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CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

Cardi-OH Update

The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

Tune in to Cardi-OH Radio

Podcast 34 - Adverse Childhood Experiences: Resources for Primary Care

Listen to Robin Ortiz, MD, MSHP, from New York University School of Medicine, and Lisa Ramirez, PhD, ABPP, from MetroHealth and Case Western Reserve University School of Medicine.

Cardi-OH Radio podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.

Want to be the first to know when a podcast is released? [Subscribe to our channel.](#)



**Cardi-OH
RADIO**



Robin Ortiz, MD, MSHP



Lisa Ramirez, PhD, ABPP

Fall 2023 Cardi-OH ECHO Clinic: Register Now!

Health Equity and Cardiovascular Risk

September 14 - December 7, 2023

Thursdays, 8-9 a.m. ET

Limited spots available.

CME credits offered at no cost.

Cardi-OH has partnered with Project ECHO® to increase the capacity of primary care providers to safely and effectively treat cardiovascular disease and diabetes. **Cardi-OH ECHO** uses a hub and spoke model featuring expert-led didactics and case-based learning in a 12-week virtual clinic.



Fall 2023 ECHO Clinic
Health Equity and Cardiovascular Risk

Register Now! FREE 12-week series. Space is limited! cardi-oh.org/echo/register

How It Works
Cardi-OH ECHO utilizes Zoom to conduct virtual clinics with primary care providers in Ohio. This hub-and-spoke model connects physicians, nurses and other clinicians with a multidisciplinary panel of experts who provide the specialized knowledge they need to care for patients with complex conditions. Each clinic will include a brief didactic session followed by an interactive discussion of de-identified case studies, and will offer a whole-person approach to disease and cardiovascular risk management.

Why Join Cardi-OH ECHO

- Professional development and continued learning
- Expanded knowledge network and collegiality with practices across the state
- Increased efficiency and joy of practice
- Improved patient satisfaction, health outcomes, and satisfaction
- No-cost CME credits available

Testimonial
"Cardi-OH ECHO is a practice changer. By sharing challenging case studies in real-time with peers and experts across the state, I have significantly improved my ability to provide better patient care. Even after participating for years, I still find this to be the best way to learn the latest diagnostic and treatment from knowledgeable teachers/colleagues."
J. Austin, MD, PhD, MSc, MEd
Northwestern Ohio Medical University

Partnership with:
Ohio State University, Cleveland Clinic, University Hospitals, etc.

Founded in 2007, the mission of Cardi-OH is to improve cardiovascular and diabetes health outcomes for underserved populations in Ohio's underserved areas.

[View flyer](#)

Pearls for Clinical Practice

Capsule 33 - Adverse Childhood Experiences and Cardiovascular Disease Risk

Did You Know?

Adults with four or more adverse childhood experiences (ACEs) are nearly twice as likely to develop cardiovascular disease (CVD) than adults without ACEs.

Capsules provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.



Cardi-OH CAPSULE

JUNE 2023 - CAPSULE 33
Adverse Childhood Experiences and Cardiovascular Disease Risk

Adverse childhood experiences (ACEs) are traumatic events during childhood, such as experiencing abuse, or witnessing violence. ACEs are commonly experienced, with one in four adults experiencing four or more ACEs. Though females and racially/ethnically minoritized individuals are identified as being most at risk of reporting four or more ACEs.

When children experience intense, prolonged adversity without support from safe and trusted adults, a toxic stress response can occur, including neurological, endocrine, and immunological reactions. This reported activation of stress response systems can lead to chronic physiological dysregulation including abnormal cortisol response, living in a persistent inflammatory state, or even alterations in gene expression which are linked to the development of risk factors for CVD, such as diabetes, sleep and mental health problems, hypertension, and obesity.^{1,2} Adults with four or more ACEs are nearly twice as likely to develop cardiovascular disease (CVD) than adults without ACEs.³

While research suggests a link between ACEs and CVD, widespread screening for ACEs is not currently standardized or recommended in CVD risk assessment. ACEs screening and intervention is likely most useful during childhood itself, and further research is needed on whether ACEs screening and intervention in adulthood leads to beneficial future outcomes. Nurturing supportive environments for families can help prevent childhood trauma, potentially improving health in adulthood by preventing stress and risky health behaviors.

If a position screen identifies a history of adversity for which psychological support is currently needed and desired, care plans may include referrals or warm hand-offs to mental health treatment or resources. The Office of the California Surgeon General's ACEs Aware Provider Toolkit provides further resources for primary care providers and care teams who opt to screen for and respond to ACEs.

When screening adults for ACEs, effective conversations start with the following:

- "Screeners have discovered that some stressful things that occur during childhood may be linked to the development of heart disease later in life. The more we understand about you and your family, the better we can support you."
- "You shared on the questionnaire that you experienced some difficult events. Many people in our community have been through a lot."
- "Are there events that occurred in your childhood that trouble you now, happened to you, or anyone?"

References:
1. Felitti DA, et al. (1998) The relationship between childhood sexual abuse and adult mental and physical health: a population-based study. *Journal of the American Medical Association*.
2. Felitti DA, et al. (2002) The relationship between childhood sexual abuse and adult mental and physical health: a population-based study. *Journal of the American Medical Association*.
3. Felitti DA, et al. (2002) The relationship between childhood sexual abuse and adult mental and physical health: a population-based study. *Journal of the American Medical Association*.

News You Can Use

Current 28 - Rosuvastatin Found Better Than Supplements for Lowering Cholesterol

Currents provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.

Cardi-OH CURRENT

May Statewide Webinar: *Watch the Recording!*

Heart Health and the Science of Sleep

An interdisciplinary group of 191 professionals from across the state joined us for the May 2023 **webinar** featuring:

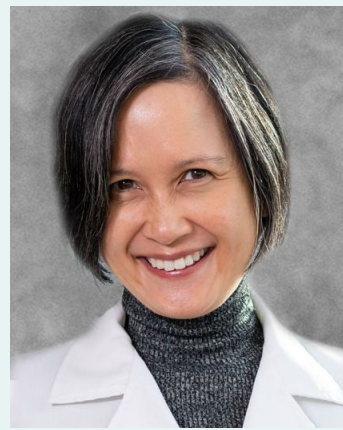
KEYNOTE SPEAKER

Jennifer Molano, MD
University of Cincinnati College of Medicine

MODERATOR

Amy Zack, MD
Case Western Reserve University School of Medicine

View the webinar recording, slides, and Q&A on [Cardi-OH.org](https://www.Cardi-OH.org).



Jennifer Molano, MD

[Watch the video](#)

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Sharing best practices to improve cardiovascular and diabetes health

In partnership with:



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