

# Technology & Information

## Survey of Healthcare IT

According to the 18th Annual HIMSS Leadership survey of 360 HIT professionals, financial support of IT is a continuing issue as are internal security breaches. Bar coding, high-speed networks, and Intranets are the technologies most IT professionals plan to implement in the next 2 years. Nearly 75% report increased IT budgets and nearly 66%, increased IT staffing for 2009. See the full study at: [www.himss.org/2007Survey/](http://www.himss.org/2007Survey/).

## NASDAQ's Health Index

NASDAQ has launched an index of 32 companies whose primary focus is the development of drugs, devices, and diagnostics to treat neurological disorders, including Alzheimer's disease, Parkinson's disease, and schizophrenia. NASDAQ NeuroInsights Neurotech Index includes such companies as Biogen Idec Inc (BIIB.O), Northstar Neuroscience Inc (NSTR.O), and Natus Medical Inc (BABY.O). For more information, see: [www.neuroinsights.com/neurotechindex.html](http://www.neuroinsights.com/neurotechindex.html)

## Screening Family Members to Prevent Heart Attacks

More than 40% of myocardial infarcts (MI) could be prevented by screening and treating middle-aged adults with a family history of coronary heart disease (CHD), according to a recent article in *BMJ*. If just one immediate family member has CHD, risks for other family members are increased. Fourteen percent of families with a history of CHD account for 48% of all CHD events and 72% of premature deaths. Because most risk factors are modifiable, screening and prevention could greatly impact future events. See: [www.bmj.com/cgi/content/extract/335/7618/481](http://www.bmj.com/cgi/content/extract/335/7618/481).

## One-stop Healthcare

The South Tampa Center for Advanced Healthcare, part of the University of South Florida (USF), opened in August with 94 exam rooms, 187 faculty offices, and a \$15-million electronic medical record (EMR) system for all patients. A diagnostic imaging center provides MRI, CT scan, mammography, ultrasound, fluoroscopy, bone densitometry, nuclear medicine, and basic X-ray. The facility is staffed by member of the USF medicine, nursing, and public health departments. Learn more at: [www.myhealthcare.usf.edu](http://www.myhealthcare.usf.edu).

## Aging Europeans Healthier

Apparently elders in Europe have a leg up on aging Americans with lower rates of several serious diseases related to obesity and smoking, according to a study by researchers at Emory University's Rollins School of Public Health. Older Americans have twice the rate of diagnosed heart disease, arthritis, and cancer as aging Europeans. Diabetes rates are 16% among older Americans and 11% among older Europeans. The full report can be found at: <http://content.healthaffairs.org/cgi/reprint/hlthaff.26.6.w678v1?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=European+older&andorexactfulltext=and&searchid1&FIRSTINDEX=0&resourcetype=HWCIT>.

## Exercise Tips for Diabetics

Stephen G. Rosen, MD, Chief of Endocrinology & Metabolism at Pennsylvania Hospital, says activity can prevent and control diabetes and recommends the following exercise tips for those living with diabetes:

- Wear well-fitted shoes and dress in light clothing.
- Exercise after meals to reduce the risk of hypoglycemia. Keep soft candy nearby.
- Warm-up (stretch) prior to exercise.
- Drink regularly during exercise.
- Build exercise tolerance.
- Check with your physician before performing intense exercise.

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