

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

## Health Promotion is Newsworthy . . .

### **IDPH has a new grant-funded program, the **Health Promotion and Chronic Disease Control Partnership.****

This publication, *Chronic Disease Connections*, will be part of the communication strategy between IDPH staff and healthcare system providers throughout the state as we partner to help patients control their diabetes and high blood pressure. This is just one of the major objectives for the funding. The CDC would like to see that more patients are aware that they have pre-diabetes, diabetes or high blood pressure and that health systems are maximizing evidence-based strategies to assist patients with achieving control. Over the coming months you will hear more about the new program and how you can become involved.

### **Make sure you have updated your registration with us!**

Your clinic, practice, center, or organization should have recently received an email with a registration update. Fill it out and submit it so you can continue receiving this e-bulletin and other benefits such as patient education materials and training for your clinic's care team. Don't miss out! If you have questions, contact [terry.meek@idph.iowa.gov](mailto:terry.meek@idph.iowa.gov).

## Pre-diabetes and Diabetes News . . .

### **Curcumin Curbs Diabetes Risk**

Curcumin, a compound found in turmeric spice that is used to flavor curry, may help prevent pre-diabetes from developing into the full-blown disease and provide a host of other health boosts. [Learn more.](#)

### **Firm promising to tackle pre-diabetes by unlocking secrets of gut microbiome talks to medical food giants**

An firm co-founded by Whole Foods Market chairman John Elstrott is in talks with top consumer healthcare firms about developing medical foods containing a novel ingredient claimed to improve blood glucose control and metabolic function in pre-diabetics and type 2 diabetics... [Read](#)

### **Needless Blood Sugar Monitoring a Step Closer**

**Device passes two clinical trials, seeks FDA approval.** A needle-free, transdermal glucose monitoring device for critical care patients has generated positive results in the **second of two clinical trials.**

### **Healthy Diet Lowers CKD Risk in Type 2 Diabetes Patients**

A diabetes-friendly diet is one key to effectively managing the disease.



## What's new about



## Better Choices, Better Health

Put Life Back in Your Life

### **Is Your Clinic Referring Patients with Diabetes and High Blood Pressure to these Self-Management Classes?**

Better Choices, Better Health (also known as the Chronic Disease Self-Management Program) helps adults manage the symptoms of chronic diseases, such as arthritis, heart disease, stroke, asthma, lung disease, diabetes, osteoporosis, and other chronic conditions. This evidence-based program, developed by Stanford University, is held weekly for 2 ½ hours for six weeks at community-based locations in participating counties. The workshop sessions are taught by trained leaders in the community; many of whom also have chronic conditions. This creates an environment of mutual support, which builds participants' confidence in their ability to manage their health and lead active lives. To learn more and hear participant comments, view the [Health for a Lifetime Video](#).



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## Million Hearts® Initiative Update



### Are You a Million Hearts® Champion?

Calling all clinicians, clinical practitioners, and health systems working with patients to get blood pressure under control—enter the 2013 Million Hearts® Hypertension Control Challenge today!



Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. Million Hearts® brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke. Learn more today and take the pledge!



## The latest on the ABCS...

### A1c

#### ADA Provides Information about A1c and eAG



In some ways, the A1C test is like a baseball player's season batting average, it tells you about a person's overall success. Neither a single day's blood test results nor a single game's batting record gives the same big picture. If you have a newly diagnosed patient with Type 2 Diabetes, refer them to a Certified Diabetes Educator near them or the American Diabetes Association where they can enroll free in a Living with Type 2 Diabetes program.

### Aspirin Use

#### Does each provider at your clinic have an Aspirin Guideline Clinician Fact Sheet?

We still have an ample supply of hard copies of the Fact Sheet, *Using Aspirin for the Primary Prevention of Cardiovascular Disease*, which covers the AHRQ/USPSTF guidelines for men and women.

Just ask and you shall receive: [terry.meek@idph.iowa.gov](mailto:terry.meek@idph.iowa.gov).



## Blood Pressure Control and Management

### Salt: I Can't Believe It's Still Controversial

In this video presentation, Dr. Lawrence J. Appel, professor of medicine and of epidemiology at Johns Hopkins University, discusses the evidence that links sodium with health, the challenges of conducting high-quality research in this area, why there is lingering controversy over sodium reduction, and some of the main sources of sodium in Americans' diets.

*Note: Viewing this article may require a no-cost on-line subscription to Medscape.*

### Self-measured BP monitoring can mean fewer mm of Hg

Self-measurement of blood pressure in the home, whether or not supplemented with counseling, educational materials, or other kinds of support, lowers BP over six months to a year compared with standard clinic-based BP monitoring, suggests a meta-analysis of 52 prospective studies published August 5, 2013 in the *Annals of Internal Medicine*.

### Suboptimal therapy may explain half of apparent treatment-resistant hypertension cases

Physicians need to answer some very basic questions when treating a patient with apparent treatment-resistant hypertension, he continued. "Is the [patient's] pressure elevated outside the office? Is the prescribed treatment adequate? [And] is the patient taking the medications that have been prescribed?" Patients may not be compliant due to a drug's cost or to side effects, he noted. "[Answering] those three questions alone would solve a lot of problems."

Continued on the next page...

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## Cholesterol Control and Management

### My Advice for High Cholesterol

Excellent videos for patient use: How to improve cholesterol levels and heart health with tips from a cardiologist, a dietitian, and two people managing high cholesterol.

Watch the videos.

## Smoking Cessation

### New German Study on Electronic Cigarettes Recently Released

Electronic cigarettes are novel products emerging on the market just a couple of years ago. Consequently, there are only few scientific studies on the health implications of using electronic cigarettes. Based on current data, the following general statements can be made:

- E-cigarettes cannot be rated as safe at the present time.
- Consumers do not have reliable information on product quality.
- Electronic cigarettes have various technical flaws (leaking cartridges, accidental intake of nicotine when replacing cartridges, possibility of unintended overdose).
- Some manufacturers provide insufficient and partly wrong information about their liquids.

You can download the most recent German study .

### Parent and Child Cigarette Use: A Longitudinal, Multigenerational Study

**Key findings:** Kids are more likely to smoke if an older sibling smokes, or if a parent smoked as a teen. Intervention efforts should target parents who were smokers at any point from adolescence to adulthood, and prevention efforts should also target the smoking behavior of older siblings.



## Place these Health Observations on Your Upcoming Calendar . . .

## What About Planning a Health Screening in your Community?

### September

Healthy Aging Month [info@healthyaging.net](mailto:info@healthyaging.net)

National Atrial Fibrillation Awareness Month [www.stopafib.org](http://www.stopafib.org).

Fruit and Veggies—More Matters Month [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

National Cholesterol Education Month [nhlbiinfo@nhlbi.hih.gov](mailto:nhlbiinfo@nhlbi.hih.gov)

Whole Grains Month [www.wholegrainscouncil.org/get-involved/](http://www.wholegrainscouncil.org/get-involved/)

Family Health & Fitness Day USA [www.fitnessday.com](http://www.fitnessday.com) [September 28]

World Heart Day [www.worldheart.org](http://www.worldheart.org) [September 29]

### October

Health Literacy Month [helen@healthliteracy.com](mailto:helen@healthliteracy.com)

Walk to School Day [www.walkbiketoschool.org](http://www.walkbiketoschool.org) [October 9]

National Health Education Week [www.sophe.org/nhew.cfm](http://www.sophe.org/nhew.cfm) [October 20-26]

Talk About Prescriptions Month [www.talkaboutrx.org](http://www.talkaboutrx.org)

National Healthcare Quality Week [www.nahq.org](http://www.nahq.org) [October 20-26]



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## Training for Healthcare Providers

### Archived Webinar: Medication Management During Care Transitions

Telligen recently recorded and posted a brief webinar covering medication safety concerns during transitions of care. The video explains why transfer of care is one of the largest opportunities for harm; defines care transitions and adverse drug events; and discusses strategies to improve care transitions. Have your clinic listen to the 11 minute recording.

### ARCHIVED WEBINAR: COMMUNITY HEALTH WORKERS AND REDUCING DISPARITIES IN DIABETES

Community Health Workers (CHWs) who are part of the Diabetes Equity Project (DEP) in Dallas are helping to improve the health of underserved people living with diabetes. DEP is one of five local programs that make up the Alliance to Reduce Disparities in Diabetes, which is implementing community-based health care improvement strategies for vulnerable populations. Baylor Health Care System, where the DEP program is located, has seen improved health outcomes and reduced costs as a result of integrating CHWs on the front lines of care.

Webinar participants learned about:

Opportunities for expanding the use of CHWs and ways for other states and health systems to leverage the lessons learned at Baylor;

The process Baylor took to recruit, train, and credential CHWs; and

The first-hand experience of a Baylor CHW.

To view the recording, please [click here](#). Presentation slides can be found [here](#).



## New Resources for Healthcare Providers

### CMS Announces New Open Payments Mobile Applications to Assist Physicians and Industry in tracking Financial Relationships

The CMS introduced two free mobile device applications (apps) to help physicians and health care industry users to track their payments and other financial transfers the industry will report under the OPEN PAYMENTS program (Physician Payments Sunshine Act). Created by a provision of the Affordable Care Act, OPEN PAYMENTS creates greater public transparency about the financial transactions between doctors, teaching hospitals, drug and device manufacturers, and other health care businesses. [Click here](#) to view press release. [Click here](#) to read more about OPEN PAYMENTS.

### CDC Launches Health Equity Resource Guide

CDC announces the launch of the Division of Nutrition, Physical Activity, and Obesity (DNPAO) [Health Equity Resource Web Guide](#). This website is an instructional tool developed to complement the *CDC Health Equity Resource Toolkit for State Practitioners Addressing Obesity Disparities*, released in August, 2012. The Toolkit's goal is to increase the capacity of state health departments and their partners to work with and through communities to implement effective responses to obesity in populations that are facing health disparities. The primary focus is on how to create systems and environmental changes that will reduce obesity disparities and achieve health equity.

### 2013 Tips "Talk With Your Doctor" Video Loop Now Available For Use from CDC/Office on Smoking and Health.

A looped video of three Tips ads with the "Talk With Your Doctor" tag is now available for free download and use. You will find it on the [Tips download center](#) under the Healthcare tab. The videos on the loop are Bill's Diabetes Tip, Terrie's Voice Tip and Jessica's Asthma Tip in Spanish. **States and their partners are encouraged to download and coordinate placement of these videos in waiting rooms in state and local clinics, hospitals and doctor's offices.**

The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership

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