



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Endocrinology and Metabolic Diseases

2425-4-H4102D090-H4102D098M

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#### Aims

1. Understanding the role of obesity, metabolic syndrome and diabetes as promoters of cardiovascular disease
2. Understanding the role of catecholamines in hypertension and cardiovascular disease
3. Understanding the role of cortisol and aldosterone in hypertension and cardiovascular disease
4. Understanding the role of thyroid hormones in cardiovascular disease

#### Contents

The endocrine system is a network of glands and organs that produce, store, and secrete hormones. It influences many aspects of the cardiovascular system, which include the heart and blood vessels. While hormones play a necessary role in maintaining healthy cardiovascular function, high or low levels of some can contribute to cardiovascular disease.

Certain hormones can increase blood pressure and raise levels of lipids (blood fats—cholesterol and triglycerides). Hypertension (high blood pressure) and dyslipidemia (abnormal lipid levels) are risk factors for heart disease and stroke.

#### Detailed program

1. Clinical approach and management of obese and diabetic patients at high cardiovascular risk
2. Clinical approach and management of patient with pheochromocytoma
3. Clinical approach and management of cortisol excess or hyperaldosteronism
4. Clinical approach and management of patients with hyper- or -hypothyroidism

## **Prerequisites**

Basic Clinical Skills course

## **Teaching form**

- practical guided observation activities with briefings and debriefings by hospital tutors
- sharing of clinical cases during outpatient activity

## **Textbook and teaching resource**

- Harrison's Principles of Internal Medicine 21th Edition 2022, McGraw-Hill

## **Semester**

First Semester

## **Assessment method**

practical skills observation and rating scale assessment

## **Office hours**

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## Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION

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