

Heart to Heart

June, 2010

A Monthly E-Bulletin on Heart Health topics, resources and links for healthcare providers that work with the WISEWOMAN/Care for Yourself Program

♥ **On-line Training Course!** Take the time to take the course and earn your **FREE CME** or CEU offered to you as a member of this collaboration. You may link to the course, [A Guide to Educating Patients](#), at <http://hcproviders@learnpublichealth.com>

♥ **Iowa Healthy Links website** <http://www.iowahealthylinks.org/about.html> provides you with information about three different programs for adults 55+. The website provides the locations of programs throughout the state, testimonials, and a video. The programs offered are low-cost and an excellent referral resource for your patients with chronic diseases:

Better Choices/Better Health (formerly known as Chronic Disease Self Management Program (CDSMP))—six weeks of evidence-based sessions where participants learn techniques to deal with isolation, frustration, fatigue and pain; suitable exercises for strength, flexibility and endurance; appropriate use of medications; communicating feelings effectively with family, friends and healthcare providers; nutrition and eating tips; and how to evaluate new treatments. There is an accompanying book and an audio relaxation tape, which may be purchased, if desired, for around \$20.

Matter of Balance—four week evidence-based fall/injury prevention program targets older adults who have already sustained falls or have limited physical activities and are interested in learning more about flexibility, strength and balance, and how to prevent falls.

Enhanced Fitness—eight week evidence-based program covers strength training, aerobics, stretching, and balance exercises. The program has been shown to provide significant improvement in physical and social functioning, as well as declines in areas of pain, fatigue and depression.

♥ **Interesting news coverage on salt/sodium:**

<http://www.cnn.com/2010/HEALTH/05/15/america.salt.addiction/index.html> Why our salt addiction is hard to kick.

http://www.latimes.com/news/health/la-he-salt-20100517_0_1480823_full_story Efforts to reduce Americans' sodium intake are long overdue in the eyes of most health experts.

http://www.usatoday.com/news/health/2010-04-28-1Asalt28_CV_N.htm Consumers' tastes make it difficult to dash salt from diets

[The Salty Stuff-Salt, Blood Pressure and Your Health](#) NIH News in Health Article, March 2010 edition
http://www.boston.com/bostonglobe/magazine/articles/2010/04/04/getting_chefs_to_pass_up_the_salt/Getting_Chefs_to_Pass_Up_the_Salt

♥ **American Heart Association launches a new web-based public education plan: Life's Simple 7**

At this website anyone can register, receive a heart-health assessment, establish a goal, and receive tips on Life's Simple 7—Get Active, Eat Better, Lose Weight, Stop Smoking, Control Cholesterol, Manage Blood Pressure and Reduce Blood Sugar. Check it out—this is an excellent tool for some of your patients!

<http://mylifecheck.heart.org/>

♥ **Chronic feelings of loneliness take a toll on blood pressure** over time, causing a marked increase after four years, according to a new study at the University of Chicago. (Science Daily):
<http://www.sciencedaily.com/releases/2010/03/100317132014.htm>

♥ **Landmark ACCORD Trial Finds Intensive Blood Pressure and Combination Lipid Therapies do not Reduce Combined Cardiovascular Events in Adults with Diabetes**
<http://www.nih.gov/news/health/mar2010/nhlbi-15.htm>

♥ **Articles on Women and Heart Disease**

Gender Differences and Coronary Artery Disease

<http://www.latimes.com/features/health/la-he-heart-gender-20100405,0,746299,full.story>

Women more likely to die after heart attack (Reuters):

<http://www.reuters.com/article/idUSTRE62F29620100316?feedType=RSS&feedName=healthNews&rc=69>

Trans fats can be deadly for women (Rodale): http://www.msnbc.msn.com/id/34820797/ns/health-womens_health/

♥ **New Research published in *Preventing Chronic Disease***—Strategies for and Barriers to Managing Weight When Eating at Restaurants http://www.cdc.gov/pcd/issues/2010/may/09_0130.htm

♥ **Updated Exercise and Physical Activity Tips for Older Adults** now available on NIH Senior Health Site. Lots of easy to use links on an easily maneuvered website that provides information about adding exercise and physical activity for endurance, strength, balance or flexibility. Also includes FAQs and videos along with short quizzes to emphasize learning in the different sections.
<http://www.nih.gov/news/health/mar2010/nia-24.htm>

♥ **More Evidence that Refined Carbohydrates, Not Fats, Threaten the Heart**—Whether the new thinking will be reflected in this year's revision of the federal dietary guidelines remains unclear <http://www.scientificamerican.com/article.cfm?id=carbs-against-cardio> "Eat less saturated fat: that has been the take-home message from the U.S. government for the past 30 years. But while Americans have dutifully reduced the percentage of daily calories from saturated fat since 1970, the obesity rate during that time has more than doubled, diabetes has tripled, and heart disease is still the country's biggest killer. Now a spate of new research, including a meta-analysis of nearly two dozen studies, suggests a reason why: investigators may have picked the wrong culprit. Processed carbohydrates, which many Americans eat today in place of fat, may increase the risk of obesity, diabetes and heart disease more than fat does—a finding that has serious implications for new dietary guidelines expected this year."

Have a really good month!

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