

MAY 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.



Alzheimer's Awareness

June is Alzheimer's and Brain Awareness Month. More than 66,000 Iowans have Alzheimer's disease, and it is the sixth leading cause of death in the United States. While Alzheimer's disease typically affects older adults, it is not a normal part of aging. There are things you can do now to reduce your risk of Alzheimer's disease.

It is important to understand the symptoms of Alzheimer's disease, and speak with a health care provider about any concerns related to memory. Researchers have found that only half of adults with Subjective Cognitive Decline (SCD) have discussed their memory loss with a healthcare professional. Early diagnosis of memory loss is especially important for people with chronic health conditions.

This month is also an important time to recognize caregivers for the support they provide to those living with Alzheimer's and other forms of dementia. Approximately 73,000 Iowans provide unpaid care to individuals with Alzheimer's disease or dementia.

The Alzheimer's Disease and Related Dementias Program (ADRD) at IDPH puts focus on increasing early detection, diagnosis and risk reduction for ADRD, prevention of avoidable hospitalizations related to these diseases, and providing support for dementia-related caregiving. Learn more by visiting the [ADRD Program website](#). ◆

Health Observances

May

- ◆ National Stroke Awareness Month
- ◆ Older Adults Month
- ◆ National Women's Health Week
- May 8-14
- ◆ World No Tobacco Day
- May 31
- ◆ Arthritis Awareness Month

June

- ◆ Alzheimer's and Brain Awareness Month
- ◆ National Cancer Survivors Day
- June 5
- ◆ PTSD Awareness Month
- ◆ Men's Health Month

July

- ◆ Minority Mental Health Month
- ◆ National Breastfeeding Month
- ◆ UV Safety Awareness Month
- ◆ Americans With Disabilities Act
Anniversary
- July 26

May is National Stroke Awareness Month

National Stroke Awareness Month aims to increase awareness about stroke warning signs, symptoms, prevention, and the impact on survivors, families and caregivers. Identifying the cause of a stroke can help lower the likelihood of another. However, the root cause of 1 in 3 ischemic strokes remains unknown after testing, and 1 in 4 stroke survivors will likely have another stroke event, often because a root cause is never identified. Fortunately, collaboration on diagnostic testing between health professionals as outlined in the American Stroke Association's [Healthcare Professional Guide to Understanding the Diagnosis and Treatment of Cryptogenic Stroke](#) can help to reveal the answers needed to provide targeted treatment for preventing an additional stroke. Review this and other resources at www.stroke.org.

F.A.S.T.

Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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copyright American Stroke Assoc.


2022 Cancer in Iowa Report

The Iowa Cancer Registry has released the [2022 Cancer in Iowa Report](#). Based on data from the State Health Registry of Iowa and IDPH, the report includes county-by-county statistics, summaries of new research projects, and a special section focused on cancer screenings.

Highlights from this year's report include:

- ◆ An estimated 20,000 Iowans will be diagnosed with cancer in 2022. The most common cancer diagnosis will be breast cancer, followed by prostate, lung, colon/rectum, and skin melanoma.
- ◆ Cancer will be one of the two leading causes of death in the state, along with heart disease. An estimated 6,300 Iowans will die from cancer in 2022, with lung cancer causing nearly a quarter of these deaths.
- ◆ Currently over 159,700 cancer survivors live in Iowa, based on data gathered between 1973 and 2017.

Read the [full report](#) and learn more about [cancer in Iowa](#).

This project has been funded in whole or part with Federal funds from the National Cancer Institute, National Institutes of Health, Department of Health and Human Services, under Contract No. HHSN261201800012I.



Iowa Million Hearts® Initiative

Million Hearts® is a national initiative working to prevent one million heart attacks and strokes every five years. Partners in Iowa collaborate and work to implement small sets of evidence-based priorities and targets to improve cardiovascular health for Iowans.

The new 2027 priorities were released in 2022 and the work begins now. To learn more, visit the [IDPH website](#) or millionhearts.hhs.gov.

If you or your organization are currently conducting work related to Million Hearts priorities and would like to be part of the Iowa initiative, please contact Heart Disease and Stroke Coordinator, McKyla Carson, at mckyla.carson@idph.iowa.gov.

Million Hearts 2027 Priorities

- ◆ **Priority 1: Building Healthy Communities**
 - Decrease Tobacco Use
 - Decrease Physical Inactivity
 - Decrease Particle Pollution Exposure
- ◆ **Priority 2: Optimizing Care**
 - Improve Appropriate Aspirin or Anticoagulant Use
 - Improve Blood Pressure Control
 - Improve Smoking Cessation
 - Increase Use of Cardiac Rehabilitation
- ◆ **Priority 3: Focusing on Health Equity**
 - Pregnant and Postpartum Women with Hypertension
 - People with Lower Incomes
 - People from Racial/Ethnic Minority Groups
 - People Who Live in Rural Areas or other Access Deserts
 - People with Behavioral Health Issues Who Use Tobacco

Just Announced: Care for Yourself Program Expands Eligibility to Serve Individuals Starting at Age 21!

The Care for Yourself Program has provided free or low-cost breast and cervical cancer screening to eligible individuals for over 25 years. Now, the statewide program is announcing an expansion to its eligibility age to also include individuals aged 21-39. This change ensures individuals ages 21 and older are able to access life-saving cancer screening.

The Care for Yourself Program provides:

- ◆ Cervical cancer screenings, including Pap and HPV tests,
- ◆ Breast cancer screenings, including clinical breast exams and mammograms,
- ◆ Diagnostic testing, and
- ◆ Assistance with making appointments, finding transportation, accommodations for language needs, and other barriers to care.

Individuals may qualify if they:

- ◆ Are between **21-64** years of age;
- ◆ Have a monthly income of \$2,832 (take home pay) or less*;

*Add \$983 for each additional household member.



Enrollment is simple. Connect with us today!

[Contact us](#) or call 1-866-339-7909.

Learn more here: www.idph.iowa.gov/cfy

Celebrate Men's Health Month

June is Men's Health Month when we raise awareness of preventable health issues in men and encourage early detection and treatment of disease including cancer, heart disease, and depression. Heart disease, cancer, and COVID-19 were the leading causes of death of American men in 2020 with 40.5% of men aged 20 and older considered obese. Over 6 million men per year in the US suffer from depression, but men are less likely to seek help for mental health than women.



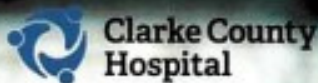
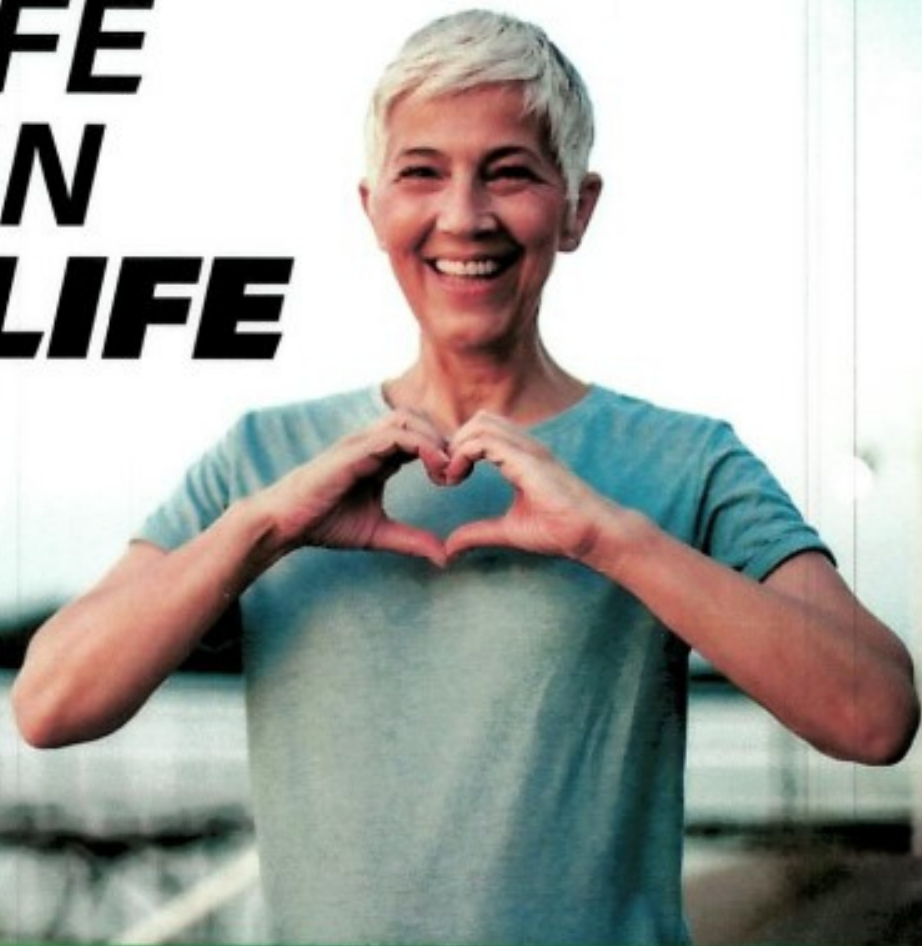
Health care providers can encourage their male patients to complete preventative screenings and implement healthy living decisions, such as eating a balanced diet, exercising, and reducing use of alcohol and tobacco. Institutions can develop health policies and services that support the specific needs of men, boys, and their families. Talk to your doctor about symptoms and changes you experience in your physical and mental health, and complete preventative screenings and testing for early detection of illness and disease. Don't wait, make an appointment today.

Learn more information about men's health from the [Centers for Disease Control and Prevention](#), as well as mental health resources from the [National Alliance on Mental Health](#).

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. View previous Chronic Disease Connections E-Bulletin issues [here](#).

PUT LIFE BACK IN YOUR LIFE



Clarke County
Hospital

An Affiliate of  UnityPoint Health



Clarke County
Public Health
Prevent. Promote. Protect.

Better Choices, Better Health Workshop


Do you experience any of the following?

- ✔ Chronic health condition
- ✔ Difficult emotions
- ✔ Poor sleep
- ✔ Pain/fatigue
- ✔ Stress/anxiety
- ✔ Depression
- ✔ Shortness of breath
- ✔ Tense muscles

Attend a *free* 6-session workshop to learn how to:

- ✔ Get the support you need
- ✔ Improve nutrition and exercise choices
- ✔ Find ways to deal with pain and fatigue
- ✔ Improve communication with family and healthcare providers

Register today! Limited spots available.

 641-342-3724

Workshops will be held on the following dates:

Fridays - May 13 | May 20 | May 27 | June 3 | June 10 | June 17
Conference Room in the Osceola Public Library | 2:30 pm to 4:30 pm

Please register by calling Clarke County Public Health at 641-342-3724