

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

October, 2010

****Note: To read an article, click on the article's bolded title.****

♥ In the News . . .

Quality of Care at U.S. Hospitals Shows Improvement

The Joint Commission has collected data from 3,000 hospitals over the course of eight years to assess adherence to evidence-based measures of care specifically related to heart attack, pneumonia, children's asthma, and surgical care.



Can flu shots really decrease a person's heart attack risk?

Middle-aged and older adults who get their flu vaccine are less likely to suffer a first-time heart attack during the following year than those who did not get their flu shot. Don't you think a flu vaccine is worth the shot?

Birth Control for Women with Heart Disease

A recent study found that women with congenital heart disease may be unaware of their heart risks associated with certain birth control medications and pregnancy.

Replacing a Heart Valve without Open Heart Surgery

The U.S. may soon gain approval by the FDA to use a new type of heart valve that can be placed by a catheter rather than open heart surgery – making it a great option for patients who too frail or weak to have open heart surgery.



♥ You are what you Breathe . . .

Smoking Bans could Save Millions from Heart Attacks

A 2010 report from the Institute of Medicine uses scientific data to show the relationship between secondhand smoke exposure and acute coronary events.



Maybe 'Big City Living' isn't so Great . . .

A new report studied citizens in New York City found that those who breathed in soot and other fine particles (released from cars and coal-fired power plants) were at an increased risk of cardiac arrest.

Reducing Soot-Spewing Stoves may Save 1.9 Million

Nearly three billion people in the developing world cook their meals on primitive indoor stoves – which are often fueled using crop waste, wood, coal, and dung. Those who breathe in this type of indoor air pollution are more likely to suffer from lung and heart diseases than those who had clean-burning stoves.



Did you hear about this?

Thanks for the offer, but I'll make my own sandwich . . .

Have you ever wondered which gender washes their hands more often? Are Americans washing their hands more than they were ten years ago? Read this article to find out all of the details!

Can you have a pea sprout in your lung? YES!

Did you hear about the man who had a pea sprouting in his lung? You must read this!



Consumer Reports is rating what?!

Consumer Reports, known for telling consumers which car or vacuum to buy, are now rating surgical groups who perform heart bypass surgery. The total score is compiled using complication and survival rates, surgical technique, and whether the patients are sent home with the recommended heart bypass medications.



Staying current with the times . . .

See the Progression of Health Care Reform -

See what has already changed and find out what's coming up next for Health Care Reform.

What is a Disease Registry?

Have you ever wondered what a disease registry entails? Check out this Issue Brief created by the Iowa Prevention and Chronic Care Management Council to find out!

Balance Training Prevents Falls for Older Adults

Unintentional falls for adults aged 65 and older are responsible for 18,000 deaths and 450,000 hospitalizations annually in the United States – falls can be prevented with balance training. Here are links to Iowa's Matter of Balance classes: http://www.aging.iowa.gov/Documents/IHL/MOB_Workshops_by_Date_9.24.10.pdf

And remember to treat yourself this October. . .

A little dark chocolate, in moderation of course, never hurt anybody—and some studies have shown that it even benefits heart health!



Have a great October!

Terry Y. Meek

Project Coordinator

Rachel Schramm

Temporary Program Planner

Iowa Department of Public Health

Heart Disease and Stroke Prevention Program

tmeek@idph.state.ia.us