

## COURSE SYLLABUS

### Cardiovascular Prevention in Clinical Practice

2526-4-H4101D349

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#### 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 targetting 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**

from 4<sup>th</sup> year Medical Student

## **Teaching form**

Lectures

## **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**

Attendance

## **Office hours**

By appointment by mail  
grzegorz.bilo1@unimib.it

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION

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