

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

February has historically been designated as HEART Month

Valentine's Day is celebrated this month. Beyond that, it is the month chosen by many advocates to sponsor fundraising drives, runs and walks, red dress displays and other events. You will undoubtedly see magazine and newspaper, as well as social networking coverage about American Heart Month, The Heart Truth Campaign, Make the Call. Don't Miss a Beat, Go Red for Women, Wear Red Day. About every 25 seconds, an American will have a coronary event. Heart Disease is the number one cause of death in the United States and Iowa. Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem. Awareness about heart disease is important because chances of developing it can be reduced by taking steps to prevent and control risk factors. Consider sponsoring an activity in your community or display heart health information in your clinic.



Breaking Bad Habits --Why It's So Hard to Change

If your patient knows something's bad for them, why can't they just stop? NIH-funded scientists have found clues to why bad habits are so difficult to kick. And they're developing strategies to help all of us make the changes we'd like to make. [Read more about breaking bad habits](#)



Healthy Vending Choices on Iowa Interstates

A vending machine program that features healthy food products and is backed by Iowa's state health department means such choices are being made available at rest stops along highways, including Interstate 80.



What about Stroke . . .

New Referral Resource for Stroke Caregivers

The National Stroke Association is pleased to announce the official launch of **Careliving Community**, a new online social network designed exclusively for caregivers and family members of stroke survivors.

This free private space allows caregivers and loved ones of stroke survivors to connect, share advice and swap stories through a discussion forum. **Careliving** also offers a blog written by fellow caregivers and live chats with experts on caregiving.

Careliving was developed based on a serious need among caregivers for a private online support space where individuals can find peer-level support and also learn to take better care of themselves. Caregivers can join the **Careliving Community** at www.stroke.org/careliving.



carelivingSM

Caring for **YOURSELF**
and a Stroke Survivor



Heart to Heart

The latest on Hypertension . . .



Swimming lowers older adults' blood pressure

Researchers found that among 43 older men and women, those who started swimming a few times a week lowered their systolic blood pressure -- the "top" number in a blood pressure reading.

See the entire study documents at this link

First data to show antihypertensive therapy prolongs life

The first long-term data from a high-blood-pressure study, the Systolic Hypertension in the Elderly Program (SHEP), show that each month of **chlorthalidone**-based therapy was associated with approximately one day of extension in life, free from cardiovascular death. The study "is a strong message that may result in increased patient adherence to drug therapy and decrease the degree of therapeutic inertia by healthcare providers," he and his colleagues say in their paper in the December 21, 2011 issue of the *Journal of the American Medical Association*.

What's new with Million Hearts...



New Million Hearts tools announced by partners

Goal is to prevent a million heart attacks and strokes in five years

The Million Hearts initiative has announced new partners and commitments, including tools to reach cardiology professionals and consumers to prevent heart attacks and strokes. The announcements were made at the first gathering of Million Hearts' private and public organizations, called the Power of Million Hearts Partnerships.



PRCs and the Million Hearts Campaign

Research conducted by Prevention Research Centers (PRCs) leads to strategies that support healthy communities. Many PRCs study the three leading CVD risk factors— hypertension (high blood pressure), high cholesterol levels, and smoking.

February CDC Public Health Grand Rounds to focus on Million Hearts Initiative

The Public Health Grand Rounds is a monthly webcast created to foster discussion on major public health issues. Each session focuses on key challenges related to a specific health topic, and explores cutting-edge scientific evidence and potential impact of different interventions. The Grand Rounds sessions also highlight how CDC and its partners are already addressing these challenges and discuss the recommendations for future research and practice. **Free continuing education credits are available.**

February 21, 2012

- **Title:** CDC Public Health Grand Rounds
- **Topic:** *The Million Hearts Initiative*
- **Time:** 12:00 – 1:00 p.m. C.D.T.
- **Web site:** Watch live and archived broadcasts at:
<http://www.cdc.gov/about/grand-rounds> (No registration needed)



Have you and your practice pledged support for the Million Hearts Initiative? If not, do so NOW at:
<http://millionhearts.hhs.gov/>



Heart disease kills roughly the same number of Americans each year as cancer, lower respiratory diseases (including pneumonia), and accidents combined.



Heart to Heart

All about Sodium . . .



Salt, hypertension, and prevention

Dr. Bob Harrington talks to Drs. Michael Alderman and Lawrence Appel about the challenges in understanding the role of salt in cardiovascular disease and why it is such a controversial topic. This is a VERY interesting video/audio recording!

Preference for salt may begin in the cradle, scientists warn

Early dietary exposure to foods containing added salt shapes a greater preference for salty tastes throughout infancy and childhood, suggests a new study.

There's Salt in That?

In a typical day, the sodium adds up fast—hidden in foods you probably didn't even know were salty.



BREAKFAST 1 whole grain bagel (490 mg) with 2 Tbsp fat-free cream cheese (211 mg) and 6 oz yogurt (95 mg) = 796 mg

SNACK 2 Tbsp peanut butter (147 mg) on 6 wheat crackers (194 mg) = 341 mg

LUNCH Sandwich with 2 slices low-salt turkey (432 mg), 1 slice American cheese (266 mg), and

2 tsp mustard (114 mg) in a flour tortilla (490 mg) with 1 dill pickle spear (306 mg) and 1 c vegetable soup (960 mg) = 2,568 mg

SNACK 1 wheat pita (340 mg) with 2 Tbsp hummus (114 mg) = 454 mg

DINNER 1/2 c pasta (4 mg) with 1/2 c jarred tomato sauce (480 mg) and 2 meatballs (232 mg), 1 slice

garlic bread (400 mg), and salad with reduced-fat ranch dressing (336 mg) = 1,452 mg

DESSERT Homemade apple crisp (495 mg) with 1/2 c vanilla ice cream (53 mg) and 2 Tbsp caramel sauce (60 mg) = 608 mg

Total 6,219 mg, more than **quadruple** the daily recommended amount

Make The Call Don't Miss A Beat



This is a new national public education campaign to educate, engage and empower women and their families to learn the most common symptoms of a heart attack and

encourages them to call 9-1-1 as soon as those symptoms arise.

Know the Heart Attack Symptoms:

The first step toward surviving a heart attack is learning to recognize the symptoms. The most common signs of heart attack in both women and men are:

Unusually heavy pressure on the chest, like there's a ton of weight on you-Most heart attacks involve chest pain or discomfort in the center or left side of the chest. It usually lasts for more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain. It may even feel like heartburn or indigestion.

Sharp upper body pain in the neck, back, and jaw-This symptom can include pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or upper part of stomach (not below the belly button). **Pain in the back, neck, or jaw is a more common heart attack symptom for women than it is for men.**

Severe shortness of breath-This symptom can come on suddenly. It may occur while you are at rest or with minimal physical activity. You may struggle to breathe or try taking deep breaths. Shortness of breath may start before or at the same time as chest pain or discomfort, and can even be your only symptom.

Cold sweats, and you know it's not menopause-Unexplained or excessive sweating, or breaking out into a "cold sweat," can be a sign of heart attack.

Unusual or unexplained fatigue (tiredness)-Sudden and unusual tiredness or lack of energy is one of the most common symptoms of heart attack in women, and one of the easiest to ignore. It can come on suddenly or be present for days. More than half of women having a heart attack experience muscle tiredness or weakness that is not related to exercise.

Unfamiliar dizziness or light-headedness-Unlike in the movies, most heart attacks do not make you pass out right away. Instead, you may suddenly feel dizzy or light-headed.

Unexplained nausea (feeling sick to the stomach) or vomiting-Women are twice as likely as men to experience nausea, vomiting, or indigestion during their heart attack. These feelings are often written off as having a less serious cause. Remember, nausea and vomiting may be signs that something is seriously wrong, especially if you have other symptoms.

If you or a woman you know has any one of these symptoms and it lasts for more than five minutes, call 9-1-1 for emergency medical care. For more information, go to : <http://www.womenshealth.gov/heartattack/>

In addition, HDSP can provide you with campaign materials or other assistance if you want to sponsor an event in your area during February (or even later in the year). Look for the Greater Des Moines area billboards and Des Moines Metro bus signs featuring this campaign during February. Contact us at terry.meek@idph.iowa.gov.



Heart to Heart

The latest on Heart Attack ...

Heart attack waiting to happen isn't always obvious

If you're not overweight, eat pretty well and exercise now and then, you might think you're in good heart health. But doctors say you don't have to look like a heart attack waiting to happen to be one.

'Bad juju' can foretell heart attacks?

That sinking feeling in your gut? Don't worry: it's probably appropriate for our times. It may be due to your foundering finances, your slippery hold on employment, or the sudden realization that you love "Glee" just a bit too much. For the medical record, however, a nagging anticipation that something wicked this way comes is a listed warning sign for at least eight illnesses or conditions.

Severely Obese Have Worst STEMI Outcomes

A new study from the National Cardiovascular Data Registry (NCDR) ACTION shows that ST-segment-elevation MI (STEMI) patients with extreme obesity have worse in-hospital mortality rates than less obese STEMI patients, despite less extensive coronary disease and better ventricular function.

What's new at the AMA ...

In an emergency, can your patients tell a treating physician what medications they are taking and what allergies they have?

They can if they have downloaded My Medications, a new medical app from the AMA. The app allows patients to store, carry and share vital information—about their medications, allergies and immunizations—in one secure place. The My Medications app, currently available for the Apple iPhone, iPad and iPod Touch through the AMA iTunes store gives patients the ability to create and update a list of medications, including dosing and schedule information. Immunization records and allergy information also can be tracked. The app allows patients to email their information to health care providers, family members or friends. It also allows patients to maintain a list of their medical team's contact information.



"The AMA's new My Medications app provides a place for patients to store their medical information and share it with their physicians," said AMA Board Chair-Elect Steven J. Stack, MD. "When a physician has access to a patient's current medications, allergies and immunizations, the risk of medication errors and adverse reactions to medications decreases."

The AMA also offers a number of patient safety initiatives and resources for physicians and their patients. Visit the AMA's Center for Patient Safety Web page for information on national patient safety efforts, such as awareness programs, national campaigns, confidential error-reporting systems and patient education efforts.

My Medications is the second app released by the AMA this year. The CPT® E/M Quick Reference app is a fast and reliable reference guide that helps physicians easily determine the appropriate CPT Evaluation and Management (E/M) billing codes.

Check out this AMA app for physicians, too!

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