

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

## Health Promotion is Newsworthy . . .

### **NIH study links family structure to high blood pressure in African-American men**

Children of two-parent homes grow up to have lower rates of adult hypertension.

### **International study finds heart disease similar in men, women**

Jonathon Leipsic, M.D., FRCPC, director of medical imaging at St. Paul's Hospital in Vancouver, British Columbia, says, "There is a tendency to think women's heart disease is very different than men's heart disease. Our data show that once plaque accumulates in the coronary arteries, the prognosis is very similar between men and women."

## Pre-diabetes and Diabetes News . . .

### **Glucose management ingredient gets United Arab Emirates distribution, 'needs to be in food supply,' founder says**

Sometimes the best way to build a new market is to step back. . . [Read](#)

### **Healthy Diet Lowers CKD Risk in Type 2 Diabetes Patients**

A diabetes-friendly diet is one key to effectively managing the disease. Learn more so you can assist your patients in knowing which foods to eat and which to avoid. *[Create a Medscape login to read this article]*

### **POLICY CONSIDERATIONS: COMMUNITY EXPERIENCE AND NATIONAL POLICY TO REDUCE DIABETES DISPARITIES**

The Alliance to Reduce Disparities in Diabetes has issued a set of health policy considerations based on the real-world experience of five local diabetes intervention programs. The policy considerations offer ideas for delivery system and health care financing reforms that could bring about significant reductions in health care disparities among people with diabetes. Click [here](#) to view the report. *[Create a NACCHO login to view the article/toolkit]*

## What's new about Better Choices, Better Health Put Life Back in Your Life

Better Choices, Better Health workshops are an evidence-based intervention that assists individuals with one or more chronic diseases learn how to improve their lifestyles and put life back in their lives.

### **ABOUT ONE IN THREE AMERICANS LIVE WITH MULTIPLE CHRONIC CONDITIONS (MCC)**

That's more than a quarter of all Americans—and two out of three older Americans that are estimated to have at least two chronic physical or behavioral health problems. Treatment for people living with MCC currently accounts for an estimated 66 percent of the Nation's health care costs. As the U.S. population ages, the number of patients with MCC continues to grow. This mounting challenge has become a major public health issue that is linked to suboptimal health outcomes and rising health care costs. The Agency for Healthcare Research and Quality's (AHRQ) Multiple Chronic Conditions Research Network is pleased to present a new video and infographic about MCC. [Multiple Chronic Conditions: A Day in the Life](#) is a short animated video that centers around the experiences of Mae, a woman living with multiple chronic conditions. Beginning at home with her family, we follow Mae as she visits one health care provider after another, struggling to keep track of the various instructions, treatments, and prescriptions she receives – all while trying to maintain a balanced life. The video provides insight into what it's like to be one of the growing number of Americans with multiple chronic conditions. For more information about the AHRQ Multiple Chronic Conditions Research Network, and AHRQ's efforts to address multiple chronic conditions through evidence-based research, please visit [www.ahrq.gov/mcc](http://www.ahrq.gov/mcc). Learn more about how to improve primary care. Visit AHRQ's Prevention & Chronic Care Program at: <http://www.ahrq.gov/professionals/prevention-chronic-care/index.html>

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## Million Hearts® Initiative Update

### **Does Your Practice need a hypertension treatment protocol?**

Find out how other practices and health systems are using evidence-based treatment protocols to work with patients to improve blood pressure control. A customizable template is provided so your health system or practice can create your own. This is a new resource available through Million Hearts®.

## The latest on the ABCS...

### A1c

#### **Docs' Sensitivity to Patients' Feelings Tied to Good Outcomes**

"Bedside manner" really does seem to matter. Patients with empathetic doctors have better outcomes and are less likely to experience complications, according to a new study.

#### **The Glycated Hemoglobin Test**

Brief, common language description of A1c suitable for patients...



### Aspirin Use



**USPSTF Clinician Fact Sheets, *Using Aspirin for the Primary Prevention of Cardiovascular Disease*, are available**

Contact Terry Meek at IDPH, [terry.meek@idph.iowa.gov](mailto:terry.meek@idph.iowa.gov), for copies. Include the number of clinicians and exam rooms and we will mail them out to you! Also good for periodic review at staff meetings.



## Blood Pressure Control and Management



### **Study: controlling blood pressure could cut heart disease, stroke risk in overweight people**

USA Today reports that a major international study, published in the Lancet, suggests that "overweight and obese people could slash their increased risk of heart disease by half and their increased risk of stroke by three quarters by controlling their blood pressure, cholesterol and blood sugar." The study is said to be "the largest so far to make the case that people who weigh too much can do themselves a lot of good by getting those risk factors under control through lifestyle changes and medication, even if they fail to lose weight." Meanwhile, the piece notes that "new guidelines for physicians, just released by the Obesity Society, American Heart Association and American College of Cardiology, urge them to treat obesity just as aggressively as any other ailment." The [Los Angeles Times](#) reports that "the study was conducted by an international consortium of researchers led by Harvard University's School of Public Health."

### **Vitamin D supplementation may not have blood pressure benefits, say researchers**

Supplementation with vitamin D3 does not appear to reduce blood pressure in people with hypertension, new research suggests.

### **Control rates improve after participation in hypertension program**

Hypertension or high blood pressure affects 65 million Americans. Uncontrolled, it can put people at risk for heart attack and stroke. A new study examined how a large-scale five point program could influence blood pressure control rates.

Catherine Dolf tells us more in a JAMA Report about the new study that examines how the large-scale five-point program could influence blood pressure control rates. [Watch the video](#)



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## Cholesterol Control and Management



### How 'good cholesterol' stops inflammation

HDL has anti-inflammatory effects on immune cells -- however the mechanisms have remained unclear until now.

### The Language of Cholesterol

If you have a patient recently diagnosed with high cholesterol, it may seem to her that you are speaking a foreign language with terms like LDL, plaque, and triglycerides. You may need to provide her with a thorough glossary of new terms. Here is a tool that may help. [Check out our high cholesterol glossary.](#)

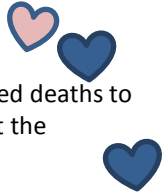
## Smoking Cessation

### Smokers who quit, cut heart disease risk faster than previous estimates

Cigarette smokers who are over 65 years of age may be able to lower their risk of cardiovascular disease-related deaths to the level of never-smokers faster when they quit than previously reported, according to research presented at the American Heart Association's Scientific Sessions 2013.

### Mondays most popular for smokers to consider quitting

San Diego State University researchers are looking into that phenomenon but their findings have at least determined that Mondays are indeed the day when nicotine addicts are most likely to consider kicking their habit. Lead author John Ayers and his team examined the online searches of English, French, Chinese, Portuguese, Russian and Spanish-speaking people and discovered that anti-smoking websites were visited 25 percent more than the combined number of searches for Tuesday through Sunday.



## Place these Health Observations on Your Upcoming Calendar . . . Plan for Awareness Activities at your Health System/Clinic !

January 2014

National/Radon Action Month [www.epa.gov/radon/nram](http://www.epa.gov/radon/nram)



Blood Donor Month [www.adrp.org](http://www.adrp.org)

Healthy Weight Week [www.healthyweight.net](http://www.healthyweight.net)

Thyroid Awareness Month [www.thyroidawareness.com](http://www.thyroidawareness.com)

National Birth Defects Prevention Month [www.nbdpn.org](http://www.nbdpn.org)

February 2014

National Wear Red Day (2/7) [www.goredforwomen.org/home/get.../national-wear-red-day/](http://www.goredforwomen.org/home/get.../national-wear-red-day/)



Heart Month [www.goredforwomen.org](http://www.goredforwomen.org)

Congenital Heart Defect Awareness Week (2/7-14) [www.tchin.org/aware](http://www.tchin.org/aware)

Cardiac Rehabilitation Week (2/9-15) [www.aacvpr.org](http://www.aacvpr.org)

Cardiovascular Professionals Week (2/9-15) [www.acp-online.org](http://www.acp-online.org)

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## Upcoming Training for Healthcare Providers

**1/13 2pm CT\* Mission: Lifeline Accreditation Ask-The-Experts**

**NO PRE-REGISTRATION REQUIRED** Call-in: 1-800-734-8583

**Please join us** for an hour of Q&A for Mission: Lifeline Accreditation with experts from the American Heart Association and Society of Cardiovascular Patient Care.

*\*Occurs the 2nd Monday of every month*

## 1/8 1 pm CT Choosing the Right Anticoagulant in Atrial Fibrillation Get With The Guidelines-AFIB and Get With The Guidelines-Stroke Webinar

Did you know that atrial fibrillation (AFib) increases a patient's risk for stroke five times? Register today and learn about pharmacologic stroke prevention in AFib patients. This webinar will provide an in-depth comparison of warfarin and the new oral anticoagulants along with a review of the randomized trials, post-marketing "real-world" data, and most recent AHA recommendations regarding these anticoagulants.

**National Healthcare Safety Network (NHSN)** is the nation's most widely used healthcare-associated infection tracking system. Recently, the NHSN Patient Safety Component designed a Continuing Education webpage that provides current courses, directions on using the online system and materials related to the trainings. [Get started here with your next CE event.](#)

## New Resources for Healthcare Providers

**Prevention Institute and the CDC have developed a [Practitioner's Guide for Advancing Health Equity -- Community Strategies for Preventing Chronic Disease](#).** The guide "focuses on policy, systems, and environmental improvements designed to improve the places where people live, learn, work, and play."

### **Looking for Stroke Patient Education Resources?**

Check out the Stroke Resource Center for free stroke patient education materials, including brochures, handouts, customizable materials and more! Download these great tools today at [StrokeAssociation.org/resources](http://StrokeAssociation.org/resources). This includes brand new F.A.S.T. resources in Spanish!

### **True: A robo-call can help improve blood pressure control**

Patients who received automated telephone messages encouraging them to get their blood pressure checked at a walk-in clinic were more likely to achieve blood pressure control than patients who did not receive the calls, according to a study by Kaiser Permanente Southern California.

### **Sodium Reduction Resources Available through ASTHO**

Visit [ASTHO's Sodium Reduction website](#) to view the Salt and Your State project summary, state case studies, and other sodium reduction resources.

### **Guidelines Follow-up:**

For more information and resources on the recently released Cholesterol/Obesity Guidelines, visit the American Heart Association [Guidelines Resource Center](#) or the American College of Cardiology [website](#).



**The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership**



This e-Bulletin is supported by Cooperative Agreement Number 1U58DP004807-01 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Iowa Department of Public Health.

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