

# Heart to Heart

An e-bulletin created especially for healthcare providers

## In the News . . .

### Make New Habits Permanent

The new year is right around the corner, encourage your patients to try realistic goals to make resolutions stick!

**Go For It:** They should know exactly what they want — reduce LDL cholesterol, quit smoking, start regular physical activity, etc.” They can try the steps listed below to initiate their realistic goals:

- Make sure they are specific and measurable. Goals should state what needs to happen and by what date
- Write them down and review them often
- Set long-term and short-term goals. Reaching certain goals takes a long time; to stay motivated, be sure to set realistic short-term goals that will lead to a final goal
- Develop a plan for each goal. Brainstorm strategies or steps to move closer to the goal



### Poor lifestyles harming U.S. heart health

And it's largely because people just aren't taking care of themselves. In the past three or so decades, women have upped their calorie consumption by 22 percent and men by 10 percent, with carbohydrates and sugar-sweetened beverages both major sources of unneeded calories.



## All about Sodium . . .

### Natural soy sauce could slash salt levels in half for certain products, suggests study

Naturally brewed soy sauce may be useful in reducing salt levels in certain foods by up to 50%, according to new research.

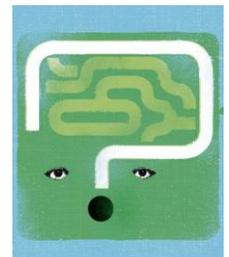
### WHO to target trans fats and salt to curb 'tide of non-communicable diseases

The World Health Organization (WHO) has identified trans fats and salt intake among its list of low-cost interventions to counter the rise of diseases like cancer, heart disease, diabetes and lung disease.

## What about Stroke . . .

### Low blood pressure linked to recurrent stroke, boosting J-curve hypothesis

A new study points again to evidence of the fabled J-curve of cardiovascular-event risk associated with blood-pressure levels. Among patients with recent non cardioembolic stroke, systolic blood pressures (SBP) >140 mm Hg and <120 mg Hg were both associated with increased risk of recurrent stroke. The study, a post hoc analysis of data from the Prevention Regimen for Effectively Avoiding Second Strokes (PROFESS) trial, was published in the November 16, 2011 issue of the *Journal of American Medical Association*. The issue, with a cardiovascular-disease theme, was released to coincide with the American Heart Association 2011 Scientific Sessions .

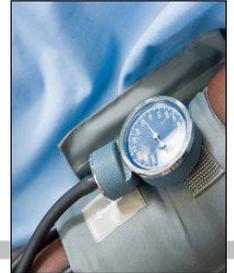


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## The latest on Hypertension . . .

### High blood pressure makes some socially awkward

**Feeling uncomfortable at those holiday events?** It's no secret that high blood pressure ups your risk for heart attack and stroke. But now scientists are saying it could also affect how you perceive emotions. In a new study published in the journal *Psychosomatic Medicine*, researchers found that individuals with higher than normal blood pressures not only had a tough time assigning emotions to text passages they read but also had problems recognizing angry, fearful, sad and happy faces when looking at photographs. The phenomenon is called "emotional dampening," a kind of reduced response to both positive and negative life events, explains lead author James McCubbin, professor of psychology at Clemson University.



## Check-out the ACS, ADS, and AHA "Everyday Choices" Website:



### What Health Tests Do Your Patients Need?

What does the American Cancer Society, American Diabetes Society, and American Heart Association have in common? Health promotion is correct! They have joined forces to build a new website to help increase awareness of cancer, diabetes, and heart disease and stroke. By answering simple, quick questions, the website is able to target gender and race specific questions people should ask when visiting with their doctor about their health.



## The Heart Truth Professional<sup>®</sup> Education Program: Free Resources on Heart Disease

Awareness of heart disease among women has nearly doubled in the last 12 years, and it remains the #1 killer of women. More than 60 percent of women ages 20-39 and more than 80 percent of women ages 40-60 have one or more modifiable risk factors for heart disease.

Through its partnership with the National Heart, Lung, and Blood Institute, the Office on Women's Health (OWH) is pleased to invite you to browse new Heart Truth Professional Education Program materials on women's heart disease prevention. OWH also invites you to earn free CME credits through new Medscape modules on women's heart disease (free registration required). Learn about motivational interviewing to support heart healthy behaviors and evidence-based prevention strategies and tools. These new resources have been updated to reflect the American Heart Association's newest cardiovascular disease guidelines for women. **The Office on Women's Health encourages health care professionals to use these resources and stay up-to-date on women's heart disease risk and prevention.** Join the Million Hearts movement, the National Heart, Lung, and Blood Institute's The Heart Truth campaign, and the OWH Make the Call. Don't Miss a Beat. campaign. Help prevent 1 million heart attacks and strokes over the next five years!

Learn more about The Heart Truth.

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