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Volume 66 | October 30, 2025



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.

December 2025 Statewide Webinar: *Register Today!*

*Think Well, Live Well: Brain Health Through a
Holistic Lens*

Wednesday, December 3, 2025
12-1 p.m. ET

KEYNOTE SPEAKER

Robert B. Saper, MD, MPH
Cleveland Clinic, Case Western Reserve University

OBJECTIVES

- Understand the impact of lifestyle and behaviors on cognitive wellness
- Identify modifiable risk factors for decline in cognitive function
- Counsel on key lifestyle interventions for the prevention of cognitive decline and protection of brain health

No-cost CME credit available.



Cardi-OH
WEBINAR



Robert B. Saper, MD, MPH

[View flyer](#)

Tune in to Cardi-OH Radio

Podcast 61 - Why Patient Experience Matters

Listen to Tom Herrmann, MHA, of The Ohio State University Wexner Medical Center, and Jennifer Lorenz, DNP, MHA, MA, RN, of University Hospitals.

Moderated by Ashley Sneed, NP, The Ohio State University.

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**



Tom Herrmann, MHA



Jennifer Lorenz, DNP, MHA,
MA, RN

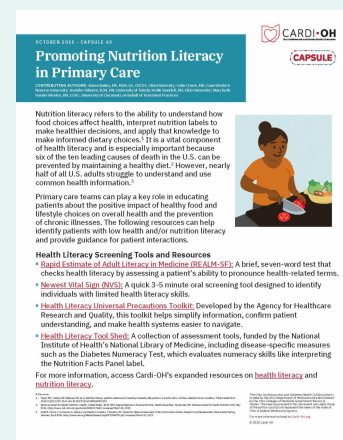
Pearls for Clinical Practice

Capsule 60 - Promoting Nutrition Literacy in Primary Care

Did You Know?

Nearly half of U.S. adults struggle to understand and use common health information.

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



News You Can Use

Current 55 - Study Finds Similar Heart Benefits of 'Weekend Warrior' and Regular Exercise in People With Diabetes

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



What You Need to Know

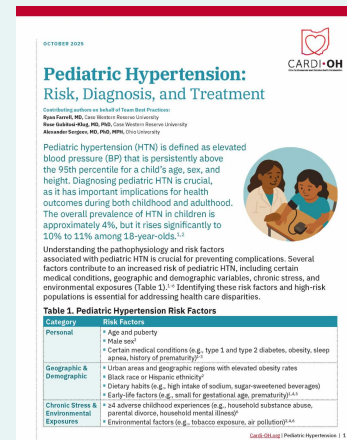
Pediatric Hypertension: Risk, Diagnosis, and Treatment

Pediatric hypertension has important implications for health outcomes during both childhood and adulthood, leading to early vascular changes and increased risk for cardiovascular disease. Learn about the pathophysiology and risk factors for pediatric hypertension, how to recognize and diagnose the condition, and evidence-based lifestyle and pharmacological treatment options.

Articles focus on high priority topics in cardiovascular and diabetes care designed for primary care clinicians.



Cardi-OH ARTICLES



February 2026 Webinar: *Save the Date!*

From Prescription to Practice: Tackling Adherence Challenges in Clinical Care

Wednesday, February 25, 2026
12-1 p.m. ET

KEYNOTE SPEAKER

M. Robin DiMatteo, PhD
University of California, Riverside

Registration opening soon.



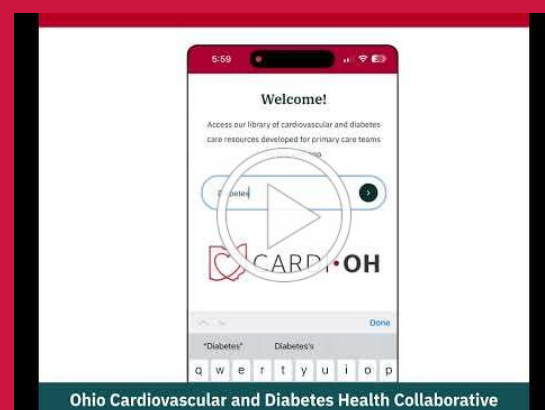
Cardi-OH WEBINAR



M. Robin DiMatteo, PhD

Using the Cardi-OH Web App is Simple!

- Access Cardi-OH's library of cardiovascular and diabetes care resources.
- Bookmark your favorites.
- Share best practices with colleagues.



[Download Web App →](#)

Learn More

Visit Cardi-OH.org to read more about the collaborative and our latest best practices.



Sharing best practices to improve cardiovascular and diabetes health

In partnership with



The Ohio Cardiovascular and Diabetes Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this document are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.

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