

Heart to Heart

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

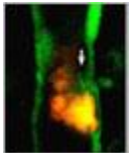
July, 2010

♥ **On-line training course is available!** Take the course and earn your **FREE** CME or CEU. You may link to the course, *A Guide to Educating Patients*, at <http://hcproviders@learnpublichealth.com>
The next course, *Salt/Sodium: Opportunities for Change*, is currently being pilot-tested and should be available later in the month of July. If you are interested in piloting, let me know.

♥ **More Salt/Sodium News!** The report from the Dietary Guidelines Advisory Committee came out on June 15, see <http://www.cnpp.usda.gov/DGAs2010-DGACReport.htm> There is an opportunity to comment on the report prior to when HHS and USDA write the official 2010 Dietary Guidelines (based on the committee report). You can submit written comments by July 15 or testify at USDA on July 8, see <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/DGAC/Report/FinalFRN2010DGACReport.pdf> for more details. The Dietary Guidelines are updated every five years. **Please Note: Part D. Section 6: Sodium, Potassium and Water.**

♥ **The July issue of *Preventing Chronic Disease (PCD)* is now available!** Visit www.cdc.gov/pcd, where you will find downloadable articles and information on *PCD*. This issue concentrates on measuring public health outcomes and impact through metrics and other mechanisms.

♥ **NIH Heart Health Links:**



New Mechanism for Clearing Blocked Microvessels-Research has identified a previously unknown mechanism by which the smallest blood vessels remove blood clots and other blockages from the brain. The mechanism is likely to be involved in stroke and other brain conditions. May 28, 2010 [Control-Click on graphic at left to link to the article].

Review of cardiovascular risk factors in women: <http://www.ncbi.nlm.nih.gov/pubmed/19318217>

Metabolic syndrome and cardiovascular risk: Implications for clinical practice:

<http://www.ncbi.nlm.nih.gov/pubmed/18469838>

Adding Coronary Calcium Score to Traditional Risk Factors Improves Risk Assessment for Heart Disease <http://www.nih.gov/news/health/apr2010/nhlbi-27.htm>

Work stress can raise women's heart disease risk:

<http://www.reuters.com/article/idUSTRE6446JM20100505?feedType=RSS&feedName=healthNews&rpc=69>

♥ **Too Many Stroke Patients Go Without Statins**- Nearly 1 in 5 survivors risks another attack when doctors fail to prescribe the meds, study shows. Despite an increased likelihood that American stroke patients will be prescribed potentially life-saving statin medications when released from the hospital, more than 16 percent are still being discharged without such prescriptions in hand, a large new study reveals. This means nearly one in five stroke patients are being unnecessarily exposed to the risk of another stroke,

researchers found, despite evidence that patients who take a statin (such as Crestor, Lipitor or Zocor) reduce their chances of having a second attack. SOURCE: Stroke: Journal of the American Heart Association, May 27, 2010, news release. <http://www.healthday.com/Article.asp?AID=639527>

♥ **Hypertension, High Serum Total Cholesterol, and Diabetes: Racial and Ethnic Prevalence Differences in U.S. Adults, 1999-2006** <http://www.cdc.gov/nchs/data/databriefs/db36.htm>

♥ **New Cholesterol Tool Kit Distribution—**

- ✓ We distributed the NEW Cholesterol Tool Kit to the WISEWOMAN Coordinators and Interventionists at their June Regional Meetings. Anyone who missed a June Regional meeting will receive their tool kit by mail.
- ✓ Registered CHC and RHC healthcare providers will also be receiving their Cholesterol Tool Kits via mail to the primary contact at their clinic.
- ✓ I am interested in hearing your input about the materials in the tool kit, so drop me an email message.

♥ **Another great downloadable Cholesterol resource--** The Agency for Healthcare Research and Quality has published a guide to provide consumers with information on cholesterol and treatments for high cholesterol. The guide describes research findings on how medicines work, their benefits and risk, and their side effects, in everyday language. You can access and download *Treating High Cholesterol: A Guide for Adults* at: <http://effectivehealthcare.ahrq.gov/ehc/products/11/351/Lipids%20consumers.pdf>

♥ **U.S. heart attack rates declining: study by Gene Emery**
<http://www.reuters.com/article/idUSTRE6586DL20100610>

♥ **Low-dose HRT patches are 'safer'**-Hormone replacement therapy (HRT) may be safer when given as low-dose patches than as pills, a study suggests.
<http://news.bbc.co.uk/go/em/fr/-/2/hi/health/10229129.stm>

♥ **Mediterranean diet helps existing heart disease, too**
<http://www.reuters.com/article/idUSTRE6525R120100603>

♥ **Reading and Understanding the Nutrition Facts Label**-This FDA Website link provides an excellent and detailed overview of the Nutrition Facts Label, including an additional link to label education materials. Take a look—it is well worth the time!
<http://www.fda.gov/food/labelingnutrition/consumerinformation/ucm078889.htm>

Have a wonderful 4th of July holiday and a really good month!

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