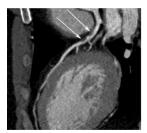
Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .



New screening tool can help identify heart disease in African-Americans

Researchers say they may have an explanation as to why African Americans, despite having lower amounts of coronary artery calcification, are at increased risk for heart attacks and other cardiovascular events compared with Caucasians.

<u>Photo:</u> A contrast-enhanced computed tomography (CT) image has the ability to visualize non-calcified plaque in the coronary arteries, as seen in this 48-year-old African-American man. (Radiological Society of North America)

Blood test could detect heart disease in those with no symptoms

Published in the Journal of the American Medical Association, researchers believe they have found a new test that detects the protein cardiac troponin T (cTnT) which is an indicator for heart disease.

Do MRIs and pacemakers mix? YES!

Biomedical Engineers have found a way for patients with pacemakers to safely have an MRI scan.

Stroke

<u>Updated Guidelines Include New Research, Advances in Stroke Prevention</u>

Healthy lifestyle choices and emergency room interventions can help prevent first-time strokes, according to revised American Heart Association/American Stroke Association guidelines.

MRI May Help Physicians Determine Onset of Stroke

A Magnetic Resonance Imaging (MRI) of a person's brain could help physicians determine the onset of an acute ischemic stroke and could increase the number of patients who receive the "clot-busting" drug, tissue plasminogen activator (tPA).

Eating 'less healthy' fish may contribute to deaths in America's "stroke-belt"

Studies have shown that the omega-3 fatty acids in fish, especially fatty fish, may reduce the risk of stroke. However, not all fish is good – research has shown that frying fish leads to the loss of the natural fatty acids.

All about Sodium ...

Saving Lives through Salt/Sodium Reduction

Research conducted by Stanford University School of Medicine and the Veterans Affairs Palo Alto Health Care System in California found that a reduction of just 10 percent could prevent as many as half a million heart attacks, while saving the nation about \$32 million in healthcare costs.

Cargill Introduces Blended Ingredient for Salt/Sodium Reduction

The Cargill company has introduced a new blended potassium chloride/sodium chloride ingredient for sodium reduction in a variety of applications, with half the sodium of regular salt.

Heart to Heart

The latest on Cholesterol . . .

High Levels of HDL "Good" Cholesterol Associated with Lower Risk of Alzheimer's Disease

Study published in the December Issue of *Archives of Neurology* (a JAMA/Archive journal) finds a link between HDL cholesterol and decreased risk for Alzheimer's disease in older adults.

Cholesterol-Lowering Statins Boost Bacteria Killing-Cells

A recent study found that statins may lower a person's risk of severe bacterial infections such as pneumonia and sepsis.



Statins Associated with Significant Reduction in Colorectal Cancer

A systematic review of the medical literature supports the hypothesis that statins, cholesterol-lowering drugs used to prevent cardiac problems, are associated with reduced risk of colon and rectal cancers.

What's new at the Department of Public Health

Send us your Success Stories!

To celebrate your triumphs and achievements over the past year – we want to hear from you! Send us a memorable story about how the cardiovascular disease education you have received from the WISEWOMAN and Heart Disease and Stroke Prevention programs have affected your practice. Selected stories will be featured in the 2011 editions of Heart to Heart! **Submit your story to Terry (tmeek@idph.state.ia.us) and be sure to include a photograph of your staff!



Healthy People 2020

Just released – get to know 'Healthy People 2020'. Also, take the time to visit the newly created 'Healthy lowans 2020' website: http://www.idph.state.ia.us/adper/healthy iowans.asp

Continuing Education Opportunity

Don't miss the opportunity to take courses on the Learning Management System to earn your <u>free</u> continuing education credits! Look for more information about a new course coming in January 2011.

Upcoming Survey

The Heart Disease and Stroke Prevention Program will send out an online survey to members of the collaborative in January 2011. The survey asks simple questions about how your clinic uses resources, information, and training sessions from the collaborative. *Your* participation will help us better serve *you*!

2010 Census Data

How will the 2010 Census results affect our state? Check out this website for interactive data maps and resources!





The Heart Disease and Stroke Prevention Team: