

AUGUST 2022

# Chronic Disease Connections

Chronic Disease Connections is an e-bulletin created for healthcare systems and providers working to prevent and manage chronic disease with a particular focus on blood pressure, diabetes and cholesterol control.



## Breast Cancer Awareness

This October, make sure patients are up to date on their annual cancer screenings. Some cancers may be too small to feel, that's why having regular mammograms is such an important part of staying healthy. Important methods that can detect breast/chest cancer include regular mammograms, a clinical breast exam by a healthcare provider, and knowing your normal and reporting changes to a healthcare provider.

People who do not have signs or symptoms of cancer and are not at an increased risk for developing cancer, can begin breast/chest cancer screening at age 40. Those who are considered high risk for developing breast cancer should talk to a trusted health care provider to determine when screening should begin.

It's important to get screened if a patient is experiencing signs or symptoms of breast/chest cancer. Some changes are normal, but patients should seek care if any of the following symptoms are present:

- ◆ A lump or hard knot inside the breast or underarm.
- ◆ Swelling, warmth, redness or darkening of the breast.
- ◆ A change in the size or shape of the breast.
- ◆ Dimpling or puckering of the skin.
- ◆ Itchy, scaly sore or rash on the nipple.
- ◆ Pulling in of the nipple or other parts of the breast.
- ◆ Nipple discharge that starts suddenly.
- ◆ New pain in one spot that doesn't go away.

Learn more about [Warning Signs of Breast Cancer](#) and free cancer screening resources from [Care For Yourself](#).

Check out page three for more breast cancer awareness information! ◆

## Health Observances

### August

- ◆ National Immunization Awareness Month
- ◆ National Health Center Week  
-August 7-13
- ◆ Atrial Fibrillation Awareness Month
- ◆ Ovarian Cancer Awareness Month

### September

- ◆ Cholesterol Education Month
- ◆ Suicide Prevention Week  
-September 4-10
- ◆ World Heart Day  
-September 29
- ◆ Healthy Aging Month

### October

- ◆ American Pharmacists Month
- ◆ Breast Cancer Awareness Month
- ◆ Mental Illness Awareness Week  
-October 2-8
- ◆ National Mammography Day  
-October 21

## Cholesterol Education Month

For many patients, cholesterol can be a confusing topic, and understanding is the first step to managing high cholesterol. This September, during Cholesterol Education Month, start the conversation about cholesterol with your patients. Try asking some of the questions below to make sure your patients understand what cholesterol is and how to manage it.

Cholesterol Conversation Starters:

- ◆ What is cholesterol?
- ◆ How does high cholesterol affect your risk of heart disease?
- ◆ What's the difference between LDL and HDL?
- ◆ How do you check your cholesterol?
- ◆ How can you manage your high cholesterol?
- ◆ Are cholesterol-lowering medications right for you?

Learn more about [Cholesterol Education Month](#) and [cholesterol patient education handouts](#).



## American Pharmacists Month

Pharmacists play a critical role in our health and community, now more than ever. This American Pharmacists Month, IDPH recognizes and celebrates the invaluable work and dedication of every pharmacist throughout the pandemic and beyond.

Because pharmacists are one of the most accessible members of the health care team, they are able to make a significant impact on the patients that they serve. Pharmacists provide care and are a valuable member of the health care team as the medication expert. Beyond dispensing prescription medications, pharmacists provide point of care testing, immunizations, as well as health and wellness screenings. Medication therapy management services and chronic disease self-management programs allow patients access to education and coaching right in their community.

Explore [what pharmacists do](#), the role pharmacists play in [team-based care](#) and learn more about the impact of the pharmacy profession in Iowa by engaging with the [Iowa Pharmacy Association](#).



## 2022 Million Hearts® Hypertension Control Challenge

Clinical partners are encouraged to join this group of high performers by submitting an application for the [2022 Million Hearts® Hypertension Control Challenge](#). Solo and group practices in addition to health systems who have achieved hypertension control rates of at least 80% for a 12-month period may be eligible for recognition. The Challenge is open for applications now until September 7, 2022.

A key component of the Million Hearts® 2027 initiative, the Hypertension Control Challenge identifies and spotlights health care professionals, practices, and systems that have achieved nationally laudable hypertension control rates. 133 Hypertension Control Champions and eight Hypertension Control Exemplars have been recognized by Million Hearts® since 2012, serving more than 15 million adults across 40 states. Learn more about previous Champions' [success stories](#) and find [tools](#) to advance your hypertension control efforts.

For more information, please contact [mckyla.carson@idph.iowa.gov](mailto:mckyla.carson@idph.iowa.gov) or [millionhearts@cdc.gov](mailto:millionhearts@cdc.gov).

## How Breast Density Impacts Health Risks

Breast Cancer Awareness Month is a great time to learn more about breast density and what it means for your health. Breast Density refers to the amount of fibrous and glandular tissue in breast/chest tissue. Having dense breasts can make it difficult to detect cancer. A doctor or radiologist will assign a density level based on the mammogram results, shown here.

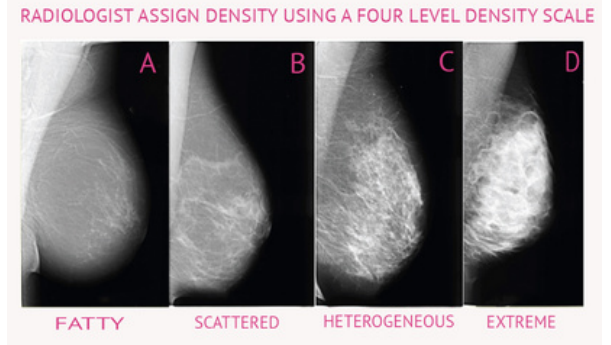
People with dense breasts have a higher chance of getting breast cancer. The more dense your breasts are, the higher your risk. Unfortunately, scientists don't know for sure why this is true and having dense breasts may mean a patient will need additional testing such as an ultrasound or Magnetic Resonance Imaging (MRI).

If a patient is concerned about the cost of these additional tests, reach out to the Care for Yourself Program. They may qualify for assistance: [www.idph.iowa.gov/cfy](http://www.idph.iowa.gov/cfy) or 1-866-339-7909.

Learn more about breast density from the [CDC](https://www.cdc.gov) and [Iowa Army of Pink](https://www.pink.org).

**CARE FOR YOURSELF**  
Breast & Cervical  
Cancer Screening

Enrollment is simple. Connect with us today!  
[Contact us](#) or call 1-866-339-7909.  
Learn more here: [www.idph.iowa.gov/cfy](http://www.idph.iowa.gov/cfy)



## Registration now open: Iowa Diabetes + Wellness Summit

The 7th Annual Iowa Diabetes + Wellness Summit will provide an engaging forum to discuss the latest practices, opportunities, resources, and tools for diabetes prevention, control, and management. National, state, and local experts will share innovative and best practice strategies to reduce the burden of diabetes and empower patients and their families to live healthier lives.

Individual registration and exhibitor registration is now open. [Register here](#).



## Better Choices, Better Health Peer Leader Training

The Iowa Department of Public Health is offering a free virtual Peer Leader Training for the [Self-Management Resource Center's Chronic Disease Self-Management Program](#), referred to as "Better Choices, Better Health" in Iowa. Once trained, you are able to co-facilitate this program in person or virtually in your community. Better Choices, Better Health helps adults of all ages and caregivers manage the symptoms of chronic diseases, such as heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and any other physical or mental health condition.

This evidence-based program is held weekly for 2½ hours for six weeks in person or virtually facilitated by two trained leaders. Peer Leader Training will take place virtually over the course of seven weeks (13 sessions) starting on Tuesday, September 6 and ending on Thursday, October 20.

For more information or to register, contact the Program Coordinator at [ali.grossman@idph.iowa.gov](mailto:ali.grossman@idph.iowa.gov) or 515-371-7768.

## Contact Us

To submit webinars, events, funding opportunities, or health promotion news, contact Heart Disease and Stroke Coordinator, McKyla Carson at [mckyla.carson@idph.iowa.gov](mailto:mckyla.carson@idph.iowa.gov). View previous Chronic Disease Connections E-Bulletin issues [here](#).

# NOW AVAILABLE: ALZHEIMER'S DISEASE PREVENTION POSTERS


1 in 10 Iowans aged 45 or older experiences cognitive decline.

There are ways to slow or prevent the onset of dementia. The Iowa Department of Public Health has posters available with information about habits that promote brain health.


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IOWA DEPARTMENT OF PUBLIC HEALTH

## ALZHEIMER'S PREVENTION SHOULD BE ON YOUR BRAIN.

Here's something important to think about. By choosing diet or foods that are rich in omega-3 fatty acids like salmon, walnuts, avocados, and eggs, you can help lower your risk and/or delay the onset of Alzheimer's and other dementias. Get help!



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## TENGA LA MENTE PUESTA EN LA PREVENCIÓN DEL ALZHEIMER

Le presentamos un tema importante que nos debe que pensar. Elegir alimentos ricos puede ayudar a reducir o retrasar el inicio de aparición del Alzheimer y otros tipos de demencia. ¡Cultívase la salud y continúe a hacer ejercicio durante, al menos, 30 minutos por día!




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## TENGA LA MENTE PUESTA EN LA PREVENCIÓN DEL ALZHEIMER

Le presentamos un tema importante que nos debe que pensar. Leer libros nuevos todos los días puede ayudar a reducir o retrasar el inicio de aparición del Alzheimer y otros tipos de demencia. Se hora de experimentar sus recetas de bienestar.




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## ALZHEIMER'S PREVENTION SHOULD BE ON YOUR BRAIN.

It's time to think about how you can help prevent and/or delay the onset of Alzheimer's and other dementias. Read something new. Choose foods like salmon and walnuts that are rich in omega-3 fatty acids. Drink a water. There are just a few healthy habits that will give your brain boost!



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**Order FREE  
11" x 17" Posters!**

View all posters and request posters for distribution at [www.idph.iowa.gov/chronic-disease-prevention/alzheimers-and-related-dementias/resources](http://www.idph.iowa.gov/chronic-disease-prevention/alzheimers-and-related-dementias/resources).



Alzheimer's Disease & Related Dementias Program

May 2022

