An international multi-site trial has launched to determine whether a common anti-inflammatory drug can reduce heart attacks, strokes, and deaths due to cardiovascular disease in people at high risk for them.

Make the Call. Don't Miss a Beat.

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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.**

Comedienne, Rosie O'Donnell's response to her own heart attack emphasizes the need for the Make the Call. Don't Miss a Beat. campaign.

She failed to recognize the symptoms and didn't call 9-1-1. Make sure your patients know symptoms and how to respond!!

September is a BUSY Health Observation Month !

9-1 to 9-30 Fruit and Veggies—More Matters Month

9-1 to 9-30 National Cholesterol Education Month

Feature special Cholesterol Screening events at your facility or in your community.

9-1 to 9-30 Whole Grains Month

9-16 to 9-22 National Rehabilitation Awareness Celebration

9-26 National Women's Health & Fitness Day USA

9-29 World Heart Day, World Heart Federation

Go online and check-out what's going on throughout the world on this special day!

9-29 Family Health and Fitness Day USA



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Sodium Reduction . . .

Too much salt may damage blood vessels and lead to high blood pressure

Eating a high-salt diet for several years may damage blood vessels -- increasing your risk of developing high blood pressure, according to research reported in the American Heart Association journal *Circulation*.



Sneaky Sources of Hidden Salt

Trying to cut back on salt? Some seemingly healthy foods can be full of hidden sodium. [Here](#) are some of the worst offenders.

Salt intake: why is it bad for you? [Videos]

Many of us are aware that we shouldn't eat too much salt. To be precise, adults should avoid eating over 6g (or around about a teaspoon of salt) a day. Most people eat about 2 times that, or more.



New Resources for Healthcare Providers

Interactive Heart Disease and Stroke Atlas Now Available Online

The CDC's Division for Heart Disease and Stroke Prevention has created the Interactive Atlas of Heart Disease and Stroke, a new online mapping tool that documents geographic disparities in the burden of cardiovascular disease (CVD) at state and county levels. Users can create county-level maps of nine different CVD outcomes, by sex, race/ethnicity, and age group, and can overlay maps with congressional boundaries and locations of health-care facilities. Users also can view maps showing county-level social determinants of health and health services, including poverty, education, and food acquisition determinants. The atlas is designed to be a valuable tool for public health professionals, researchers, community leaders, and others interested in monitoring CVD trends, setting research priorities, and planning patient services. The Interactive Atlas of Heart Disease and Stroke is available at: <http://apps.nccd.cdc.gov/dhdspatlas>.

Panel recommends against ECG tests for heart disease

Testing electrical activity of the heart using an electrocardiogram is unlikely to help doctors figure out who is at risk of coronary heart disease, according to recommendations from a U.S. government-backed panel.

Medical Providers: All New Just For You -- Watch, Learn and Live Website

American Heart Association's brand new interactive cardiovascular library. Here you'll find informative illustrations and animations about a variety of conditions, treatments and procedures related to heart disease and stroke.

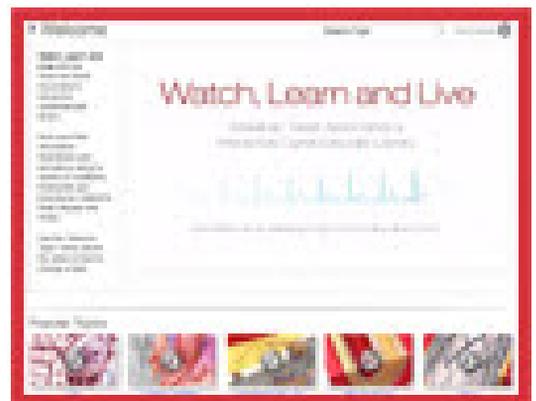
Start exploring now!

Patient Information Sheets:

[More My Heart and Stroke News](#)
[Answers By Heart](#)
[Let's Talk About Stroke](#)
[Heart Attack Risk Calculator](#)
[High Blood Pressure Risk Calculator](#)
[Diabetes Health Assessment](#)
[My Life Check™](#)
[Heart-Health Quizzes](#)
[BMI Calculator](#)

Provider Tools:

[Statements & Guidelines](#)
[Membership](#)
[Focus On Quality](#)



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