

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .



Health of Americans a mixed bag: CDC report

"Overall, this report, based on data not as yet fully adjusted but nonetheless valid, demonstrates both significant improvements in the nation's health and health habits, and areas that still require serious attention," said Dr. Pascal James Imperato, dean and Distinguished Service Professor in the School of Public Health at SUNY Downstate Medical Center in New York City.

Bonuses for EHR Use Reach Record Level

The number of physicians and other healthcare providers receiving Medicare and Medicaid bonus payments for adopting electronic health records (EHRs) nearly doubled in the last 3 months to more than 110,000, officials at the US Centers for Medicare and Medicaid Services (CMS) said this week.

All about Sodium . . .

Under Pressure: Strategies for Sodium Reduction in Worksites

This is CDC's newly released guide. The Guide provides practical strategies for improving the food environment in worksites such as creating a worksite wellness team, establishing a comprehensive food policy, and incentivizing employee participation. *Under Pressure: Strategies for Sodium Reduction in Worksites* is the third in a series of venue-based guides offering strategies for sodium reduction in various settings. The first guide, *Under Pressure: Strategies for Sodium Reduction in the School Environment* focused on schools and the second, *Under Pressure: Strategies for Sodium Reduction in the Hospital Environment*, focused on hospitals.

Research Study Links High Sodium Intake and Increased Blood Pressure

A new study recently published in *Circulation* found that higher sodium intake is associated with increased uric acid and urinary albumin excretion, which in turn is associated with a greater risk of developing high blood pressure. The study, "Association between Sodium Intake and Change in Uric Acid, Urine Albumin Excretion, and the Risk of Developing Hypertension" also found that participants eating the most (about 6,200 mg a day) sodium were 21 percent more likely to develop high blood pressure compared with participants eating the least amount of sodium (about 2,200 mg a day). The Netherlands-based study analyzed the salt intake of 5,556 white men and women without hypertension over approximately six years.



What about Stroke ?

Anxiety, depression may raise stroke risk

People suffering from anxiety, depression, sleeplessness or other forms of psychological distress are at greater risk of death from a stroke, according to a new study.

Scientists at Newcastle University have developed a computer game designed to help stroke victims recuperate

The Circus Challenge game, created with a computer game studio, aims to help patients recover motor functions. Players use wireless controllers to perform virtual circus acts such as lion taming and plate spinning. It is hoped the PC-based game will serve as a cheaper and more effective alternative to existing treatments, with patients able to play at home.



Heart to Heart

The latest on Cholesterol and High Blood Pressure...

Statins May Cut Cancer Risk Post-Heart Transplant

The use of statins was associated with a reduced risk of developing cancer in heart-transplant patients in a new registry study.



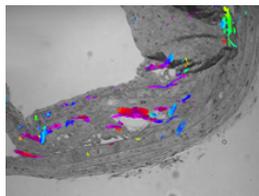
Alarming increase in hypertension in US children

The first comprehensive look at inpatient treatment for pediatric hypertension in the US over a period of 10 years, from 1997 to 2006, shows that hospitalizations for this indication almost doubled over the course of the study, and associated costs also rocketed. The report was published online June 18, 2012 in *Hypertension*.

Questions About HDL Cholesterol



The effect of "good" cholesterol on cardiovascular disease may be more complicated than previously thought, according to a new analysis. The finding raises questions about how best to lower heart disease risk.



Cardiovascular Disease: Innovations and Insights



First-in-human transcatheter mitral-valve implant

Doctors in Denmark have become the first to implant a new bioprosthetic mitral valve into a person via a transcatheter approach. Interventional cardiologists **Drs Lars Søndergaard** and **Olaf Franzen** and cardiovascular surgeon **Dr Susanne Holme** were among the team at the Rigshospitalet University Hospital in Copenhagen that implanted the valve as a compassionate treatment into an 86-year-old male suffering from severe mitral regurgitation (MR 4+).

The heart is a lonely hunter: Living alone linked with mortality risks

That husband or wife, boyfriend or girlfriend, or even the college-aged kid who suddenly moved back home might be getting on your last nerve, but new data suggest they could help you live a longer life. In an analysis of more than 40, 000 middle-aged subjects with atherosclerosis, living alone was associated with an increased risk of death and cardiovascular death in all but the oldest of patients.

A multibiomarker test for predicting CVD: Has its time arrived?

Anyone attending the slick **TEDMED** conferences—billed as the "grand gathering of people passionate about imagining the future of health and medicine"—expects to hear about futuristic ideas and mind-boggling technologies. This year, attendees had the chance to go home with what one company believes is a glimpse of things to come: results of an "inflammation test" purporting to predict their risk of heart disease

Social Marketing to Patients, Practice Applications, etc.



Using Social Networks to Change Patient Behavior

Social networks offer many opportunities to stimulate healthy behavior by accelerating the change process and reaching more people than would otherwise be possible, according to a review published in the July 5 issue of *Science*.

15 More Smartphone Apps to Improve Your Practice



The featured apps—some of which are free—are all supported by the iOS operating system (iPhone®, iPod®, and iPad™), but the Android operating system supports many of the same, or similar, applications.



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