

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

Nearly half of U.S. adults were not receiving key preventive health services before 2010

Increased use of clinical preventive services could save tens of thousands of lives. Only about half of U.S. adults received selected preventive services such as screenings, consultations and prescriptions, from a health care professional before 2010, according to a study by the Centers for Disease Control and Prevention. **[Download link for MMWR Report.](#)**

Landmark ad campaign yields almost 200,000 more calls to state quitlines after 12 weeks

Visits to smoking cessation website up by more than 400,000. The "Tips From Former Smokers" national ad campaign has generated almost 200,000 additional calls to 1-800-QUIT-NOW, a portal that links callers to their state quitlines, and more than 400,000 additional unique visitors to www.smokefree.gov, a federal website designed to help people quit smoking, the Centers for Disease Control and Prevention announced today.

Stem-Cell Findings Strike at Long-Held Vascular Disease Dogma

Researchers believe they have identified a cellular pathway responsible for atherosclerotic plaque formation that refutes long- and tightly held beliefs about the genesis of vascular disease. Their findings have implications for both the chronic therapy of arterial disease and percutaneous coronary interventions.

Meds for Chronic Disease Minus the Doc: A Good Idea?

The FDA is proposing that some prescription medications for chronic diseases, such as asthma, migraine headaches, high blood pressure, and high cholesterol, be given over-the-counter status.

Many Teenagers Have at Least 1 CVD Risk Factor

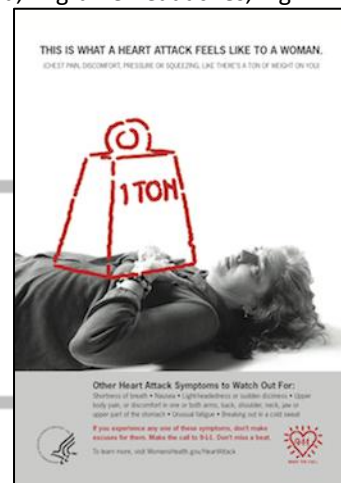
Thirty-seven percent of normal-weight adolescents had at least 1 risk factor for CVD, as did 49% of those who were overweight and 61% of those who were obese, according to a study published online May 21 in *Pediatrics*.

Make the Call. Don't Miss a Beat.

Make the Call. Don't Miss a Beat.

Assist your female patients to learn more about heart attack signs and symptoms and calling 9-1-1; more information at the Office of Women's Health website:

Make the Call. Don't Miss a Beat.



What about Heart Attack . . .



Taking STEMI patients to PCI hospitals saves time and lives

The strategy of taking MI patients to a PCI-capable hospital directly rather than to a nearer non-PCI hospital reduces time to reperfusion and can reduce mortality, a new study has shown.

Study supports CPR chest compressions for cardiac arrest

People in cardiac arrest who can't be helped by a defibrillator are more apt to survive if they receive CPR in accordance with updated guidelines that stress chest compressions, a new study finds. Researchers reporting in April 2 in *Circulation* said their findings are significant, since nearly 75 percent of cardiac arrests are "non-shockable," meaning they will not respond to a defibrillator.

Study Questions HDL Levels and Risk for MI

Therapies that boost HDL-cholesterol levels are currently viewed as a potential treatment to close down the residual risk of aggressively treated patients, but data from a new study throw cold water on the putative benefits of raising HDL-cholesterol levels to reduce the risk of MI.

Heart to Heart

The latest on the **ABCS** . . .

Aspirin Use

Major bleeding with aspirin in primary prevention underestimated

Aspirin use in a large population-based cohort of primary-prevention patients is associated with an increased risk of major gastrointestinal bleeding and cerebral bleeding episodes, and this increased rate of bleeding is higher than previously reported in randomized, prospective clinical trials, according to the results of a new study.

Aspirin safely prevents recurrence of venous thromboembolism

Aspirin reduces the risk for recurrence in patients with unprovoked venous thromboembolism (VTE) who have completed anticoagulant therapy, according to data from a new randomized, placebo-controlled trial. Patients in the trial were able to continue successfully on aspirin with no apparent increase in the risk for major bleeding.

Blood Pressure Control and Management

Telemonitoring by Pharmacists Boosts BP Control

Initial results from a novel intervention, whereby pharmacists manage hypertension patients by phone and are able to adjust and alter their medications as necessary, show the approach to be a resounding success, at least to date.

Timing is Everything: 24-Hour Control of Blood Pressure

Do you rely just on office blood pressure measurements to diagnose hypertension? Are all agents within a class interchangeable? Do your patients have full 24-hour blood pressure lowering from their medications? Does it matter? These are some of the issues addressed by Dr. William Cushman in this Test-and-Teach exercise as he takes the reader through 2 cases of uncontrolled hypertension. CMEs are available.

Cholesterol Control and Management

Don't give up on HDL, researchers plead

After a series of negative trial results, the concept of raising high-density lipoprotein (HDL) as a therapeutic approach to reducing cardiovascular risk looks to be in a sorry state. But lipid experts at the recent European Atherosclerosis Society (EAS) 2012 Congress were adamant that the HDL hypothesis was not yet dead and that it is imperative that research in this direction continue.

Cholesterol-lowering drugs are working, CDC says

U.S. health officials say only 13 percent of U.S. adults have high total cholesterol. That may seem incredible in a nation where two-thirds of adults are overweight.

Smoking Cessation

Anti-tobacco TV ads help adults stop smoking, study finds

Anti-tobacco television advertising helps reduce adult smoking, according to a study by researchers at the University of Illinois at Chicago's Institute for Health Research and Policy -- but some ads may be more effective than others.

2012 Surgeon General's Report--Preventing Tobacco Use Among Youth and Young Adults

This Surgeon General's report examines in detail the epidemiology, health effects, and causes of tobacco use among youth ages 12 through 17 and young adults ages 18 through 25. This report also highlights the efficacy of strategies to prevent young people from using tobacco.



Heart to Heart

Stroke News . . .

AHA/ASA Statement Calls Stroke a Cardiac Risk Equivalent

Ischemic stroke patients should be included among those deemed to be at high risk for further atherosclerotic coronary events, concludes a new scientific statement from the AHA/ASA.

New Swallowing Test Reduces Pneumonia in Stroke Patients

A test to detect swallowing difficulties in patients with stroke is an easy, sensitive, and highly predictive screening tool, a new study shows. Use of the test was associated with a dramatic drop in the incidence of pneumonia among stroke patients, researchers report.



Million Hearts Initiative

CDC: Aspirin, antihypertensives, underused pre-ACA

That is just one example of underused preventive services highlighted in a report published online today by the CDC in a supplement of the *Morbidity and Mortality Weekly Report*. Before the passage of the **Affordable Care Act** (ACA) in 2010, almost half of American adults missed out on 15 key preventive services, which in addition to aspirin therapy include diabetes management, tobacco-cessation counseling, influenza vaccination, and screening for breast cancer and HIV.

New Resources for Healthcare Providers



Watch The Weight of the Nation Online

On May 14 and 15, HBO and the IOM presented *The Weight of the Nation*, a four-part documentary series about America's obesity crisis. All four parts are now available to watch online.

Part I: Consequences

Part II: Choices

Part III: Children in Crisis

Part IV: Challenges

Topol on 5 Devices Physicians Need to Know About

Watch this short video or read the article. Dr. Eric Topol of the Scripps Translation Science Institute talks about recent digital devices that he thinks are transforming medicine today.

New - Promoting Healthy Families

The AMA has developed a set of continuing medical education activities to help physicians help their adult patients promote healthy eating and physical activity for themselves and their children. Included are two video modules, a more detailed monograph, and patient handouts. (Earn AMA PRA Category 1 Credit™)

Register to take the courses and view the monograph **Healthy eating handout** **Physical activity handout**

Video Patient Visits: Are You Missing Out?

Video patient visits once seemed pointless. Why not just see the patient in person? Won't the patient get better care in the doctor's office? Physicians who have been using video visits effectively tell why it helps them and how you can go about setting up video visits for your practice.

Dictating Notes Into EHR Linked to Poorer Care

It makes a clinical difference how patient data get inside an electronic health record (EHR) system, according to a new study published online in the *Journal of the American Medical Informatics Association*.

NIH-funded study examines use of mobile technology to improve diet and activity behavior

A new study suggests that a combination of mobile technology and remote coaching holds promise in encouraging healthier eating and physical activity behavior in adults. The study focused on the best way to change multiple health behaviors.



Heart to Heart

Preventing Risk Factors

BP and lipid tests in pharmacies could boost risk-factor control

A campaign in pharmacies in Portugal to encourage customers to have their blood pressure and cholesterol measured in-store found that almost half of the people who participated had a high risk of developing a fatal cardiovascular event in the next 10 years.

Prevention a low priority in heart docs' training

A new survey of training programs for future cardiologists suggests that only a fraction are getting the minimum level of education in preventing and managing cardiovascular risk factors that professional guidelines recommend.

Start Early To Curb Heart Risks For A Lifetime

"If at age 45 you have two or more of either elevated blood pressure, cholesterol, diabetes or smoking, and you're a man, then there's a 50-50 proposition that you will have a heart attack or a stroke during your remaining lifespan," cardiologist Donald Lloyd-Jones, who headed a study at Northwestern University's Feinberg School of Medicine. Women with two risk factors have about a 30 percent chance.

Certain Risk Factors Could Spur Heart Failure in Normal-Weight People

Normal-weight patients diagnosed with a cluster of factors known as the "metabolic syndrome" could face a higher risk for heart failure than even obese patients without such factors.

First study to quantify benefits of exercise on CHD risk

The first meta-analysis to specifically examine the dose-response relationship between physical activity and risk reduction for coronary heart disease (CHD) has found that those engaging in the equivalent of 150 minutes of moderate-intensity exercise per week—the basic minimum as recommended by 2008 US federal guidelines—had a 14% lower CHD risk, and those who achieved 300 minutes per week had a 20% lower risk of CHD, compared with those who were sedentary.

Increasing 'good' cholesterol may lower CVD risk for diabetics

Raising levels of 'good' HDL cholesterol could reduce the risk of heart attack and stroke in people with diabetes, says new research...



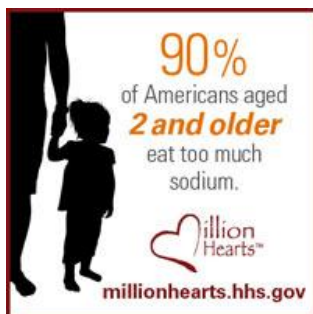
Sodium Reduction . . .

New Procurement Resource Guide

The CDC Division for Heart Disease and Stroke Prevention has developed an online resource to help organizations implement food service guidelines and strategies to reduce sodium. The Procurement Resource Guide supports CDC's goal of population-wide sodium reduction. Although not exhaustive, this document provides an overview of many available resources related to food procurement. Find more information about the Procurement Resource Guide and information on sodium reduction.

Taxing Salt Would Trim CVD Deaths

A combined approach of reducing salt content by just 10% in processed foods and taxing foods with high salt content could reduce cardiovascular deaths in developing countries by as much as 3%, a new modeling study suggests.



The Heart Disease and Stroke Prevention Team:



Terry Y. Meek
Program Manager
terry.meek@idph.iowa.gov

Suning Cao
Epidemiologist
suning.cao@idph.iowa.gov