

Chronic Disease Connections



An e-bulletin created for healthcare systems working with patients to control their chronic disease, high blood pressure and/or manage their prediabetes, diabetes, and/or high cholesterol.

The Latest Health Promotion is Newsworthy

It is never too late to start statins for clogged leg arteries - Statins are linked with reduced mortality in patients with peripheral arterial disease, even when started late after diagnosis, reports a new study.

Study finds upsurge in “active surveillance” for low-risk prostate cancer - Many men with low-risk prostate cancer who most likely previously would have undergone immediate surgery or radiation are now adopting a more conservative “active surveillance” strategy, according to a new study.

Good heart health at age 50 linked to lower dementia risk later in life - Good cardiovascular health at age 50 is associated with a lower risk of dementia later in life, finds a new study.

Breast cancer: Hormone therapy may only put some cells to “sleep” - Why does breast cancer sometimes recur after treatment? A new study suggests that in part, the answer may lie in the effect of adjuvant hormone therapy on some cancer cells.

Plan Clinic Awareness Activities for Upcoming Health Observations

National Breast Cancer Awareness Month

National Healthcare Quality Week (Oct 20-26)

National Check Your Meds Day (Oct 21)



October

American Diabetes Month

Lung Cancer Awareness Month

Great American Smokeout (Nov 15)

November



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Prediabetes News

Journal of General Internal Medicine - *National Survey of Primary Care Physicians' Knowledge, Practices, and Perceptions of Prediabetes* suggests that many primary care providers are unprepared to help their patients avoid diabetes.

Diabetes News

Cedar Valley Focus on Diabetes

WATERLOO, Iowa —For five years the Cedar Valley Focus on Diabetes organization has pushed to bring awareness to diabetes through screening and education. Black Hawk County has the highest percentage of patients with diabetes in Iowa, and the city of Waterloo declared Sept. 1-7 as Cedar Valley Focus on Diabetes Awareness Week.

Upcoming Lifestyle Coach Trainings

Gain the knowledge and skills you need to prevent or delay type 2 diabetes through a CDC-recognized intensive lifestyle change program.

Date: October 8-9, 2019

Location: Cedar Rapids
Registration Information

Date: January 28-29, 2020

Location: West Des Moines
Registration Information



Save the Date!

Iowa Diabetes + Wellness Summit will be held on **November 14, 2019**, at the **FFA Enrichment Center** in Ankeny. The summit will provide an engaging forum to discuss latest practices, opportunities, resources and tools for addressing diabetes prevention, control and management. Experts will share innovative and best practice strategies for reducing the burden of diabetes and empowering patients and their families to live healthier lives. Tables for sharing resources will be provided to allow for conference attendees to bring information about what they are doing in the area of diabetes prevention and management. For more information or to register, visit <https://cme.dmu.edu/Diabetes2019#group-tabs-node-course-default1>.

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Upcoming Webinars

- **Educational Series for Health Care Professionals** – provided by Cancer + Careers. Learn more about the critical issues faced by survivors balancing work and cancer. Session dates are as follows:
 - ❖ Where to Start — October 10, 2019
 - ❖ Working Through Treatment — October 17, 2019
 - ❖ Taking Time Off — October 24, 2019
 - ❖ Returning to Work — October 31, 2019Phone access is required to attend these sessions. CEUs are being provided for attendance of live sessions. Click [here](#) to register.

Funding Opportunities

- **Robert Wood Johnson Foundation (RWJF) - 2020 Culture of Health Prize.** Applications are now open for the 2020 Culture of Health Prize. Through this opportunity the RWJF recognizes communities working together to transform neighborhoods, schools, businesses and more – to create a Culture of Health. Prize winners receive a \$25,000 prize. Application deadline is **Monday November 4, 2019**. Click [here](#) to learn more about this opportunity and application criteria.
- **Robert Wood Johnson Foundation (RWJF) - Systems for Action: Systems and Services Research to Build a Culture of Health.** The Systems for Action program will award new research grants up to \$500,000 to study how to connect disparate systems to improve individual and community health. Researchers with underrepresented backgrounds and from disciplines outside of the health and medical science sectors are encouraged to apply. Application **deadline for letter of intent is October 4, 2019, 3pm ET**, while **deadline for submission of full proposal is November 6, 2019, 3pm ET**. Learn more about this funding opportunity by clicking [here](#).

Upcoming Conferences and Meetings

- **National Summit on The Social Determinants of Health.** Sponsored by the Root Cause Coalition. To be held on October 20-22, 2019. Register [here](#).
- **Iowa Primary Care Association Annual Conference** will be held on **October 21-23, 2019**, at the **Des Moines Holiday Inn – Airport and Conference Center**. The theme of this year's conference is "What Really Matters – Lessons to Spark Joy in Healthcare." [Register here](#)
- **5-2-1-0 Summit.** To be held **October 22, 2019** at the **Olsen Center at Des Moines University**. Learn how the [5-2-1-0 Healthy Choices Count!](#) initiative can help your school, health care site, early-care program or out-of-school program make the healthy choice the easy choice through a variety of expert speakers and community coalitions. Register [here](#).
- **American Public Health Association Annual Meeting and Expo — "Creating the Healthiest Nation: For science. For action. For health."** – to be held in Philadelphia on **November 2, 2019 – November 6, 2019**. Register [here](#).