

In the News

Recently Published Articles and Activities from CDC's Division for Heart Disease and Stroke Prevention

August 2011

DIVISION NEWS

Dr. Nora Keenan will be retiring after 19 years at CDC. A reception will be held in her honor on Tuesday, August 23, 2011, at 2:00 p.m. in the first floor conference room (room 1802) of the Williams Building in University Park. Questions about this event can be directed to Sheryl Jameson at sjameson@cdc.gov.

DHDSP'S Nancy Watkins has announced her retirement, effective July 31, 2011. Nancy began working at CDC in 1985. In her departure, she expressed her heartfelt thanks to the staff of the Program Development and Services Branch and other DHDSP staff for the opportunity to work together.

CONFERENCES, TRAINING & EVENTS

[The Evaluators' Institute](#) will be hosting training sessions from September 19–24 at Atlanta's Marriott Buckhead Hotel and Conference Center.

The World Heart Federation recently announced that beginning in 2011, [World Heart Day](#) will be held each year on September 29.

HEART DISEASE, STROKE & RISK FACTOR NEWS

[Strokes Spike in Pregnant Women, New Moms](#)

From the mid-1990s to the mid-2000s, pregnancy-related strokes increased by 54 percent, according to recent research. This article also features a statement from CDC's Dr. Elena Kuklina.

[Being Optimistic May Reduce Risk of Stroke](#)

According to recent research, self-identified optimists were significantly less likely to undergo stroke. Study participants self-identified optimism on a 16-point scale and were found to be 9 percent less likely to experience a stroke for each point increase.

[Heart Disease Prevention May Save U.S. Billions Annually](#)

The American Heart Association recently called for an increased focus on preventative measures—including management of cholesterol, blood pressure, and tobacco—to help lower heart disease costs in the United States.

[Heart Disease Is Women's Most Costly Condition](#)

Treatment for heart disease cost women \$43.6 billion in 2008, making it the most expensive condition, according to the Agency for Healthcare Research and Quality.

[Doctors Push to Reevaluate Ideas of ‘Normal’ Heart Rate](#)

The current definition of a normal heart rate for an adult is 60 to 100 beats per minute. However, in a recent long-term study of 50,000 healthy men and women, higher heart rates—even within this range—were a strong indicator of heart attack risk. As a result, some doctors suggest limiting the normal range to below 80 or 90 beats per minute.

[More Minnesotans with Heart Disease Getting Optimal Care](#)

Since Minnesota physicians began an initiative in 2007 to closely track and report health care outcomes, more than 3,500 individuals with cardiovascular diseases have received “optimal care” and met statewide health goals.

[Even a Little Exercise Helps the Heart](#)

Results of a new study show that even as little as 2.5 hours of moderate activity each week can reduce heart disease risk by roughly 14 percent.

[Estrogen May Help Protect Women from Cardiovascular Disease](#)

New research from the Queen Mary, University of London suggests that the female sex hormone estrogen may improve the immune system and help protect against cardiovascular disease.

[Group Educating Blacks on Higher Health Risks](#)

In Illinois, a new volunteer organization has begun its mission of educating local African Americans about their heightened risk for cardiovascular disease.

ASPIRIN USE

[Aspirin Wards Off Heart Attack, Just Don’t Stop Taking It](#)

Although aspirin has been shown to help prevent heart attacks, results of a new study suggest that patients who begin taking aspirin and then stop are 63 percent more likely to suffer a non-fatal heart attack than those who maintain their regimen.

BLOOD PRESSURE

[Soy and Milk Protein Dietary Supplements Linked to Lower Blood Pressure](#)

A new study suggests replacing refined carbohydrates with milk and soy protein supplements is linked to lower systolic blood pressure.

[Cutting Salt Should Be a Global Priority](#)

Cutting sodium consumption 15 percent could help lower blood pressure and, in turn, save more than 8.5 billion lives over the next decade, according to a new report from the *British Medical Journal*.

[How Low Should You Go with Blood Pressure and Cholesterol?](#)

This article highlights two recent publications from the *Harvard Heart Letter*, which explore healthy targets for blood pressure and cholesterol.

CHOLESTEROL

[Experimental Drug Raises Good Cholesterol, May Help Diabetes](#)

A new analysis from the American Heart Association suggests that a certain drug designed to boost good cholesterol may also help control blood sugar in people with diabetes.

[Risk Factors for Heart Disease Increased by Fructose](#)

Adults who consumed large quantities of high-fructose corn syrup for two weeks as part of a recent study demonstrated increased levels of cholesterol and other heart disease risk factors.

[Experts to Hunt Down Rogue Genes for China’s Cholesterol Problem](#)

Scientists in Hong Kong have begun research to identify genes that may be responsible for China’s soaring rates of cholesterol.

OTHER RISK FACTORS

[Heart Attack Survival Factors Identified](#)

A new study identified several factors—including hypertension, ethnicity, BMI, and heart rate—that can help predict which individuals are at heightened risk of dying suddenly from a first heart attack.

[Family History May Predict Risk for Heart Attack More than Stroke](#)

New research from England indicates that family history plays a greater role in an individual's risk for heart attack than for stroke.

[Adversity in Childhood May Increase Adult Heart Risk](#)

Individuals who grew up in adverse family settings appear to be at an increased risk for coronary heart disease in middle age.

[Depression in Females Linked to Higher Stroke Risk](#)

New research indicates that women who suffer from depression are 29 percent more likely than their peers to experience a stroke.

[Arthritis Sufferers at Increased Risk of Heart Disease](#)

According to a recent five-year study, individuals with rheumatoid arthritis are at a greater risk of dying from cardiovascular disease than those without this condition.

RESOURCES

In late July, CDC's Division for Heart Disease and Stroke Prevention released the guide [Under Pressure: Strategies for Sodium Reduction in the School Environment](#).

An abstract of the paper [The Cost-Effectiveness of Interventions Designed to Reduce Sodium Intake](#) from DHDSP's Dr. Darwin Lebarthe is now available. The full paper will appear in the September issue of the *Journal of Hypertension*.

CDC's recent [Did You Know?](#) feature includes information and links on the subject of health disparities between states nationwide.

Morbidity and Mortality Weekly Report recently released the publication [Out-of-Hospital Cardiac Arrest Surveillance — Cardiac Arrest Registry to Enhance Survival \(CARES\), United States, October 1, 2005–December 31, 2010](#).

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