

Heart to Heart

An e-bulletin created especially for healthcare providers

A Letter from the CDC Director

Dear Partners;

Today [September 13, 2011], the Department of Health and Human Services, with several key partners, launched Million Hearts™, a five-year initiative to prevent 1 million heart attacks and strokes. As you may know, cardiovascular disease is the leading cause of death for men and women of all races and ethnicities in the United States and costs the United States \$444 billion every year in medical costs and lost productivity.

Nearly half of American adults have a major risk factor for cardiovascular disease – such as high blood pressure, high cholesterol, or smoking – yet these can be prevented or controlled by:

- Empowering Americans to make healthy choices**, such as quitting tobacco use and reducing sodium and trans fat consumption. This can reduce the number of people who need medical treatment, such as blood pressure or cholesterol medications, to prevent heart attacks and strokes.
- Improving care** for people who do need treatment by encouraging the ABCs: Aspirin for people at risk, Blood pressure control, Cholesterol management and Smoking cessation.

By enlisting partners from every corner of the health sector – including federal agencies; doctors, nurses, pharmacists and other health care professionals; private insurers; businesses; health advocacy groups; and community organizations – Million Hearts will create a national focus on combating heart disease and stroke.

Co-led by the Centers for Disease Control and Prevention and the Centers for Medicare and Medicaid Services, Million Hearts will focus on five pillars:

- 1) **Prioritize focus and attention around improving clinical care of the ABCs**
- 2) **Use health information technology to facilitate improvement**
- 3) **Identify and accelerate care innovations such as team-based care**
- 4) **Foster community innovations**
- 5) **Monitor the status of clinical and community prevention rigorously**

As a valued CDC partner, your participation and involvement is critical to this important new initiative that will affect millions of Americans. We hope that you will work with us and your other health and community partners as we undertake this effort.

Sincerely,
Thomas R. Frieden, M.D., M.P.H.
Director, CDC

Be one in a



Get involved and share your commitment to help prevent 1 million heart attacks and strokes in the next five years.

You can visit <http://millionhearts.hhs.gov> for more information about the initiative, including:

Overview: <http://millionhearts.hhs.gov/about-mh.shtml>

FAQs: <http://millionhearts.hhs.gov/about-mh-faq.shtml>

Partners: <http://millionhearts.hhs.gov/partners.shtml>

Social Media Tools: <http://millionhearts.hhs.gov/about-mh-socialmedia.shtml>

And, sign-up today to join the campaign!

Heart to Heart

The ABCS of Cardiovascular Disease Prevention



A = Aspirin Therapy

Ask your doctor about taking aspirin once a day. Aspirin can help prevent heart attacks and stroke.



B = Blood Pressure Control

Have your blood pressure checked regularly, and ask your doctor what your blood pressure numbers mean for you.



C = Cholesterol Control

Get your cholesterol checked, and if your numbers are high, talk to your doctor about lowering your cholesterol.



S = Smoke Cessation

If you smoke, talk with your doctor about how to quit.



S = Sodium Reduction

If you have high blood pressure, talk to your doctor about lowering the salt in the food you eat.

Heart disease and stroke the first and third leading causes of death for men and women in Iowa. About 1 in 3 adults in the United States has high blood pressure, a big risk factor for heart disease and stroke.

Know the signs and symptoms of a heart attack or stroke. Call 9-1-1 and get to a hospital right away. Doing this will increase a person's chances of surviving a heart attack or stroke. For more information on how to prevent heart disease and stroke, visit www.cdc.gov/dhdsp.



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