

Heart to Heart

September, 2010

A Monthly E-Bulletin on Heart Health topics, resources and links for healthcare providers that work with the WISEWOMAN/Care for Yourself Program

On-line Training Courses are available!

Earn FREE CMEs or CEUs through the on-line training courses. Many WISEWOMAN Program Coordinators have taken part in these courses and find that they are helping them with their interventions! Courses available include: *A Guide to Educating Patients* and *Sodium Reduction: Opportunities for Change*. Take the course at <http://hcproviders@learnpublichealth.com>.

♥ Matters of the Heart

Pulsed Light Paces the Heart

Researchers have found that pulses of laser light may be able to serve as a noninvasive pacemaker. <http://www.nih.gov/researchmatters/august2010/08232010heart.htm>

Cold Weather Increases the Risk for Heart Attacks

A 1.8 degree Fahrenheit reduction in temperature may account for an additional 200 heart attacks. http://www.msnbc.msn.com/id/38650199/ns/health-heart_health/

Community Heart Disease Prevention Programs are Successful!

Healthy heart programs do work and may cut the risk of heart disease by as much as 1 percent! <http://www.reuters.com/article/idUSTRE67B4MH20100812>

♥ Women's Cardiovascular News

Red Meat May Increase Women's Heart Disease Risk

<http://health.msn.com/weight-loss/articlepage.aspx?cp-documentid=100262167>

Women's cholesterol levels vary with phase of menstrual cycle

<http://www.nih.gov/news/health/aug2010/nichd-10.htm>

Severe Angina Poses 3x the Coronary Artery Disease Risk For Women Than Men

<http://www.medicalnewstoday.com/articles/194169.php>



♥ Blood Pressure Articles and Links

Fructose Intake May Increase Blood Pressure

U.S. researchers believe that eating a lot of foods and drinks sweetened with fructose will increase a person's risk for having high blood pressure.

<http://www.reuters.com/article/idUSTRE6605EV20100701>

Monitoring Blood Pressure at Home May Keep It Low

Study finds patient's assigned to self-managed care (through telemonitoring of their blood pressure and adjusting their medications according to guidelines agreed upon in advance) saw greater reductions in blood pressure after six and 12 months than patients receiving standard care through health professionals.

<http://consumer.healthday.com/Article.asp?AID=640915>

♥ Stroke Articles and Links

Complications May Shorten Stroke Patients Lives

South Korean researchers have found that complications after a stroke, such as pneumonia or a second stroke occurrence, may take additional two years off a person's life-span.

http://www.nlm.nih.gov/medlineplus/news/fullstory_100625.html

Painkiller use linked to stroke risk

A new study suggests common painkillers may be linked to an increased risk of heart attack and stroke.

<http://www.reuters.com/article/idUSTRE67I4X520100819>

♥ It's All About What You Eat . . .

Moderate Chocolate Consumption Linked to Lower Risks of Heart Failure

<http://www.sciencedaily.com/releases/2010/08/100817161110.htm>

Refined Carbohydrates, not Fats, Threaten the Health of your Heart

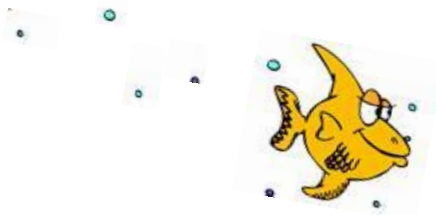
Researchers have found that processed carbohydrates (which many Americans have turned to eating instead of products high in saturated fat) may increase a person's risk for obesity, diabetes, and heart disease more than fats would have.

<http://www.scientificamerican.com/article.cfm?id=carbs-against-cardio>

Heart Risk Factors Less Common in Fish Lovers

Omega-3 fatty acids -- found most abundantly in oily fish like salmon, mackerel and albacore tuna -- may have heart benefits.

<http://www.reuters.com/article/idUSTRE66L5VI20100722>



Have a great month!
Terry Y. Meek
Project Coordinator
Rachel Schramm
Temporary Program Planner 1
Iowa Department of Public Health
Heart Disease and Stroke Prevention Program
tmeek@idph.state.ia.us