

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

CMS Issues Proposed Rules for Stage 2 Meaningful Use Requirements

The Notice of Proposed Rulemaking (NPRM) for Stage 2 meaningful use was posted to the Office of the Federal Register recently. The proposed rule outlines the next stage of meaningful use requirements for the Electronic Health Record (EHR) Incentive Programs, which are administered by CMS. [View the NPRM](#). CMS has developed a fact sheet to give providers an overview of the rule and how Stage 2 expands upon Stage 1 of meaningful use. The fact sheet can be found on the [CMS Newsroom website](#).

Eleven Iowa Cities Chosen as Blue Zone Finalists

Wellmark Blue Cross and Blue Shield officials recently announced the 11 Iowa cities that will compete to be chosen as initial Blue Zones demonstration communities in May. The 11 finalists are: **Ames, Cedar Falls, Cedar Rapids, Clinton, Davenport, Mason City, Muscatine, Ottumwa, Sioux City, Spencer and Waterloo**. They were chosen from 54 communities that submitted applications for the program, based on "strong commitment from community leaders, local employers and government officials, as well as prior success in collaborative community initiatives," Wellmark said in a release. The Blue Zones Project, part of the Healthiest State Initiative launched in August 2011, will provide resources to the selected communities to serve as demonstration sites for becoming healthier environments that promote exercise, healthful food choices and social networks. Wellmark plans to announce three to four demonstration cities from the 11 large-city finalists in May, following site visits to each community.



Women's Health Week . . .

Get ready for National Women's Health Week

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. **The theme for 2012 is "It's Your Time."** National Women's Health Week empowers women to make their health a top priority. The 13th annual National Women's Health Week kicks off on Mother's Day, May 13, 2012 and is celebrated until May 19, 2012. National Women's Checkup Day is Monday, May 14, 2012.



What about Heart Attack . . .

Scientists Devise a Blood Test to Predict Heart Attack

Doctors can easily tell when someone is having a heart attack, but one thing they can't do is predict an attack before it happens. Even patients who come in for stress tests and get a clean bill of health often end up back in the hospital with a heart attack just days later. But researchers say that may soon change, thanks to a study that used a blood test to detect certain cells that are sloughed off from weakened blood vessel walls.

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 Office of Women's Health website: [Make the Call. Don't Miss a Beat](#).



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

Aspirin Use

Aspirin in primary prevention: New meta-analysis finds bleeding outweighs benefits for most

A new meta-analysis said to provide "the largest evidence to date regarding the wider effects of aspirin treatment in primary prevention" has shown that cardiovascular benefits are offset by an elevated risk of bleeding.

Aspirin should not be used for stroke prevention in AF patients

More evidence that aspirin is neither safe nor effective for the prevention of stroke in AF patients has come from a new Danish registry study.

Blood Pressure Control and Management

Middle-age blood pressure changes affect lifetime heart disease, stroke risk

An increase or decrease in blood pressure during middle age can significantly impact lifetime risk for cardiovascular disease (CVD), according to research in *Circulation: Journal of the American Heart Association*.

Rapid rise in blood pressure before midlife may cause irreversible heart damage

The current "watch-and-wait" approach to high blood pressure readings in younger people may set patients on a course for irreversible heart damage, according to research presented March 26 at the American College of Cardiology's 61st Annual Scientific Session.

Cholesterol Control and Management

Statin Intolerance in the Elderly: Solutions for Complex Cases

Join two physicians as they discuss the challenges of identifying statin intolerance in elderly patients and how to manage it effectively. CMEs available.

Should statins be used in primary prevention? JAMA gets in on the debate

Differing opinions on the use of statins in primary prevention make the pages of the *Journal of the American Medical Association (JAMA)*, the latest in a line of professional and mainstream media outlets getting in on the contentious topic.

Smoking Cessation

Court Upholds Graphic Tobacco Labels

The decision by the Sixth U.S. Circuit Court of Appeals, based in Cincinnati, backed most of a decision by a lower court in Kentucky. That court had ruled that most provisions of a 2009 law giving the Food and Drug Administration the authority to regulate tobacco were legal and didn't violate tobacco companies' free-speech rights. The decision also upheld the lower-court ruling favoring the tobacco industry, allowing the use of color in tobacco advertising to continue.

Menthol cigarettes may increase stroke risk, study says

Researchers found that menthol cigarette smokers were more than twice as likely to have a stroke than non-menthol smokers. The risk was more than three times higher for women and non-blacks.

Calls to quitline hit record high after CDC national tobacco ad campaign launch

Two weeks after the Centers for Disease Control and Prevention launched the Tips from Former Smokers campaign, calls to the 1-800-QUIT-NOW quitline more than doubled.

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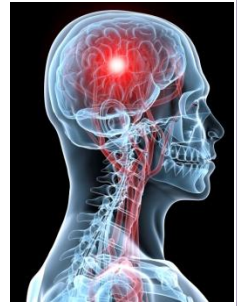
Stroke News . . .

Study shows dramatic benefit of new stroke therapy

A new clot-busting drug therapy has achieved significant treatment benefits for acute stroke victims in a groundbreaking three-year study by the HMRI Stroke Research Group. Findings show two-thirds of patients treated with the drug Tenecteplase demonstrated major neurological improvement within 24 hours and 72 per cent experienced excellent or good recovery three months after their stroke.

How fast you walk and your grip in middle age may predict dementia, stroke risk

Simple tests such as walking speed and hand grip strength may help doctors determine how likely it is a middle-aged person will develop dementia or stroke. That's according to new research that was just released and was presented at the American Academy of Neurology's 64th Annual Meeting in New Orleans April 21 to April 28, 2012.



May is a BUSY Health Observation Month !



National Stroke Month

Learn how to raise stroke awareness during **National Stroke Awareness Month** in May and throughout the year. Public knowledge of stroke is low. It is time for stroke champions to band together and elevate stroke in the mindset of everyone in the U.S. Simple prevention and treatment education can help reduce stroke incidence. Influence loved ones to adopt healthier lifestyles and decision-makers to advocate for stroke by sharing personal stories. Explore the Resource Center and make stroke your cause today.

National High Blood Pressure Education Month

May is National High Blood Pressure Education Month and this year's theme highlights the threat of uncontrolled hypertension. The National Heart, Lung, and Blood Institute (NHLBI) urges Americans: "If Your Blood Pressure Is Not Lower Than 140/90, Ask Your Doctor Why."

The NHLBI is part of the National Institutes of Health. NHLBI sponsors the hypertension month effort with the National High Blood Pressure Education Program (NHBPEP), which it coordinates. **High blood pressure affects about 50 million--or one in four--American adults. Of those with hypertension, about 68 percent are aware of their condition--but only 27 percent have it under control.** The reasons for this include not taking drugs as prescribed and/or not taking a medication that sufficiently lowers blood pressure.



National Senior Health and Fitness Day (May 30)

On the same day across the U.S., 100,000+ older adults will participate in health promotion events at more than 1,000 local organizations. Senior Health & Fitness Day, the nation's largest older adult health and fitness event, is entering its 19th year. The Theme for 2012 is: "Get Moving...Start Improving!"

National Mediterranean Diet Month



MAY IS NATIONAL MEDITERRANEAN DIET MONTH



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Sodium Reduction . . .

Why is fast food saltier in the U.S.?

According to a new study, American fast-food customers may be getting a larger dose of sodium than their counterparts in other countries -- even if they order the exact same items off the menu.

Gum Disease and Heart Disease and Stroke

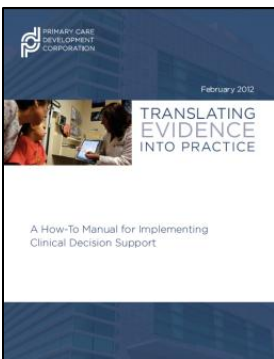
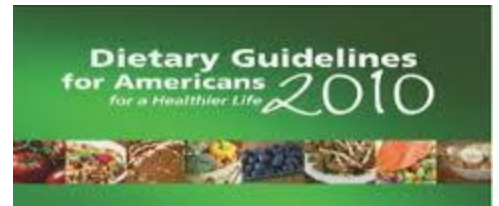
Current Scientific Evidence Does Not Establish Cause and Effect Relationship Between Gum Disease and Heart Disease or Stroke

A new report published on 4-18-2012 in *Circulation*, the journal of the American Heart Association (AHA), states that current scientific evidence does not establish a direct cause and effect relationship between gum disease and heart disease or stroke. Additionally, the evidence does not establish that gum disease increases the rate of heart disease or stroke.

New Resources for Healthcare Providers

2010 Dietary Guidelines for Americans: How to Advise Patients

Check out this written and video commentary by Howard K. Koh, MD, MPH, Assistant Secretary for Health at the US Department of Health and Human Services [HHS]. He offers practical advice on how providers can advise their patients on choosing healthier eating habits.



Translating Evidence into Practice: A How-To Manual for Implementing Clinical Decision Support

The Primary Care Development Corporation has issued a new publication: Translating Evidence into Practice: A How-To Manual for Implementing Clinical Decision Support. The manual provides step-by-step guidance for medical directors and senior leaders at primary care organizations to implement quality improvement initiatives, with a special focus on using electronic health records to advance chronic disease management. The manual was developed following a two year project with Open Door Family Medical Centers (Open Door), a Federally Qualified Health Center (FQHC) with four practice sites in Westchester County, NY serving over 40,000 underserved patients. To download the manual, click [here](#). Using the Open Door experience as a case study, **which focused on caring for patients with hypertension**, the manual provides a

systematic approach for design, planning, implementation and evaluation of a quality improvement initiative. Specific goals of the manual include defining the project, setting quality improvement goals, assessing and understanding current data and technology capabilities, implementing change, and using data to evaluate and sustain improvements.

New Health Information Technology Resource Targets Rural Health Providers

A new online toolkit will serve as a pilot program for providing Health Information Technology (HIT) resources to rural health care providers. The toolkit, developed by the Rural Assistance Center (RAC) and the National Rural Health Resource Center (The Center) is designed to help rural providers find resources for HIT, electronic health records (EHR), meaningful use and related topics. Funding for the toolkit is provided by the federal Office of Rural Health Policy (ORHP).

Using the toolkit, rural health providers and organizations will be able to:

- Address challenges in finding capital funding
- Provide support to community colleges to enhance training programs
- Stay informed about legislation affecting EHRs
- Leverage multiple federal resources for project development



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