August 2011

Michigan Cardiovascular Alliance

Partner Update

Michigan Department of Community Health News

EMS Systems of Care Update
The HDSP-EMS Systems of Care for Stroke and STEMI Designation/Verification Work Group Meetings were held August 1 and 2, 2011. The purpose of the meetings was to begin developing the framework and process for designation of facilities in stroke/STEMI system of care. This framework will be a foundational step towards the development of administrative rules for Michigan's cardiovascular emergencies. Over 70 experts in the field of stroke and STEMI care throughout Michigan have volunteered to be on these workgroups. The next meetings are planned for September 6 and 8. Contact Eileen Worden (wordene@michigan.gov) for more information.

Strategic Plan Priority: *Eliminate Heart Disease & Stroke Disparities*
Links for Patient Education in Different Languages
The National Institute of Health and the National Library of Medicine has produced patient education materials in over 25 different languages. For heart disease and stroke materials, go to: http://www.nlm.nih.gov/medlineplus/languages/all_healthtopics.html#H

Community Meetings Scheduled to Explore High CVD Rates
Meetings have been scheduled to obtain feedback from community members from the five contiguous Michigan counties (Bay, Gladwin, Clare, Arenac and Ogemaw) with higher rates of hospitalization and mortality for CVD, heart disease, coronary heart disease and heart failure. Community members will provide input on reasons why higher rates of CVD may be occurring, how cardiovascular health in the community might be improved, and what the community can do to address these rates. Bay County hosted the first meeting on August 3. Another meeting is scheduled for August 25 with participants from Arenac, Clare and Gladwin. The final community meeting will be held on September 22 in Ogemaw County. A final report on the meetings will be completed by September 30.

National News

Heart Disease Prevention May Save Billions
Programs to better manage cholesterol, blood pressure and tobacco use would be wise, long-term investments in the nation's health and economy say heart experts. What the US currently spends on cardiovascular disease is not sustainable, but prevention is affordable. The authors of the statement published July 25 in *Circulation* calculated that every $1 spent on the construction of walking or biking paths would cut medical costs by $3. Additionally, plans to help Americans stay within the recommended daily sodium guidelines would reduce the rate of high blood pressure by 25 percent, saving $26 billion in health care costs each year. To implement heart-healthy changes within communities, federal, state and local lawmakers must take action. The policy statement concluded that taking steps to prevent heart disease now could have long-term economic and physiological benefits.

Vitamin D Intake & Risk of CVD in US Men and Women
A recent study published in the American Journal of Clinical Nutrition found that men who consume the recommended amount of vitamin D are somewhat less likely to suffer a heart attack or stroke than those who get little of the vitamin in their diets. Researchers found that men who got at least 600 international units (IU) of vitamin D each day -- the current recommended amount -- were 16 percent less likely to develop heart problems or a stroke, versus men who got less than 100 IU per day. However, the higher vitamin D intake did not lower women's risk of CVD. The study appears in the July 2011 American Journal of Clinical Nutrition.

International News

Mom's Diet Not Tied to Kids' Heart Health
A new study from West Africa suggests that supplementing pregnant women's diets with extra calories and protein doesn't protect their kids against risk factors for heart disease once they're teenagers. In the latest study, researchers led by Sophie Hawkesworth of the London School of Hygiene and Tropical Medicine measured some of the early risk factors for diabetes and heart disease in about 1,300 Gambian kids aged 11 to 17. Half of the kids were born to mothers who were given food supplements equal to about 1,000 calories per day starting at their 20th week of pregnancy, the other half to mothers who acted as a comparison group. But there were no clear differences between the two groups of adolescents in body mass index (a measure of weight in relation to height), cholesterol or blood pressure levels, or in blood glucose and insulin levels -- two indicators that can warn of diabetes. The study appears in the American Journal of Clinical Nutrition, June 15, 2011.

Satisfaction With Life Seems Good for the Heart
That's the finding of a new study that included almost 8,000 British civil servants, average age 49, who were asked about their satisfaction in seven areas of their lives: romantic relationships, leisure activities, job, family, sex, standard of living and one's self. Over a follow-up period of about six years, higher levels of overall life satisfaction were associated with a statistically significant 13 percent reduced risk of coronary heart disease. Satisfaction in four main areas -- job, family, sex and self -- was also associated with a 13 percent reduced risk of heart disease. The reduced risk, however, was not associated with love relationships, leisure activities or standard of living, the researchers found. The study was published online July 4 in the *European Heart Journal*.

Family History May Predict Heart Attack More Than Stroke
Genetics may play more of a role in heart attacks than in strokes a new study suggests. Family history appears to be a stronger risk factor for heart attack than for stroke. Among those with heart disease, 30 percent had a parent with a heart attack and 21 percent had a sibling with a heart attack. When it came to stroke, 21 percent of those who suffered a stroke or TIA had at least one parent with a stroke and 8 percent had a sibling with a stroke. However, family history remains an important risk factor for both. People should recognize that family history can be important information, but the absence of family history in and of itself should not be reassuring that one is at low risk for cardiovascular disease. The article appears in the August 2011 edition of *Circulation: Cardiovascular Genetics*.

Partner News

Millions with Peripheral Artery Disease Not Getting Vital Medications, Study Finds
The ScienceDaily (June 21, 2011) article explains that millions of adults with peripheral artery disease are not receiving the medications needed to reduce their risk of heart attack, stroke and death, according to research in *Circulation: Journal of the American Heart Association*. Of the estimated 7.1 million U.S. adults with peripheral artery disease, also known as PAD, the study found that two out of three are not taking cholesterol-lowering medications; nearly three out of four are not receiving angiotensin converting enzyme inhibitors or angiotensin receptor blockers; and two in three are not taking aspirin, which may reduce the risk of heart attack. Taking two or more of these medications was associated with a 65 percent lower rate of death from all causes. In the next five years, one in four patients with Peripheral Arterial Disease will suffer a heart attack, stroke, amputation, or death. You can change this outcome with the latest prevention, detection, and treatment strategies.