

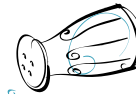
Heart to Heart

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

August, 2010

♥ **On-line Training Courses are available!** Take the time to take the course and earn your **FREE** CMEs or CEUs. **WISEWOMAN Program Coordinators are finding that these courses are assisting them with required interventions.** You may link to the courses, *[A Guide to Educating Patients](#)*, or *[Sodium Reduction: Opportunities for Change](#)* at <http://hcproviders@learnpublichealth.com>

♥ New Sodium Reduction Articles and Links



CDC Engagement in China Rural Health Initiative to Reduce Sodium

Public health officials in China have identified sodium reduction as a priority strategy to address and prevent high blood pressure, stroke, and other cardiovascular diseases. To listen to the CDC's podcast about reducing sodium visit: <http://www2c.cdc.gov/podcasts/player.asp?f=2076041> or <http://www.cdc.gov/salt/>

The Hard Sell on Salt - With salt under attack for its ill effects on the nation's health, the food giant Cargill kicked off a campaign last November to spread its own message about promoting the tasty benefits of salt. <http://www.nytimes.com/2010/05/30/health/30salt.html?src=me&ref=general>

Ketchup shake-up: Heinz cuts salt in new recipe

<http://www.post-gazette.com/pg/10133/1057811-28.stm>

♥ Cholesterol Articles and Links



Cholesterol Genes Tied to Age-Related Macular Degeneration - A large genetic study has identified 3 new genes associated with the blinding eye disease called macular degeneration. Two of the genes have been linked to the cholesterol pathway—a formerly unknown biological pathway for development of the disease.

<http://www.nih.gov/researchmatters/april2010/04192010eye.htm>

Good Cholesterol May Mean Little for Statin Users

People with high levels of the so-called good cholesterol or "HDL" tend to have fewer heart attacks but HDL may offer little protective benefits to people who take statins to lower harmful LDL cholesterol.

<http://www.reuters.com/article/idUSTRE66K6PZ20100721>

Consider Cholesterol Medication Options

When diet and exercise are not enough, some people must turn to cholesterol medications to increase "HDL" and decrease LDL and triglycerides. This report by the Mayo Clinic looks at the benefits and potential negative risk factors associated with some common cholesterol medications.

<http://www.mayoclinic.com/health/cholesterol-medications/HB00042>

♥ Articles on Women and Heart Disease

Severe Angina Poses Three Times The Coronary Artery Disease Risk For Women Than Men -
<http://www.medicalnewstoday.com/articles/194169.php>

Brush your Teeth to Help Your Heart - <http://www.newsroom.heart.org/index.php?s=43&item=1068>

Prevention Credited for Less Heart Deaths - <http://consumer.healthday.com/Article.asp?AID=638992>

♥ Stroke Articles

Ninety Percent of Stroke Risk Due to 10 Risk Factors - <http://health.usnews.com/health-news/family-health/heart/articles/2010/06/18/ninety-percent-of-stroke-risk-due-to-10-risk-factors.html>

Stroke Complications may Subtract Additional Two Years of Healthy Life
<http://www.newsroom.heart.org/index.php?s=43&item=1068>

♥ **Healthy Eating for Healthy Living** - At a website created by a partnership between the various food councils in Iowa (i.e. Beef, Dairy, Egg, Pork, and Soyfood) and Iowans Fit for Life, you will find healthy recipes, tips and nutritional information about your favorite foods found in Iowa.
www.healthyeatingforhealthyliving.com

And check out the Iowans Fit for Life website, too:
<http://www.idph.state.ia.us/iowansfitforlife/default.asp>



♥ **Check out the 'Heart to Heart' E-Bulletins on the web!** - The 'Heart to Heart' E-Bulletins will soon be posted on the Iowa Department of Public Health's website for all to view. You will find the E-Bulletins at www.idph.state.ia.us under Quick Links and click on the Department Newsletters link. Remember to share the link with your co-workers, partners and friends!

♥ **Note:** This month's Heart to Heart was edited by Rachel Schramm. Rachel has been working at IDPH since January 2010 when she began an internship with the Bureau of Chronic Disease Prevention and Management. Since then, she graduated from ISU with a degree in Kinesiology and has been working as a temporary employee. She is currently spending half of her time working with the Heart Disease and Stroke Prevention Program until we are able to hire our new Program Planner 1 position. Welcome Rachel!

Have a really good month!

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