

Tyi from the NHLBI

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Asthma Guidelines Updated

The National Asthma Education and Prevention Program (NAEPP) has issued the first comprehensive update in a decade of clinical guidelines for the diagnosis and management of asthma, emphasizing the importance of asthma control and introducing new approaches for monitoring asthma.

Asthma is a chronic, treatable disease that causes narrowing of the airways, which makes breathing difficult. According to the Centers for Disease Control and Prevention, more than 22 million people in the United States have asthma, including 6.5 million children under age 18, and an estimated 4,000 Americans die from asthma exacerbations each year.

Coordinated by the NHLBI, the NAEPP convenes an expert panel when new scientific information warrants a rigorous, systematic review of the published medical literature to ensure that the asthma guidelines remain up to date.

“Asthma is one of the most common health problems in the United States – and it can significantly affect patients' lives – at school, at work, at play, and at home,” said NHLBI Director Elizabeth G. Nabel, M.D. “It is essential that asthma patients benefit from the best available scientific evidence, and these guidelines bring such evidence to clinical practice.”

Expert Panel Report 3 (EPR-3): Guidelines for the Diagnosis and Management of Asthma – Full Report, 2007 provides new guidance for selecting treatment based on a patient's individual needs and level of asthma control. The guidelines emphasize that while asthma can be controlled, regular monitoring of the patient's level of function and periodic adjustments in the treatment regimen are needed, as the condition can change over time.

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September is National Cholesterol Education Month

The theme for National Cholesterol Education Month 2007 is "Know your cholesterol numbers—Know your risk—Give yourself some TLC." The Cholesterol Month campaign features information to help the 65 million American adults who have high blood cholesterol make the therapeutic lifestyle changes (TLC) needed to lower their cholesterol and, with it, their risk for heart disease.

All adults should have their cholesterol measured, be aware of their risk for heart disease, and follow a heart-healthy lifestyle to lower their risk. The Cholesterol Month Kit 2007 contains a variety of materials that will assist you in bringing cholesterol lowering information into your community, program, or practice.

For people with LDL (bad) cholesterol above a healthy level, the publication *Your Guide to Lowering Your Cholesterol With TLC*, which is based on the National Cholesterol Education Program Adult Treatment Panel III guidelines, details a three-part program that uses diet, physical activity, and weight management to bring cholesterol levels down. The guide offers a set of tools to help people embrace a heart-healthier way of living.

Please visit <http://hp2010.nhlbihin.net/cholmonth/> for more information.

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Upcoming NHLBI Workshops and Working Groups*

Workshop or Working Group	Date / Location	Contact for More Information
The Role of Circadian Timing in Heart, Lung, and Blood Physiology and Disease	September 2007 Bethesda, MD	Dr. Michael Twery twerym@nhlbi.nih.gov 301-435-0199
Computer Methods in Cardiovascular Device Design & Evaluation	November 13-14, 2007 Bethesda, MD	Dr. Tim Baldwin baldwint@nhlbi.nih.gov 301-435-0513

*PIO representatives will be accommodated on a space-available basis and will be responsible for their own travel expenses.

NHLBI Working Group on Research in Marfan Syndrome and Related Disorders

A Working Group was convened on April 30, 2007, in New York in conjunction with a meeting of the National Marfan Foundation to discuss the current state of knowledge about Marfan syndrome (MFS) and related conditions, identify opportunities and barriers to advancing the research agenda, and make recommendations to the NHLBI about areas the Institute should consider pursuing.

MFS and related conditions, such as Loeys-Dietz and Ehlers-Danlos syndromes, have in common the potential for thoracic aortic aneurysm, which can occur in relatively young individuals who are genetically predisposed. Life-threatening aortic dissection and rupture may ensue. The prognosis and clinical outcome for people with MFS have improved steadily over the last three decades, but prospective data that permits correlation of multiple complex determinants of outcomes is needed to enable continued progress.

The Working Group made several recommendations consistent with the NHLBI Strategic Plan, including expanding existing registries and developing new ones, incorporating tissue sample collection into clinical research programs, developing an Aortic Aneurysm Clinical Trials Network to test surgical and medical therapies, identifying new therapeutic targets and biomarkers, and exploring the developmental underpinnings of apparently acquired phenotypes.

A formal report will be published by the Working Group and will be posted on the NHLBI public web site. The anticipated publication date is early 2008.

Stay in Circulation: Take Steps to Learn About PAD Awareness Campaign

Peripheral arterial disease, or PAD, affects 8 to 12 million people in the United States, especially those over age 50. Because PAD often has no warning signs, few people are diagnosed before it reaches advanced stages. Risk for PAD increases if you are a current or former smoker; have diabetes, high blood pressure, or high blood cholesterol; or have a history of vascular disease, heart attack, or stroke.

To raise awareness about PAD, the NHLBI, in cooperation with the PAD Coalition, is sponsoring a new effort called Stay in Circulation: Take Steps to Learn About PAD. Stay in Circulation is the first national campaign to increase public and health care provider awareness of PAD and its association with other cardiovascular diseases. Its elements include patient education materials, a national and local media outreach program, and community events.

This year, the third week in September is designated as Stay in Circulation week. For more information, please visit <http://www.nhlbi.nih.gov/health/public/heart/pad/index.htm>.

Mark Your Calendar . . .

- October:** National Lung Month
(www.lungusa.org)
- November:** Pulmonary Hypertension Awareness Month
(www.phassociation.org)
- December:** National Aplastic Anemia and MDS Awareness Week
(www.aamds.org)

NHLBI Research Initiatives

From time to time, the NHLBI invites investigators to submit grant applications or contract proposals for specific research programs. We currently are soliciting applications for the following programs. Please visit the URL listed with each program to obtain information about important application dates and deadlines. For full descriptions of these and other research initiatives, visit www.nhlbi.nih.gov/funding/inits/index.htm.

Multi-Site Investigator-Initiated Clinical Trials (PAR-07-373)

<http://grants.nih.gov/grants/guide/pa-files/PAR-07-373.html>

Objective: Conduct investigator-initiated multi-site Phase II or Phase III randomized, controlled clinical trials of biomedical or behavioral interventions that address research questions related to the mission and goals of the NHLBI. The trials may randomize at the individual (patient) level or at a group or "cluster" level.

Summer Institute Program to Increase Diversity in Health-Related Research (RFA-HL-07-012)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-HL-07-012.html>

Objective: Develop the research skills of faculty and scientists from racial and ethnic groups who are underrepresented in research and faculty and scientists with disabilities through the establishment of summer institutes directed by senior faculty, established researchers, and experienced mentors.

Behavioral and Social Science Research on Understanding and Reducing Health Disparities (PAR-07-379)

<http://grants.nih.gov/grants/guide/pa-files/PAR-07-379.html>

Applications/Proposals Due: September 18, 2007

Objective: Conduct behavioral and social science research on disparities in illness and disability in the U.S. population.

Emphasis is placed on research in three broad areas of action: public policy, health care, and disease/disability prevention.

Women's Health Research: Advancing Novel Science (PAS-07-381)

<http://grants.nih.gov/grants/guide/pa-files/PAS-07-381.html>

Applications/Proposals Due: October 16, 2007

Objective: Conduct innovative, interdisciplinary research that will advance new concepts in women's health research and understanding of sex/gender differences.

Reducing Health Disparities Among Minority and Underserved Children (PA-07-391 and PA-07-392)

<http://grants.nih.gov/grants/guide/pa-files/PA-07-391.html>

Objective: Conduct research to reduce health disparities among ethnic and racial minority and underserved children.

Transfusion-Related Acute Lung Injury (TRALI) Basic Research (PA-07-385)

<http://grants.nih.gov/grants/guide/pa-files/PA-07-385.html>

Objective: Study the mechanisms responsible for acute lung injury after blood transfusion and develop strategies to improve its prevention, diagnosis, and treatment.

HIV/AIDS Prevention: U.S.-India Bilateral Collaborative Research Partnerships (AI-07-031)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-AI-07-031.html>

Applications/Proposals Due: October 18, 2007

Objective: Develop collaborations between scientists and institutions in the United States and India to conduct high-quality HIV/AIDS prevention research with an emphasis on topical microbicides.

Health Promotion Among Racial and Ethnic Minority Males (PA-07-421 and PA-07-422)

<http://grants.nih.gov/grants/guide/pa-files/PA-07-422.html>

Objective: Enhance understanding of the numerous factors (e.g., sociodemographic, community, societal, and personal) influencing the health-promoting behaviors of racial and ethnic minority males and their subpopulations across the life cycle.

Data Ontologies for Biomedical Research (PAR-07-425)

<http://grants.nih.gov/grants/guide/pa-files/PAR-07-425.html>

Objective: Develop a formal controlled vocabulary and grammar for biomedical research data that will make it possible for informatics software to identify how two or more existing data sets relate to each other.

Muscular Dystrophy: Senator Paul D. Wellstone Cooperative Research Centers (U54) (RFA-NS-08-002)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-NS-08-002.html>

Applications/Proposals Due: November 19, 2007

Objective: Participate in a network of centers to foster the translation of new scientific findings and technological developments into novel treatments for the muscular dystrophies.

Clinical Research Education and Career Development in Minority Institutions (RFA-RR-07-005)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-RR-07-005.html>

Applications/Proposals Due: October 24, 2007

Objective: Develop and implement programs in minority institutions to train selected doctoral and postdoctoral candidates in clinical research leading to a Master of Science in Clinical Research or Master of Public Health in a clinically relevant area.

Genes and Environment Initiative: Genome-Wide Association Studies (HG-06-014, HG-06-032, HG-07-012)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-HG-07-012.html>

Applications/Proposals Due: October 18, 2007

Objective: Add genome-wide association genotyping and replication studies to existing population, cohort, clinical, and family studies and clinical trials that contain information on environmental exposures.

Clinical Trials Ancillary Studies (HL-08-001)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-HL-08-001.html>

Applications/Proposals Due: September 15, 2008

Objective: Use the patient cohorts, data, and biological materials of ongoing Phase II and Phase III clinical trials to carry out ancillary studies related to disease mechanisms, genetics, proteomics, therapeutic response, quality of life, behavioral lifestyle issues, treatment adherence, and/or health economic questions associated with heart, lung, blood, and sleep disorders.

National Heart, Lung, and Blood Advisory Council Meeting

June 5, 2007

Dr. Nabel introduced the new Council members: Joe Garcia, M.D., University of Chicago; Rao Musunuru, M.D., Bayonet Point/Hudson Cardiology Associates; Jeanine Arden Ornt, J.D., Case Western Reserve University; Paula Polite, Manager of Quality Programs for the City of Memphis; Steven Shapiro, M.D., University of Pittsburgh; and Shaun Coughlin, M.D., Ph.D., University of California, San Francisco.

Dr. Nabel welcomed Dr. Michael S. Lauer, who has accepted the position of Director of the Institute's Division of Prevention and Population Sciences (DPPS).

Dr. Nabel announced several other personnel changes: Dr. Diane Bild (currently Acting Deputy Director, DPPS) has accepted the position of Deputy Director of DPPS; Dr. Denise Simons-Morton (currently Chief, Clinical Applications and Prevention Branch, DPPS) has accepted the position of Senior Scientific Advisor to the Director of DPPS; and Dr. Peter Savage (currently Acting Director, DPPS) will join the Office of the Director, NHLBI, as the Special Assistant for Clinical Research.

Dr. Nabel reviewed the Institute's budget. The FY 2008 President's Budget is \$2,925,413,000, an increase of \$6,605,000 (0.23 percent) over the FY 2007 Continuing Resolution (upon which the FY 2008 President's Budget was built). The extramural portion of the Institute's FY 2008 President's Budget is allocated among research project grants (74.8 percent), contracts (11.2 percent), centers (5.4 percent), career development grants (2.9 percent), training grants (3.4 percent), and other mechanisms (2.2 percent).

Dr. Nabel updated the Council on the Registry of Angioplasty Registries (ROAR), which the NHLBI is establishing to increase understanding about the rate of subacute thrombosis for both drug-eluting and bare metal stents, predisposing factors for thrombotic events, and approaches to reduce the risks of them. She also discussed a plan to co-sponsor, with the National Cancer Institute, part of the NIH Genes, Environment, and Health Initiative that was announced in February 2006.

Dr. Nabel reiterated the Institute's commitment to investigator-initiated research and to training programs during these tight budgetary times, and its intent to seek the advice of Council on such matters.

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News from Capitol Hill

Appropriations

House and Senate Committees on Appropriations have approved bills that would fund the NHLBI in fiscal year (FY) 2008. The House bill, H.R. 3043, would provide \$2,965,775,000 for the NHLBI, a 1.5 percent increase over the FY 2007 funding level. The Senate version, S. 1710, provides \$2,992,197,000 for the NHLBI, an increase of 2.4 percent over FY 2007. The next step of the appropriations process entails convening a conference committee that will reconcile the two versions of the bill. Both chambers must then approve the revised bill before it can be forwarded to the President to be signed into law.

House Report 110-231 and Senate Report 110-107 mention numerous diseases and conditions of interest to the NHLBI, including congenital heart disease, cardiovascular disease and women, heart disease and diabetes, pulmonary hypertension, thalassemia, lymphangiomyomatosis, tuberous sclerosis complex, sleep disorders, alpha-1 antitrypsin deficiency, bleeding and clotting disorders, Marfan syndrome, bone marrow failure diseases, lymphatic diseases,

Cooley's anemia, depression and heart disease, kidney disease, lupus, neurofibromatosis, and sickle cell disease.

Resolutions

National Idiopathic Pulmonary Fibrosis Awareness Week

On July 24, the Senate expressed support for National Idiopathic Pulmonary Fibrosis Awareness Week with the passage of S.C. Res. 42, introduced by Senator Norm Coleman (R-MN). It recognizes the need to pursue research into the causes, treatment, and eventual cure for idiopathic pulmonary fibrosis.

National Peripheral Arterial Disease Awareness Month

On August 1, the Senate passed S. Res. 221, a resolution introduced by Senator Mike Crapo (R-ID) supporting National Peripheral Arterial Disease Awareness Month and efforts to educate people about peripheral arterial disease. National Peripheral Arterial Disease Awareness Month will be observed in September.

Upcoming Events

Activity	Date/Location	More Information
Pulmonary Arterial Hypertension: Current Approaches and Future Expectations for Clinicians and Patients	September 15, 2007 <i>and</i> October 6, 2007 Various Locations	www.PAHsymposium.com
Sickle Cell Disease Association of America, Inc. 35th Annual Convention	September 17-22, 2007 Washington, DC	www.sicklecelldisease.org/news/calendar.phtml
American Heart Association 61st Annual High Blood Pressure Research Conference 2007	September 26-29, 2007 Tucson, AZ	http://www.americanheart.org/presenter.jhtml?identifier=3043476
National Organization for Rare Disorders 2007 Annual Conference	September 28-30, 2007 Rockville, MD	www.rarediseases.org
Sarcoid Networking Association 15th Annual Conference	October 6, 2007 SeaTac, WA	www.sarcoidosisnetwork.org/
Fanconi Anemia Research Fund Nineteenth Annual Scientific Symposium	October 8-11, 2007 Chicago, IL	http://www.fanconi.org/research/Symposium/19th.htm
Pulmonary Hypertension Resource Network 2007 Symposium	October 11-13, 2007 Arlington, VA	www.phassociation.org/phrn/symposium/
Lymphoma Research Foundation North American Educational Forum	October 12-14, 2007 New York, NY	http://www.lymphoma.org/site/pp.asp?c=chKOI6PEImE&b=2576599
World Association of Sarcoidosis and Other Granulomatous Diseases 4th International Conference on Diffuse Lung Diseases	October 19-20, 2007 Tokyo, Japan	http://www.tyo-sarco.jp/wasog/information.htm
American College of Chest Physicians Annual Conference	October 20-25, 2007 Chicago, IL	http://www.chestnet.org/CHEST/program/index.php
The Obesity Society Annual Meeting 2007	October 20-24, 2007 New Orleans, LA	www.wynjade.com/naaso07/index.cfm
Narcolepsy Network 22nd Annual Patient Conference	October 26-28, 2007 San Diego, CA	http://www.narcolepsynetwork.org/07conference.php
National Heart, Lung, and Blood Advisory Council 228th Meeting	October 30, 2007 Bethesda, MD	http://www.nhlbi.nih.gov/meetings/nhlbac/index.htm
American Heart Association Scientific Sessions 2007	November 4-7, 2007 Orlando, FL	http://www.americanheart.org/presenter.jhtml?identifier=3044219
American Association of Respiratory Care 53rd International Respiratory Congress	December 1-4, 2007 Orlando, FL	http://www.aarc.org/education/meetings/congress_07/
Gordon Research Conference Molecular Mechanisms in Lymphatic Function & Disease	March 2-7, 2008 Ventura, CA	www.grc.org

Constituents' Corner

We invite you to use this space that we reserve for you to share your successes and opinions. You may submit your ideas and articles to nhlbi.listens@nih.gov or Public Interest News, Office of Science and Technology, Building 31, Room 5A03, 31 Center Drive, MSC-2482, Bethesda, MD 20892-2482.

Please send your Constituents' Corner submissions no later than the second week of April, August, or December for inclusion in the May, September, or January issues of FYI from the NHLBI, respectively.

Asthma Guidelines Updated

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EPR-3 guidelines focus on four components of asthma care: measures to assess and monitor asthma, patient education, control of environmental factors and other conditions that can worsen asthma, and medications. EPR-3 also describes areas of current research to improve asthma management,

such as new ways for monitoring asthma control and tailoring treatment based on a patient's symptoms, laboratory and clinical measurements, and genetic makeup.

The NAEPP is developing tools and partnerships to improve adoption of the guidelines, including a Summary Report of EPR-3 to be released October 17.

June 2007 Advisory Council Meeting

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Two publications of the NHLBI Strategic Plan - a version for scientific audiences and a summary brochure for public audiences - are being printed. The plan will be distributed widely to scientific groups, professional organizations, public interest groups, and the Congress.

Mr. Marc Smolonsky, Associate Director for Legislative Policy and Analysis, NIH, discussed the NIH Reform Act of 2006 that reauthorized the NIH. The Act includes several provisions to enhance management of the NIH.

Dr. Carl Roth, Director of the Office of Science Technology, NHLBI, described the NIH Research, Condition, and Disease Categorization (RCDC) initiative, an NIH-wide effort to improve access to, and reporting on, the NIH research portfolio. Each year the NIH reports to the Congress and the public on how much it spends in approximately 360 research and disease areas. The RCDC system is expected to enhance consistency, transparency, and efficiency in NIH reporting.

Dr. Nabel discussed the Board of External Experts (BEE), a newly constituted advisory working group to the NHLBI Council that is charged with implementing the NHLBI Strategic Plan, discussing and prioritizing program ideas and potential initiatives, serving as an incubator for new ideas and recommendations, recommending improvements in the Institute's business operations, and providing advice on program effectiveness.

The BEE met on June 1, 2007, to discuss implementation of the NHLBI Strategic Plan and the future of the Institute's Specialized Centers of Clinically Oriented Research and Clinical Research Networks.

For more information, please go to www.nhlbi.nih.gov/meetings/nhlbac/index.htm.

Need More Information?

We are always interested in receiving comments and suggestions from the community. If you or your organization have questions for me or for the Institute, please contact me at nabele@nhlbi.nih.gov or Dr. Carl Roth at rothc@nhlbi.nih.gov.



Elizabeth G. Nabel, M.D.
Director, NHLBI

For information on specific issues, the following contacts may be helpful:

- For health-related questions and publications, please contact the trained information specialists at the NHLBI Information Center (NHLBIinfo@nhlbi.nih.gov) or write to the Information Center at P.O. Box 30105, Bethesda, MD 20824-0105.
- For communications pertaining to NHLBI policies and priorities, contact the NHLBI Office of Public Liaison (nhlbi.listens@nih.gov).
- For additional information regarding NHLBI events, consult the references provided or www.nhlbi.nih.gov/calendar/nhcal.htm. Most other NIH Institutes and Centers also maintain calendars on their Web sites. Links to their Web pages are at www.nih.gov/icd.