



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### **Il Rischio Cardiovascolare nella Popolazione Generale. Aspetti Metodologici, Clinici e Nuove Prospettive di Prevenzione**

1819-5-H4101D313

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#### **Aims**

Acquire informative and training elements on the importance of global cardiovascular risk assessment in the general population, on appropriate non-pharmacological and pharmacological interventions able to reduce the development of predisposing conditions for cardiac and cerebral events

#### **Contents**

See Extended program

#### **Detailed program**

- 1) Cardiovascular risk in the general population:
  - a) Genetic / constitutional factors
  - b) Acquired factors
  - c) Gender risk
  - d) Interaction of risk factors
- 2) How to correctly evaluate cardiovascular risk. Limits and benefits of cardiovascular risk cards.
- 3) New cardiovascular risk markers
- 4) Non-pharmacological interventions on a general and individual level
- 5) Role of nutraceuticals in prevention
- 6) Role of "old" and "new" drugs in cardiovascular prevention.

**Prerequisites**

Students in V and VI years of Medicine and Surgery

**Teaching form**

Interactive lessons

**Textbook and teaching resource**

Recent Guidelines of the Principal National and International Scientific Societies in Cardiovascular and Metabolic Areas

**Semester****Assessment method**

Questionnaire administration

**Office hours**

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