



FEATURED TIME TO TALK CARDIO NETWORK MEMBER:
MENDED HEARTS

Founded in 1951, Mended Hearts is a community-based, nationwide, heart patient support network with more than 18,400 members operating through 300 chapters and satellite organizations across the U.S. and Canada. The group partners with 460 hospitals and cardiac rehabilitation clinics in order to offer direct patient support via scheduled visits, group meetings and educational forums.

Recognized for its role in facilitating a positive patient-care experience, Mended Hearts is “dedicated to inspiring hope in heart disease patients and their families.” The members and

leadership consist of heart patients and families, and health care professionals are a part of the constituency and provide their expertise and support.

Heart disease support group members listen, share their experiences, learn from health care professionals and volunteer to talk to other heart patients about the impact of and recovery from heart disease. Annually, Mended Hearts volunteers make 227,000 hospital visits to patients and 30,000 visits to family members and caregivers.

To locate a chapter, call 1-888-432-7899 or visit www.mendedhearts.org.

For more information on joining the Time to Talk CARDIO Network, please e-mail: info@timetotalkcardio.com or call Shannon Coughlin at 212-601-8344.

**HELP YOUR HEART
THIS HOLIDAY SEASON**

As the holiday season approaches, everyone looks forward to time with family and friends. While this is also typically a time for indulgences in sweets and large family meals, here are some easy ways to help prepare and navigate the holidays, while still keeping heart health in mind.



Healthy Food Options

Try to use oils containing the lowest amounts of saturated fat, trans fat, and cholesterol, such as canola oil, corn oil, olive oil, soybean oil and sunflower oil. Aim to avoid coconut oil, palm oil and palm kernel oil because, while they contain no cholesterol, they are still high in saturated fats.



When baking, use 1 cup of fat-free or low-fat milk plus 1 tablespoon of liquid vegetable oil as a substitute for using 1 cup of whole milk.



Exercise Tip

Big meals during the holidays can sometimes lead to weight gain. This holiday season, be sure to get out and get some exercise! It is good for your heart, and can help you maintain your weight if done regularly.



Heart Healthy Tip

Be sure that meals are full of colorful options, including fresh vegetables and grains. The fiber is good for heart health too!

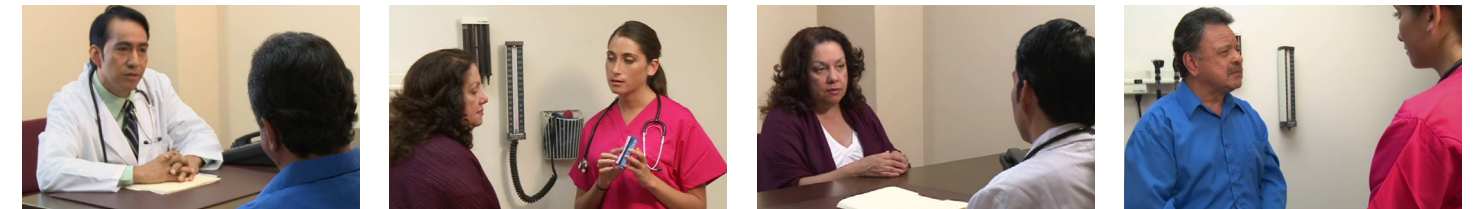


Communication Tip

At your next visit, speak to your health care professional about your plans for the holidays and about your typical food selection. He or she can help you understand what portions are right for you and what you should try to avoid.



**HORA DE HABLAR CARDIO:
TIME TO TALK CARDIO'S SPANISH LANGUAGE INITIATIVE**



Meet the characters (left to right): Dr. Mario Cardoza Sanchez, Family Physician; Jennifer Ramón Martinez, Registered Nurse; Alicia Gutiérrez Valle, 63 year old patient; Jorge Luis Cruz Medina, 49 year old patient

Look for the upcoming launch of Hora de Hablar CARDIO, a Spanish language version of Time to Talk CARDIO! The program recognizes the need to reach Spanish speakers and their loved ones who are affected by heart disease, the number one killer of Hispanics in the United States. Utilizing the Time to Talk CARDIO program's structure of LEAPS skills, a unique, culturally-relevant and linguistically-appropriate tool is in development and will be accessible for Spanish-speaking patients and health care professionals. The website, www.HoradeHablarCARDIO.com, will provide additional resources and tools aimed at enhancing the patient-provider relationship in the Hispanic American community. The program is expected to launch in the coming months.



In order to measure and evaluate the Spanish-language program, American Academy of Family Physician pilot physician, Dr. Marianne McKennett, will pilot Hora de Hablar CARDIO at Scripps Family Medicine Residency Program in California. Dr. McKennett is confident that the program will help educate both patients and health care professionals about the importance of effective communication during medical visits.

It is important to create heart health initiatives, like Hora de Hablar CARDIO, that are designed to encourage active heart health awareness, prevention and management. www.HoradeHablarCARDIO.com will feature more than 180 online videos of simulated medical visits demonstrating communication skill building techniques, and the characters, while not actual patients or health care professionals, are relatable and indicative of current health issues in the Hispanic American community.

CARDIOVASCULAR DISEASE AMONG HISPANICS IN THE UNITED STATES

Each year, cardiovascular disease and stroke cause almost **1 in every 3** Hispanic American deaths

Nearly **100** Hispanic Americans die from cardiovascular disease each day

Approximately **1 in every 5** Hispanic American adults has high blood pressure

More than **70 percent** of Hispanic American adults are overweight – obese people have been shown to have twice the risk of heart failure as people with normal weight



Time to Talk CARDIO is an educational program paid for by Merck and developed in partnership with the American Academy of Family Physicians Foundation, Canyon Ranch Institute and RIASWorks.

INSIDE THIS ISSUE:

- ▶ Time to Talk CARDIO at National Events
- ▶ Time to Talk Cardio in Action
- ▶ Help Your Heart This Holiday Season

A CLOSER LOOK:

TIME TO TALK CARDIO IN ACTION



Q&A with
North Carolina Pilot Physician,
Dr. Brian Forrest

TELL US A BIT ABOUT YOUR PRACTICE.

I founded the Access Healthcare and the Access Hypertension Clinic in 2002, and structured it to help increase patient satisfaction with their medical care.

CAN YOU PLEASE DISCUSS THE ROLE OF TIME TO TALK CARDIO IN YOUR PRACTICE?

I use many of the Time to Talk CARDIO resources with my patients to help improve communication and impact patient adherence. Improved communication can lead to better relationships between patients and their health care providers. Time to Talk CARDIO is an important educational program that can help patients feel more confident and empowered to take control of their own health care, and this strengthened relationship may potentially impact adherence with treatment plans.

“TIME TO TALK CARDIO IS AN IMPORTANT EDUCATIONAL PROGRAM THAT CAN HELP PATIENTS FEEL MORE CONFIDENT AN EMPOWERED TO TAKE CONTROL OF THEIR OWN HEALTH CARE”

– DR. BRIAN FORREST,
North Carolina Pilot Physician

HAVE YOU PARTICIPATED IN ANY RECENT TIME TO TALK CARDIO INITIATIVES?

I recently held a presentation at the Consortium for Southeastern Hypertension Control in Charleston to discuss quality practice improvement methods. In my presentation, I discussed Time to Talk CARDIO data from my practice in North Carolina. The pilot test results suggest the use of the Time to Talk CARDIO website helps improve both patient and provider behavior and satisfaction levels. Use of this website could positively impact the current dialogue between patients and providers related to cardiovascular disease management and help engage both groups in improving their conversations through skill-building training.



Dr. Forrest discusses using TTC in his practice

I also recently spent time at the Time to Talk CARDIO booth at the American Academy of Family Physicians Scientific Assembly in Denver, CO. It was a great opportunity to showcase Time to Talk CARDIO to the family physician community – a group of professionals that can, and whose patients can, benefit from this program. It was also a terrific opportunity to share experiences and best practices with many of my peers. I look forward to hearing of their experiences with the Time to Talk CARDIO program in the coming months.

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– DR. BRIAN FORREST,
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A NOTE FROM TIME TO TALK CARDIO ADVISORY BOARD MEMBER



Patricia Seifert

RN, MSN, CRNFA, FAAN
Member, Time to Talk CARDIO Advisory Board
Education Coordinator for the Cardiovascular Operating Room at Inova Heart and Vascular Institute, Virginia

By putting an emphasis on patients’ overall quality of care, we are now more able to foster an effective working partnership. The key elements of this partnership – patients and their health care professionals – need to be able to work together to manage and control an increasingly concerning public health issue – cardiovascular disease.

Countless studies have demonstrated how good quality of care can improve patient health outcomes. This quality of care is often directly linked to communication. Research also shows that skilled communication may help improve professional satisfaction. However, as health care professionals, it’s important to note that sometimes patients may be overwhelmed or confused and not understand their providers’ instructions. This disconnect can often negatively impact overall health outcomes.

Nurses are on the front lines in health education and are increasingly important in the role of health care professional and counselor. They often form a special bond of communication with patients. Additionally, by forming a trusting bond, nurses are able to help patients gain greater confidence in speaking with all members of the health care community.

The nursing profession can provide an important element in the delivery of quality care to patients. That’s why it’s so important to be included in the Time to Talk CARDIO community. By acknowledging that health communication is a key factor in improving health and positive care outcomes, the program encourages a more active partnership between patients and their providers that ultimately can help improve overall quality of patient care.

I encourage all health care professionals and patients to utilize the resources and tools available at www.TimeToTalkCARDIO.com. We can all play a role in improving the health of this country – one patient at a time.

TIME TO TALK CARDIO AT NATIONAL EVENTS



In an ongoing effort to advance cardiovascular health by helping to improve the dialogue between patients and health care professionals, Time to Talk CARDIO is presenting and exhibiting at several national medical meetings across the country.

Time to Talk CARDIO exhibited at the American Academy of Family Physician’s Scientific Assembly in Denver from September 29 to October 2. During the Assembly, Advisory Board member Dr. Randell Wexler and pilot physician Dr. Brian Forrest (North Carolina) offered live demonstrations of the Time to Talk CARDIO tool at the booth. The doctors also offered guided program and website tutorials and shared insights with their peers. The booth, equipped with multiple laptops, allowed visitors to explore the website, take the evaluation, and experience the benefits of the program first-hand. This meeting marked the first time Time to Talk CARDIO was presented directly to health care professionals, family physicians in particular, on such a large scale.

It was great seeing many of you at this meeting. Thank you for stopping by the booth!

In November, Time to Talk CARDIO was featured at the American Public Health Association Annual Meeting & Expo in Denver, and presented at the American Heart Association Scientific Sessions in Chicago. During the American Public Health Association Annual Meeting & Expo, in addition to having a sponsored booth for Time to Talk CARDIO, Advisory Board member, Dr. Andrew Pleasant, presented his poster “Evaluation of the Time to Talk CARDIO Web-Based Program” to the public health community. At the American Heart Association Scientific Sessions, which usually draws over 15,000 health care professionals, Time to Talk CARDIO sponsored a booth to help educate attendees about the importance of heart health communication.



Dr. Wexler shows off the TTC website to visitors

