

THE HCI SPOTLIGHT

Dear Colleague—

I trust that everyone is having a great holiday season and getting ready for the new year. HCI has had a busy and successful 2016, we've been fortunate to continue to work with a great customer/partner base as well as add new sites in MD, NC, KY, AZ and FL. We will continue to provide the best services and look forward to growing our business while helping all of you grow yours. It's become very clear that in addition to personnel and equipment services that our decades of experience have provided a wealth of information that has formed a basis for consultative help. Feel free to reach out to us for any help you might need with regard to reimbursement, education, marketing, etc. We will provide a more specific list of what we can do as 2017 unfolds.

We have a lot of good reading for you to finish the year out with, but my favorite (as an avid runner) is the article 'Running as a thinking man's sport'. It's worth reading so you can contemplate the matter on your next run!

Please enjoy this month's newsletter and Happy New Year!

Best regards,



Robert J. Stille
President, CEO
HeartCare Imaging, Inc.

CARDIOLOGY

Study links alcohol intake to risk of AFib

Regularly drinking even small amounts of alcohol may boost the risk of an irregular heartbeat known as atrial fibrillation, a new research review finds.

<https://consumer.healthday.com/general-health-information-16/misc-alcohol-news-13/are-regular-drinkers-at-risk-of-irregular-heartbeat-717462.html>

Study links cancer to increased heart attack risk

Cancer survivors are at increased risk for the most severe type of heart attack and require close attention to their heart health, a new study suggests.

http://www.upi.com/Health_News/2016/12/01/After-cancer-higher-risk-of-severe-heart-attack/6681480618840/

Smartphones Could be a boon to Heart Health Research

Smartphones might revolutionize cardiac research by giving instant, accurate insight into the physical activity of people using them, a new study finds.

<https://consumer.healthday.com/health-technology-information-18/research-and-development-health-news-578/smartphones-could-be-a-boon-to-heart-health-research-717742.html>

Risk of Ischemic, Hemorrhagic stroke linked to type 1 Diabetes

The risks of ischemic and hemorrhagic stroke are increased with type 1 diabetes, with incrementally increasing risks with increasing hemoglobin A1C (HbA1c), according to a study published in the November issue of the Journal of Internal Medicine.

<http://www.physiciansbriefing.com/Article.asp?AID=717655>

Frail patients need tailored cardiac rehabilitation

Frailty affects 20-50% of people over 75 years of age, and predicts poorer outcome in those with coronary artery disease or heart failure, and/or who have had cardiac surgery or transcatheter aortic valve replacement.

<https://www.onmedica.com/NewsArticle.aspx?id=765c2cc8-f429-4876-9fd0-0d7d1199f5b4>

HEALTH

Running as the Thinking Person's Sport

Running seems to require a greater amount of high-level thinking than most of us might imagine. The sport seems to change how the brain works in surprising ways, according to a new report.

http://www.nytimes.com/2016/12/14/well/move/running-as-the-thinking-persons-sport.html?contentCollection=smarter-living&hp&action=click&pgtype=Homepage&clickSource=story-heading&module=second-column-region®ion=top-news&WT.nav=top-news&_r=1

Having an extra chromosome has a surprising effect on cancer

Cells with an extra copy of a chromosome—known as trisomic cells — grew slower in lab dishes and formed smaller tumors in mice than cells with cancer mutations but no extra chromosomes.

<https://www.sciencenews.org/article/having-extra-chromosome-has-surprising-effect-cancer>

Using fMRI, researchers find neuromotor problems are at the core of autism

Rutgers neuroscientists have established that problems controlling bodily movements are at the core of autism spectrum disorders and that the use of psychotropic medications to treat autism in children often makes such neuromotor problems worse.

<https://www.dotmed.com/news/story/34386>

Strength training may prevent side effect of Breast Cancer Surgery

Women who worked out twice a week saw less swelling in arms and chest, small study finds.

<https://consumer.healthday.com/cancer-information-5/breast-cancer-news-94/strength-training-can-prevent-side-effect-of-breast-cancer-treatment-717026.html>

PiB-PET could open window on common meningiomas

With its ability to achieve a high level of specificity, the combination of carbon-11-labeled Pittsburgh Compound B (PiB) with PET imaging is showing early promise in distinguishing meningiomas from other intracranial tumors, according to a study presented recently at RSNA 2016.

<http://www.auntminnie.com/index.aspx?sec=sup&sub=mol&page=dis&itemID=116078>

Colonic Diverticular Disease may increase Dementia risk

Patients with colonic diverticular disease may be at an increased risk for dementia, according to a study published in the Journal of Gastroenterology and Hepatology.

<http://www.physiciansbriefing.com/Article.asp?AID=717341>

Aerobic Exercise may help guard against Dementia

Aerobic exercise may strengthen memory and thinking skills in older adults with mild cognitive impairment (MCI), a small study suggests

<https://consumer.healthday.com/cognitive-health-information-26/alzheimer-s-news-20/aerobic-exercise-may-guard-against-dementia-716772.html>

Antibiotic may help stop Zika from damaging fetal brains

U.S. researchers said they have identified fetal brain tissue cells that are targeted by the Zika virus and determined that azithromycin, a common antibiotic regarded as safe for use during pregnancy, can block this infection, at least in brain cells grown in lab dishes.

http://news.xinhuanet.com/english/2016-11/30/c_135868207.htm

Thyroid hormones related to type 2 diabetes prevalence in adults

The prevalence of type 2 diabetes in adults is independently related to decreased free triiodothyronine and free triiodothyronine-to-free thyroxine ratio, and increased free thyroxine concentrations, study data show.

<http://www.healio.com/endocrinology/thyroid/news/in-the-journals/%7B28654fbf-933f-4d2f-ad88-bb85dab34fa2%7D/thyroid-hormones-related-to-type-2-diabetes-prevalence-in-adults>

Brain technique improves cognitive control

A cutting edge, non-invasive brain stimulation technique could improve cognitive control for people with conditions such as schizophrenia and autism.

<http://medicalpress.com/news/2016-12-brain-technique-cognitive.html>

BUSINESS

MedPAC pushes for higher rates, but only for hospitals and doctors

The Medicare Payment Advisory Commission has suggested hospitals and doctors get payment bumps in 2018. Other sectors, including ambulatory surgery centers, skilled-nursing facilities and inpatient rehabilitation facilities, should get no increases, the group says.

<http://www.modernhealthcare.com/article/20161209/NEWS/161209904/medpac-pushes-for-higher-rates-but-only-for-hospitals-and-doctors>

Editorial: Making 'more skin in the game' for patients work

Asking patients to have "more skin in the game" can work, but not through high-deductible plans. Nearly 30% of the 150 million people in employer-based health insurance plans are now responsible for the first \$1,000 or more of their healthcare costs. Most individual plans sold on the Obamacare exchanges have high deductibles.

<http://www.modernhealthcare.com/article/20161210/MAGAZINE/312109985>

CMS offers stage 3 meaningful use flexibilities in Final Rule

CMS issued the final rule for the 2017 Outpatient Prospective Payment System (OPPS), which added flexibility to EHR incentive program requirement for eligible hospitals and critical access hospitals.

<https://ehrintelligence.com/news/cms-offers-stage-3-meaningful-use-flexibilities-in-final-rule>

Healthcare top target for cyberattacks in 2017, Experian predicts

Experian sees healthcare as particularly vulnerable to cyberattacks because medical identity theft remains so lucrative and relatively easy for hackers to exploit — and they continue to find markets for reselling patient data.

<http://www.healthcareitnews.com/news/healthcare-top-target-cyberattacks-2017-experian-predicts>

POLITICS THAT AFFECT MEDICINE

GOP's Medicare plans run into wall in the Senate

Top Republicans express reluctance to push forward on partially privatizing health care for seniors.

<http://www.politico.com/story/2016/12/replicans-medicare-overhaul-232087>

EDUCATION/CONFERENCES

To remove your name from our mailing list or if you have any questions or comments, please email us at info@heartcareimaging.com or call 561.746.6125