

Heart to Heart

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

November, 2010

**** Note: To read an article, click on the article's bolded title. ****

From our desk . . .

Earn free CMEs/CEUs in eight easy steps!

Encourage your providers to receive free CMEs/CEUs via the Learning Management System courses--



Step 1: Go to the website (click on the title above)

Step 2: Click on the course you would like to register for (orange box).

Step 3: To enroll in the course, click "Go"

Step 4: Create an account if you don't already have one

Step 5: Login

Step 6: Complete registration

Step 7: Take the course at a time convenient for you!

Step 8: Earn FREE CMEs and CEUs!



Courses: [Salt/Sodium Reduction: Opportunities for Change & A Guide to Educating Patients](#)



Resource Toolkits Now Posted Online

The 'Salt/Sodium Reduction' and 'Cholesterol' resource toolkits are now posted on the IDPH website.

News

Thanksgiving is National Family History Day

Encourage your patients to talk about their family health history this Thanksgiving.

IBM Launches cardiovascular disease management system in China

Learn about China's first all-in-one electronic cardiogram management system to improve cardiovascular health.



Poor sleep in adolescence associated with premature heart disease and stroke

A Canadian study finds poor sleep habits have an effect on health.

NHLBI launches body cooling treatment study for pediatric cardiac arrest

Study examines the use of temperature regulation in infants/children after cardiac arrest.

♥ Sodium Links



Nestle Company to Decrease Sodium within their products 10% by 2015

The food giant has announced their comprehensive plan to decrease sodium without impacting taste. Brands include: Stouffers, Lean Cuisine, Buitoni, Hot Pockets, and Lean Pockets.

The Salt Dilemma

Eating too much salt may cause heart disease and decreasing salt intake may mean that you are not getting the iodine that wards against thyroid problems in adults and developmental delays in children. What should we do?

♥ Cholesterol Links

Study suggests statins could help some with normal cholesterol

Cholesterol-lowering statins could go a long way toward protecting against heart disease among patients who are deemed to have an "intermediate risk" for cardiovascular trouble.

Adding fish-oil to low-fat/high-carb diet may improve cholesterol

For those with metabolic syndrome, a pairing between fish oil and a diet with low saturated fats and a high amount of complex carbohydrates may improve cholesterol.

♥ Stroke

Call for Universal Stroke Solidarity Awareness Symbol

The World Stroke Organization is asking for people to participate in an advocacy contest to help increase awareness about stroke globally. Ideas will be judged by a panel from the stroke community and the winner will be announced in 2011. Let your voice be heard, enter the contest!

Study identifies potential stroke triggers

A new research review has found a correlation between alcohol use or having an infection (like the flu) and an increased short-term risk of stroke.

Happy November! Terry and Rachel are thankful for each of you out there educating your patients about heart health!



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