



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Cardiovascular Prevention in Clinical Practice

2122-4-H4101D349

Aims

To present the basic principles of cardiovascular prevention with the main focus on the understanding of cardiovascular risk, prevention strategies, cardiovascular risk markers and factors and their management.

Contents

Cardiovascular disease remains the main cause of mortality and disability worldwide, despite important progress made in the treatment of clinically established pathology. Cardiovascular prevention through targeting main risk factors even in fully asymptomatic subjects is the most effective tool in reducing the burden of cardiovascular disease.

This course offers the explanation of the fundamentals of cardiovascular prevention including cardiovascular risk, prevention strategies, cardiovascular risk markers and factors and their management. It also addresses the problems related to the adherence to preventive interventions.

Detailed program

- 1) Cardiovascular risk: meaning, cardiovascular continuum, evaluation in clinical practice (main tools for risk calculation); Risk markers versus risk factors; residual risk; Role of organ damage in risk stratification.
- 2) Prevention strategies: primordial, primary and secondary prevention; population wide interventions versus

strategies focusing on high risk individuals

3) Cardiovascular risk markers and factors and their management:

- nonpharmacological interventions (lifestyle)

- dyslipidemias

- adherence to preventive measures

Prerequisites

4th year Medical Student and over

Teaching form

Lectures, subject to any ministerial changes following the COVID pandemic situation

Textbook and teaching resource

1 Visseren FLJ, Mach F, Smulders YM, Carballo D, Koskinas KC, Bäck M, *et al.* 2021 ESC Guidelines on cardiovascular disease prevention in clinical practice. *Eur Heart J* 2021; 42:3227–3337.

2 Mach F, Baigent C, Catapano AL, Koskinas KC, Casula M, Badimon L, *et al.* 2019 ESC/EAS Guidelines for the management of dyslipidaemias: lipid modification to reduce cardiovascular risk. *Eur Heart J* 2020; 41:111–188.

3 Williams B, Mancia G, Spiering W, Agabiti Rosei E, Azizi M, Burnier M, *et al.* 2018 ESC/ESH Guidelines for the management of arterial hypertension. *Eur Heart J* 2018; 39:3021–3104.

Semester

2nd semester, March

Assessment method

Verification of attendance

Office hours

By appointment by mail
