

Chronic Disease Connections



An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

Health Promotion is Newsworthy

Are there patients in your practice with undiagnosed hypertension who may be "hiding in plain sight"?

[Video: Finding Undiagnosed Hypertensive Patients](#)

[Hypertension Prevalence Estimator Tool](#)

[References, Resources, and Case Studies](#)



Of the 75 million Americans who have hypertension, almost half do not have the condition under control. About 11 million of them don't know their blood pressure is too high and are not receiving treatment to control it, even though most of these individuals have health insurance and visit a health care provider each year.

That means potentially millions of people with uncontrolled hypertension are seen by clinicians but remain undiagnosed. While following best practices and providing the highest levels of care, providers can still have patients "hiding in plain sight" who are at risk for or have undiagnosed hypertension. Finding these patients and spreading the word about how other health care professionals can find them may help save lives.

[Access the partner toolkit to spread the word >](#)



Pre-diabetes and Diabetes News

Study examines efficacy of data-driven algorithm for personalized diabetes care

A study in *Diabetes Care* showed a lower average post-treatment A1C under a data-driven algorithm for personalized diabetes management, compared with standard care. The findings, based on EMRs of 10,806 type 2 diabetes patients from 1999 to 2014, revealed that the algorithm had the similar observed standard of care in 68.2% of the 48,140 patient visits in the test set.

People With Diabetes Bracing For Insurance Coverage Of Insulin To Change Next Year Following Price Hikes

USA Today (12/24, O'Donnell) reported many people with diabetes "are bracing for changes in insurance coverage of their insulin next year," because the price of insulin has increased significantly recently. For example, the pharmacy benefit manager CVS Caremark has announced that it will no longer cover Lantus-brand insulin.

Study examines prevalence of chronic hepatitis B in type 2 diabetes

Chinese researchers found that 13.5% of type 2 diabetes patients had chronic hepatitis B virus infection, compared with 10.0% in the general population. The findings in the *Journal of Diabetes Investigation*, based on 2,730 patients with and without diabetes, revealed an almost 1.5-fold increased risk of developing CHB among those with diabetes than the control group regardless of hepatic function and after adjusting for age, body mass index and gender.

What's new about



Better Choices, Better Health

Put Life Back in Your Life

Help your patients feel better, do the things they want to and be in control of their lives

If your patients are dealing with health issues such as high blood pressure, anxiety, diabetes, chronic pain, arthritis, heart disease or other chronic diseases, Chronic Disease Self-Management workshops will teach them the way to take charge in managing their health. Being a self-manager is finding practical ways to deal with symptoms like fatigue or pain that keep them from enjoying life by exploring new exercise options, nutritional choices and treatment choices. Please consider making patient referrals; to locate a nearby program and learn more, visit the link above.

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Million Hearts® Initiative Update

As both 2016 and the first phase of Million Hearts® come to a close, let's reflect on the progress we have made together in the past 5 years. More than 7 million people quit smoking, health IT tools helped identify more than half a million patients "hiding in plain sight" with undiagnosed hypertension, and health care systems are recognizing and rewarding excellence in the ABCS (aspirin when appropriate, blood pressure control, cholesterol management, and smoking cessation). While we celebrate these and other successes, we are excited to build on this strong foundation for the next phase of Million Hearts®, especially because the steady decline in cardiovascular deaths seen over the last 30 years is threatened by high rates of diabetes, obesity, and physical inactivity. Together, the Million Hearts® family will continue to build upon best practices, evidence, and shared tools and resources to help even more Americans live free of cardiovascular disease. By redoubling our collective and individual actions, we can ensure that more people will live free of heart disease and stroke because of your efforts in the next 5 years and beyond.

—Janet Wright, MD, FACC
Executive Director, Million Hearts®

The latest on the ABCS

Aspirin Use

The Role of Aspirin in the Prevention of Cardiovascular Disease

The use of a low-dose aspirin regimen as an antithrombotic measure has become increasingly common. However, recent evidence suggests discrepancies exist between clinical guidelines for the use of aspirin therapy for primary and secondary cardiovascular disease (CVD) prevention and actual patient use patterns. This review presents and describes the literature to support the use of aspirin for primary and secondary CVD prevention, as well as the role of clinical guidelines in patient and physician practices.

Blood Pressure Control and Management

Modern Healthcare: Medicare Offers Hospitals Cash To Rev Up Cardiac Rehab Participation

After patients have a heart attack or heart surgery, interventional cardiologist Dr. Amit Keswani urges them to go into cardiac rehabilitation. The program of supervised exercise and counseling helps cardiac patients recover and lowers their risk of future heart attacks, chest pain, hospital admission and a slew of other medical problems. But at most, only about half actually do it. "I wish that it would be more," Keswani said. "I tell my patients: It's better than any medicine." Some patients can't afford the co-pays. Others live too far from the cardiac rehab facility that's part of Vanderbilt University Medical Center in Nashville, where Keswani works.

Heart groups collaborate on cardiac death prevention measures

A report from the American College of Cardiology, the American Heart Association and the Heart Rhythm Society outlines 10 clinical quality and performance measures for preventing sudden cardiac death. The report, published in both the Journal of the American College of Cardiology and Circulation: Cardiovascular Quality and Outcomes, includes guidelines for screening, counseling and medical interventions.

Even a little exercise can improve blood pressure, expert says

Exercise can immediately reduce blood pressure and keep it down for hours afterward, writes physiologist William Farquhar of the University of Delaware. Farquhar says exercise does not need to be intense and even short periods of activity, such as 10 minutes three times daily, can improve blood pressure.

Study: High blood pressure now associated with poverty

High blood pressure has become a disease of poverty rather than affluence, according to a study published in The Lancet. The number of people with high blood pressure has soared to 1.1 billion, with more than 50% living in Asia.

Continued on the next page...

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Cholesterol Control and Management



Explore evidence-based cholesterol management protocols for use in your practice Having elevated low-density lipoprotein cholesterol is a major risk factor for heart attack, stroke, and heart disease. Check out these evidence-based cholesterol management protocols, including a cardiovascular disease risk calculator, to help manage and lower cholesterol levels among your at-risk patients.

Smoking Cessation



Check out Smokefree.gov's Practice Quit Program

This text messaging program provides options for smokers who are thinking about quitting, but aren't ready to commit to the 6-week SmokefreeTXT program. *Practice Quit* lets users try going smoke-free for a short time before they decide to quit for good. Also, visit Smokefree.gov's new website that aims to help smokers 60 and older.



Surgeon general declares youth e-cigarette use a major health threat

A report from Surgeon General Dr. Vivek Murthy declared e-cigarette use among teens and young adults a "major public health concern" in the US and called on parents and teachers to educate youths on the dangers of e-cigarettes and the FDA to bolster regulations on e-cigarette manufacturing, marketing and distribution.

Plan Clinic Awareness Activities for Upcoming Health Observations:



Just Clap for Life!

www.Shapeupus.org

Healthy Weight Week

January 16-20, 2017

www.fitwoman.com

Women's Healthy Weight Day

January 20, 2017

www.fitwoman.com

Heart Month

www.goredforwomen.org

Wear Red Day

February 3, 2017

www.goredforwomen.org

Cardiac Rehabilitation Week

February 12-18, 2017

www.acp-online.org

Cardiovascular

Professionals Week

February 12-18, 2017

www.acp-online.org



Training for Providers:

Register Today-Care Coordination Workshop

This free full-day workshop event will feature learning sessions focused on how clinics and providers can go about the business of leading change.

How can we prepare for healthcare transformation?

How can we identify where change needs to happen?

What are the processes for measuring and tracking quality improvement?

How can we make change sustainable?

This event will use case studies and real-life examples to guide participants through the concepts and processes for performance improvement. Attendees will walk away with actionable knowledge and skills to drive or lead improvement in their own clinics and practices.

Targeted audience: clinic managers and administrators, care coordinators, health coaches, pharmacy staff, quality personnel, nurse leaders, social workers, patient navigators. This is for providers who are in the beginning stages of initiating healthcare transformation.

Attendance is limited.

[Click here to Register!](#)

For additional information or questions, contact Kady Reese at reesek@ihconline.org

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New Resources for Healthcare Providers

The U.S. Preventive Services Task Force (USPSTF or Task Force) has released its “Sixth Annual Report to Congress on High-Priority Evidence Gaps for Clinical Preventive Services.”

In 2016, the USPSTF continued to fulfill its mission of improving the health of all Americans by making evidence-based recommendations about clinical preventive services such as screening tests, counseling about healthy behaviors, and preventive medications. These recommendations help clinicians and their patients make informed health care decisions. In this annual report, the USPSTF identified six recent topics for which the current evidence was insufficient for the Task Force to make a recommendation, including autism screening and tobacco smoking cessation with electronic nicotine delivery systems. The USPSTF also identified evidence gaps that prevent it from making recommendations for specific populations or age groups, such as screening for breast cancer in African American women. Future research in these areas can help fill these gaps and would likely result in important new recommendations that will help to improve the health of Americans. Please click [here](#) to read the complete USPSTF report.

CMS to issue addendum to 2016 eCQM value sets

An addendum to the 2016 electronic clinical quality measure specifications will be issued by the CMS in January to reflect the October 2016 ICD-10-CM and ICD-10-PCS code updates for the 2017 reporting year. Eligible clinicians, hospitals and critical access hospitals don't have to do anything and should wait for the reported release date for the addendum, the CMS said.

Sleep Apnea During Pregnancy Linked To Diabetes, Hypertension

[Reuters](#) (12/21, Rapaport) reports that a [study](#) published in *Obstetrics and Gynecology* suggests that pregnant women with sleep apnea “may be more likely to develop complications like high blood pressure and diabetes.” Researchers did home-based sleep studies for over 3,000 women during pregnancy. Pregnant women who had sleep apnea “were almost twice as likely to develop what’s known as preeclampsia, a type of pregnancy-related high blood pressure, and up to 3.5 times more likely to develop pregnancy-related diabetes.”

Practice News: Heart holograms may advance cardiac care

Holograms have become a source of entertainment in the last decade, with Tupac Shakur and Michael Jackson appearing on stage to perform long after their deaths. But how can this technology be translated and used in medical practice? Through meticulous research, Partho Sengupta, MD, has developed a cardiac visualization hologram that is transforming our ability to detect early stages of cardiovascular disease.

Study: Low-dose aspirin doesn't affect CV event risk

A study presented at the American Heart Association meeting and published in the journal [Circulation](#) showed that 151 cardiovascular events occurred among type 2 diabetes patients who received low-dose aspirin, compared with 166 in the non-aspirin group. Japanese researchers used a cohort of 2,160 diabetes patients without pre-existing CV disease and found 25 patients in the aspirin group and 12 in the non-aspirin group developed gastrointestinal bleeding, but no differences were seen for hemorrhagic stroke between the two groups.

Expert details how EHRs may be used to ID disease subgroups

Combining EHR data with genetic data may help develop phenotype algorithms that can be used to identify disease subgroups, according to a presentation at the American Heart Association Scientific Sessions by Dr. Marc Williams, director of the Genomic Medicine Institute at Geisinger Health System. He also discussed how active EHR data mining and genetic sequence data may be used in the diagnosis and treatment of diseases.

The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership

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