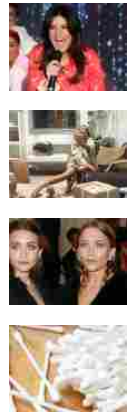


## Sommaro Rassegna Stampa

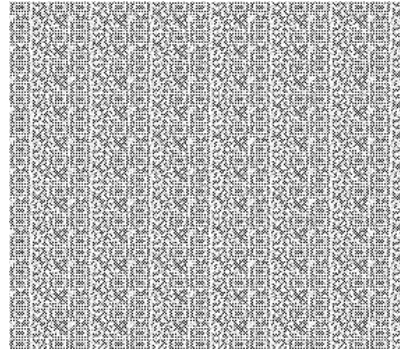
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<b>Rubrica</b>	<b>ALT</b>			
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DiLei





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**TROMBOSI ED EMBOLIA UCCIDONO: ECCO COME PREVENIRLE**

Le malattie cardiovascolari sono tra i primi killer degli italiani. Ma tra queste, in particolare, uccidono trombosi ed embolia, che colpiscono due volte il numero dei pazienti vittime di tumore, anche se sono meno temute.

I pazienti che soffrono di diabete, ad esempio, hanno una probabilità altissima di morire per i danni provocati dal diabete sulle arterie. E anche se queste malattie colpiscono il doppio rispetto ai tumori, sono meno temute.

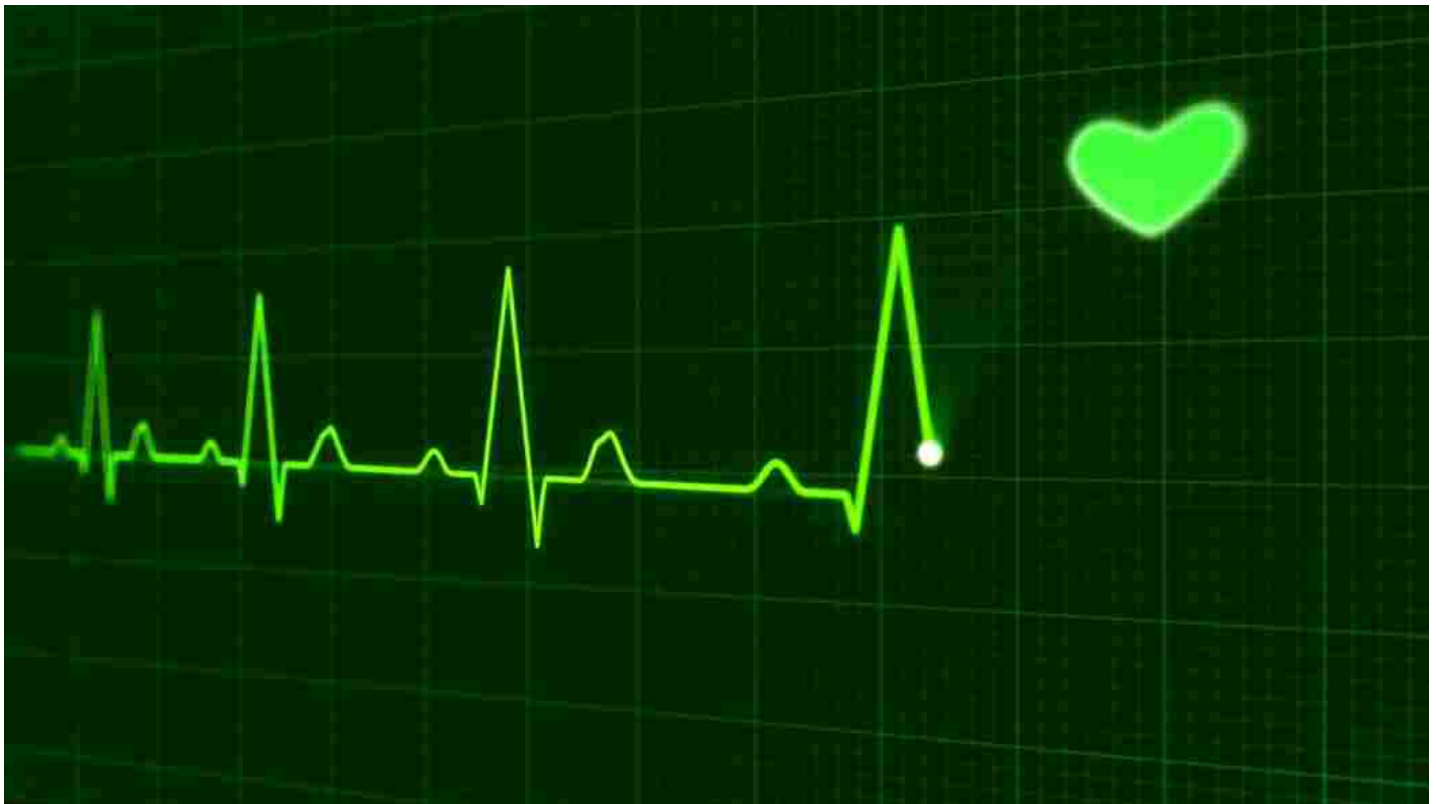
Tuttavia, con qualche accortezza in più si possono mettere prevenire e mettere ko. Ad esempio con un buon controllo della glicemia, del peso, della pressione arteriosa, del colesterolo, attraverso l'adozione di uno stile di vita sano (fatto di alimentazione equilibrata e attività fisica), l'uso di farmaci adatti (se prescritti dal medico), presi in giusta dose e al momento opportuno, circa 200mila italiani ogni anno infatti potrebbero evitare le malattie cardiovascolari da trombosi.

Come dimostra l'analisi Istat il tasso di mortalità dal 2003 al 2014 si è ridotto del 23%: questo vuol dire che con le giuste accortezze si può vivere di più e meglio. "Una corretta prevenzione e un'efficace guarigione passano da una collaborazione stretta fra medico e paziente, tra la famiglia e gli specialisti che sono chiamati ad accudire chi sta male - commenta Lidia Rota Vender, presidente di Alt, l'Associazione per la lotta alla trombosi - Siamo tutti chiamati ad un profondo cambiamento culturale: evitare infarto e ictus significa vincere una battaglia possibile".

# VOGLIA di SALUTE

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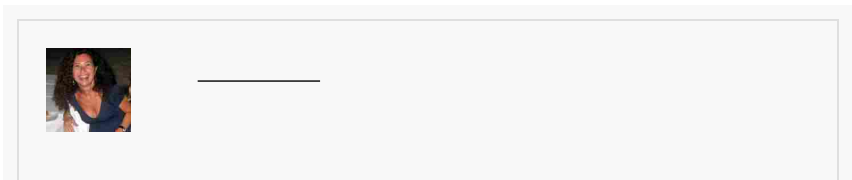
Il valore delle persone.



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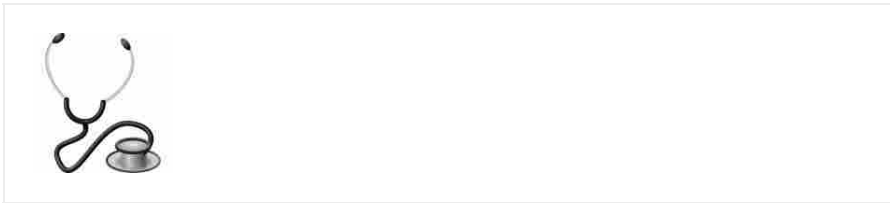
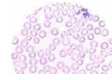


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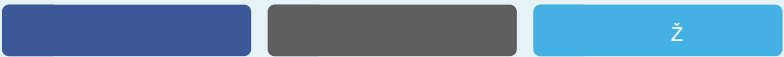
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VYLJ]HUD LO SULPR URERW
LQGRVVDLOH FKH SUHYLHQH
OH FDGXWH

4XDVL LO GHOO HQHUJLD
HOHWWULFD FRQVXPDW LQ
6YLJ]HUD SURYLHQH GD
IRQWL ULQRYDELOH

]7HVRUL GD YLYHUHx L /D
QXRYD FDPDJDQ GH L
SDUFKL VYLJ]HUD

, GD17S7SXEEOLF D WL LQ TXHVWL JLRLQL KDQQR YDOXW DWR OH FDXVH FGLTXH EHYHGWURSSR GDO
DO LQ ,WDOKBUH PHQRYLYH SL• D OXQJR PD FXRUH H FHUYHOORVRQR
JOL RUJDQL FKH SL• IDFLOPHQWH VL DPPDQQR , GDWL FROIHUPDQR TXDQWR VHJQDODWR GD
WHP SR GD RUJDQLJ]D]LRQL FKH VL RFFXSDQR GL VDOXWH FRPH O1206 2UJDQLJ]D]LRQH
ORQGLDOH SHU OD 6DOXWH H O1218 2UJDQLJ]D]LRQH HLOOH 1D]LRQL 8QLWH
FDXVDWH GD XQ GLIHWWR GHOOD FLUFROD]LRQH QHO FXRUH H QHO FHUYHOOR ,QIDUWR H
,FWXV FHUHEUDOH VRQR TXHOOH FKH FROSLVFRQR SL• GL WXWWH OH DOWUH LQ ,WDOLD LQ
(XURSD QHO PRQR LQG XVWULDOLJ]DWR

'DO DO OH SULPH WUH FDXVH GL PRUWH LQ ,WDOLD VRQR VWDWH OH PDODWWLH
LVFKHPLFKH GHO FXRUH OH PDODWWLH FHUHEURYDVFRODUL H DOWUH PDODWWLH GHO FXRUH
SDUL DO GL WXWWL L GHFHVVL

\$ FROIHUPDUOR,7DQK3VVRFLD]LRQH SHU OD /RWW DOOD ZUPDQV H DOOH
PDODWWLH FDUGLRYDVFRODULUH DQQL VL LPSHJ
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TXHVWH PDODWWLH FROSLVFDQR LO LGRSSSLRVR HVXWXBR
HVVHUH HYLWDWH FRQ O1DXVLOR GL VFLHQ]D H EXRQVHV

/H PDODWWLH FDUGLRYDVFRODULQHOOD PDJLRLZUSBBRHL
GD (PERLDS]LHQWL FKH VRIIURQR GL GLDEHWH DG HV
DOWLVLPLD GL PRULUH SHU L GDOQL FKH LO GLDEHWH \$
O1DWHURVFOHURVL FKH SRUWD DOOD FUHD]LRQH GL 7URP
7URPEL D ORUR YROWD SRVVRQR OLEHUDUH HPEROL FK
YLDJLDQR QHO VDQJXH H DUULYDQR D FKLXGHUH OH D
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O1DPSXWD]LRQH /H PDODWWLH GD 7URPERVL SHU DOWUR TXDQGR QRQ XFPLGRQR ULVFKLDQR GL
ODVFLDQMH LQYDQGR VLWXD]LRQL GLIILFLOLVVLPV VLD D OLYHOOR PHGLFR FKH
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YLWD VDQR H LQWHOOLJHQWH O1XVR GL IDUPDFL DGDWWL YH SUHYFHLWL GDO PHGLFR SU
JLXVWD GRVH H DO PRPHLWRDRS FROVXWOLDG 7URYL 6DOXWH GRP

SRWUHEEHUR HYLWDUH OH PDODWWLH FDUGLRYDVFRODULUH GD 7URPERVL
O1DQDOLVL ,67\$70 LQDDWVRLGL PRUWDOLWJ GDO DO VL q ULGRWWR GHO
FLz YXRO GLUH FKH FRQ OH JLXVWH DFFRUWHJ]H VL SXz YLYHUH GL SL• H PHJOLR 3HU

TXHVWR q IRQGDPHQWDOH LPSDUDUH DG DVFROWDUL LO SURSULR FRUSR SUHVVDUH DWWHQJ]LRQH
HYHXWDOH VLQWRPL H FUHDUH XQ UDSSRUWH GL ILGXFLD FRQ LO SURSULR PHGLFR

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©8QD FRUHWWD SUHYHQ]LRQH FRVU FRPH XQ1HILFDLH JXDULJLRQH SDVVDQR GD XQD
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FKLDPDWL DG DFFXGLUH FKL VWD PDOH 6RQR WXWWL VRJJHWWL FKLDPDWL D VYROJHUH  
FRPSLWR LPSHJQDWLYR LQ FXL ILGXFLD H GLVFLSOLQD GHYRQR DQGDUH GL SDUL SDVVR \$/7 VD  
EHQH TXDQWR VLD GLIILFLOH DIURQWUDU FHUWH VLWXDJLRQL SHU TXHVWR PHWWH D GLVSRVLJLR  
GL WXWWL FRQ OLQJXDJJLR VHPSOLFH H LQWXLWLYR OH LQIRUPDJLRQL FRPSOHVVH FKH OD ULFH  
VFLHQWLILFD RJQL JLRUQR SURGXFH 3HUFKp QRVQRQRBRVVD GLUH XQ GRPDQL 3  
VDSHYR GLFKLDL 5RWD 9HQGHU SUHVLGHQWHDGLL XQJHQOXY  
©6LDPD WXWWL FKLDPDWL D XQ SURIRQGR FPELDPHQWR FXOWXUDOH HYLWUDH ,QIDUWR H ,FWXV  
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GHOOD YRVWUD GLFKLDUDJLRQH GHVWVHGHVWRQ FRVWD QXOOD q IDFLOH H  
LPPHGLDWR PD DVVLFXUD XQ ULWRUQR VXOOJLQYHVWLPHQWR VWUDRUGLQDULR D FRVWR JHUR F  
YDQWDJJL LQDFODFRODELLOL SHU FLDVFXQR GL QRL 3HUFKp XQD ILUPD SHU \$/7 QRQ q XQD JRFELD  
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,O WXR LQGLULJJR HPDLO QRQ VDU YLVLELOH DJOL DOWUL XWHQWL  
,O FRPPHQWR VDU SXEOLFDRWR VROR SUHYLD DSSURYDJLRQH GHO ZHEPDVWHU

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\$ FRQIHUPDUSOR 200FXVVRFLD]LRQH SHU OD /RWWD D  
PDODWWLH FDUKRYDVFRODULLH DQQL VL LPSH  
FRQVDSHYROH]D VXOOH PDODWWLH FDUGLRYDVFROD  
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(PEROLDSD]LHQWL FKH VRIIURQR GL GLDEHWH DG HVHPS  
PRULUH SHU L GDQQL FKH LO GLDEHWH SURYRFD VXOOI  
SRUWD DOOD FUHD]LRQH GL 7URPEL UHVSQRVDELOL G  
SRVVRQR OLEHUDUH HPEROL FKH GDO FXRUH R GDOOF  
DUULYDQR D FKLXGHUH OH DUWHULH GHO FHUYHOOR  
RFFOXGHUH OH DUWHULH GHOOH JDPEH UHQGHQGR  
7URPERVL SHU DOWUR TXDQGR QRQJMEFLEGRQYFDULHGRGL  
VLWXD]LRQL GLIILFLOLVVLPV VLD D OLYHOOR PHGLFR FK

6XEVFULEH LQ D UHDTG

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VL SRVVRQR PHWWHUH .2 &RQ XQ EXRQ FRQWUROOR C  
DUWHULRVD GHO FROHVWHUROR H SL• LQ JHQHUC  
LQWHOOLJHQWH O1XVR GL IDUPDFL DGDWWL VH SU  
PRPHQWR RSRUWDXQRPLOD LWDOLDQL RJQL DQQR SRW  
FDUGLRYDVFRODUL&RQPRRWD O1DQDOLWDV67\$GLR  
GDO DO VL q ULGRLWWRCHGLUH FKH FRQ OH JL  
YLYHUH GL SL• H PHJOLR 3HU TXHVWR q IRQGDPHQWD  
SUHVWUDUH DWWHQJLRQH D HYHQWDXDOL VLQWRPL H FUHD

©8QD FRUHHWWD SUHYHQJLRQH FRVU FRPH XQ1F  
FROODERUDJLRQH VUHHWWD IUD PHGLFR H SDJLHQW  
FKLDPDWL DG DFFXGLUH FKL VWD PDOH 6RQR WXWW  
LPSHJQDWLYR LQ FXL ILGXFLD H GLVFLSOLQD GHYRQR  
VLD GLIILFLOH DIURQWUDUH FHUWH VLWXDJLRQL SF  
OLQJXDJJLR VHPSOLFH H LQWXLWLYR OH LQIRUPDJLR  
JLRUQR SURGXFH 3HUFKp QHVX,QRQRV DR 10DISHFKL  
/LGLD 5RWD 9HQGHU SUHVLG(HDWHXGLLH/FR20XXWL FKI  
SURIRQGR FDPEDPHQWR FXOWXUDOH HYLWUDUH ,QID  
SRVVL&DDEDWWDJOLD FKH GREELDPR FRPEDWWHUH LC  
FRQ XQD VHPSOLFH ILUPD GRQDQGRFL LO [PLOH GH800D  
JHVWR FKH QRQ FRVWD QXOOD q IDFLOH H LPPHGLDWI  
VWUDRUGLQDULR D FRVWR JHUR FRQ YDQWDJJL LQFDOF  
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&RPPHQW EHORZ RU MISJSDZLWR R7ZLWWRJR JORUHU

7UDGXJLRQH DXWRPDWLFD 85/

/ LQGLULJ]R HPDLO QRQ YHUUj YLVXDOLJ]DWR LQVLPH DO FRPP

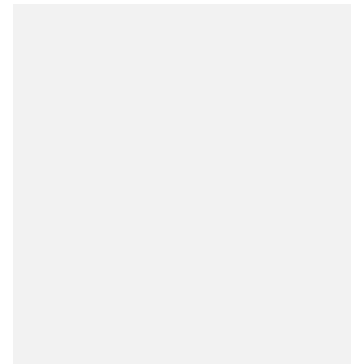
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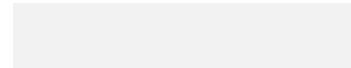
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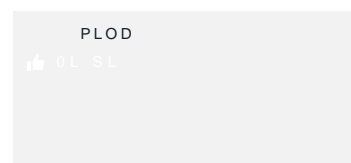


7ZHHWV GL #VDOXWHK FR

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## &HUFD QHO VLW QHWZRUN

&RQGL



PLOD

0L SL

4XHVWR VLWR XLWOLJJD FRNLH DQFKH GL WHUJH SDUWL D VFRSL SXEEOLFWDUL H SHU PLJOLRUDUH VHUYLJL HG HV  
GHFLGL GL FRQWLQXDUH OD QDYLDJLRQH 2N C, QIRUPDWLYBKHHVDFVHFWWL LO ORUR XVR

&\$1\$, \$16\$ \$PELH\$W@6 9LDJJ/LHDUDVOLLWH V WDDH RWR R30L 6DOXWH HQ7BUUD \*XVWR

6HJXLFL VX

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\$OW FROSLVFRQR LO GRSSLR ULVSHWWR DL WXPRL PD PHQR W

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,Q ,WDOLD VL PXRUH GL PHQR VL YLYH SL• D OXQJR PD FXRUH H FHUYHOOR VRQR  
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7UD LO H OH SULPH WUH FDXVH GL PRUWH VRQR VWDWH OH PDODDWLH L  
FXRUH TXHOOH FHUHEURYDVFRDUL H DOWUH PDODDWLH GHQ FXRUH SDUDDO  
FRQIHUPD \$OW \$VVRFLD]LRQH SHU OD ORWWD DOOD WURPERVL FRPPHQW DQGR JO  
SXEEOLFDFWL GDOO ,VWDW VXOOH FDXVH GL PRUWDOLWj

/H PDODDWLH FDUGLRYDVFRDUL QHOOD PDJJLRU SDUWH GHV FDFVH VFRYDUH LKXV  
HPEROLD , SDJLHQWL FKH VRIIURQR GL GLDEHWH DG HVHPSLR KDQQLVWXLUH F  
PRULUH SHU L GDQQL SURYRFDWL GDO GLDEHWH VXOOH DUWHULH ( DQFKH VHTX  
FROSLVFRQR LO GRSSLR ULVSHWWR DL WXPRL VRQR PHQR WHPXWH 7XWWDYLD F  
LQ SL• VL SRVVRQR PHWWHUH NR ULOHYD \$OW &RQ XQ EXRQ FRQWURXORLGHVOD J  
SUHVVLQRH DUWHULRVD GHQ FROHVWHUROR O DGR]LRQH GL XQR VFRYDUH LKXV  
IDUPDFL DGDWWL VH SUHVFULWWL GDO PHGLFR SUHVL LQ JLXVWD SHVFRUHQDO PR  
PLOD LWDOLDQL RJQL DQQR LQIDWWL SRWUHEEHUR HYLWDUH OH PDODDWLH FDU  
&RPH GLPRVWUD O DQDOLVL ,VWDW LO WDVVR GL PRUWDOLWj GDO DO VL q  
YXRO GLUH FKH FRQ OH JLXVWH DFFRUWHJ]H VL SXz YLYHUH GL SL• H PHJOLR 8QD



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 SD]LHQWH WUD OD IDPLJOLD H JOL VSHFLDOLVWL FKH VRQR FKLDPDWL DG DFFXGLI  
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&RQ XQ EXRQ FRQWUROOR GHOOD JOLFHPLD GHO SHVGR]GRIOHDSUHVVLRQH DUWH
XQR VWLOH GL YLWD VDQR H LQWLHGLSHWHJULOWWVRGOD IDHUGDFFL DSUHWL LQ JLXV'
GRVH H DO PRPHQR RSSRUWXQR FLUFD PLOD LWDOLDQL RJQL DQQR LQIDWWL
FDUGLRYDVFRODUL GD WURPERVL

&RPH GLPRVWUD O DQDOLVL ,VWDW LO WDVVR GL FRUWSDOWGLGBO DO VL a
FKH FRQ OH JLXVWH DFFRUWH]]H VL SX' YLYHUH GL SL» H PHJOLR 8QD FRUHHWWI
JXDULJLRQH SDVVDQR GD XQD FRODERUDJLRQH VMSHFVDDOILWDEHGLFR H SDJLHQV
FKH VRQR FKLDPDWL DG DFFXGLUH FKL VWD PDOH FRDIPQWD /LGLD 5RWD 9HQGI
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VXOOH FDXVH GL PDODDWLH JF FDUGLRYDVFRODUL QHOOD PDJJLRU SDUWH GH FDVL VRQR FDXVDWH  
HPEROLD , SDJLHQWL FKH VRIIURQR GL GLDEHWH DG HVHPSLR KDQR XQD SUREDELOLWj DOWI  
SURYRFDWL GDO GLDEHWH VXOOH DUWHULH ( DQFKH VH TXHVWH PDODDWLH FROSLVFRQR LO GRSS  
WHPXWH 7XWWDYLD FRQ TXDOFKH DFFRUWHJ]D&Q XQ FKR FROSLVFRQR XOWLPHGLD ULOHYD \$OW  
JOLFHPD GH SHVR GHOOD SUHVLRQH DUWHULRVD GH FROHVWHUROR O DGR]LRQH GL XQR VWL  
GL IDUPDFL DGDWWL VH SUHVFULWWL GDO PHGLFR SUHVL LQ JLXVWD GRVH H DCPHQRWRR RSSRUV  
DQR LQIDWWL SRWUHEEHUR HYLWDUH OH PDODDWLH FDUGLRYDVFRODUL GD \$QQDURVD 5DFRPH G  
PRUWDOLWj GDO DO VL q ULGRWWR GH FLz YXRO GLUH FKH FRQ FRPPHQW LO FRUWH  
PHJOLR 8QD FRUHHWWD SUHYHQ]LRQH H XQ HILFDHF JXDULJLRQH SDVVDQR SHQWR VXODERUD  
SDJLHQWH WUD OD IDPLJOLD H JOL VSHFLDOLVWL FKH VRQR FKLDPDWL DG DFFX FRFRUHQ]D PDOH  
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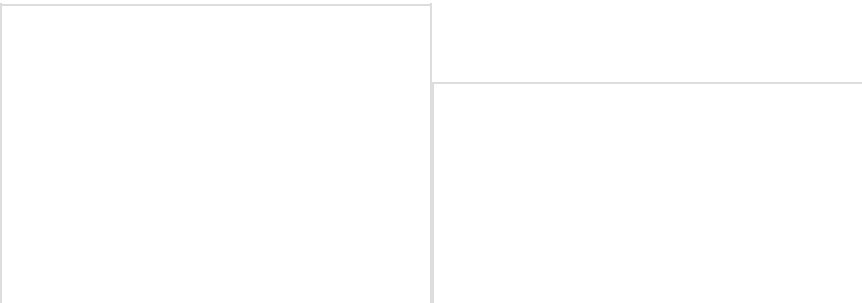
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,FWXV VLJQLILFD YLQFHUH XQD EDWWDJOLD SRVVLELOH 8QD EDWWDJOLD FKH GREELDR  
DQFKH YRL \$ / 7 FRQ XQD VHPSOLFH ILUPD GRQDQGRFL LO [PLOH GHOOD YRVUD GLFKLD  
JHVWR FKH QRQ FRVWD QXOOD q IDFLOH H LPPHGLDWR PD DVVLFXUD XQ ULWRUQR VXOC  
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GHOH PDODWWLH FDUGLRYDVFRDUL GD 7URPERVL ± ,QIDUWR FDUGLDFR ,FWXV FHUHE  
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VSHFLDOL]]D]LRQH GL JLRYDQL PHGLFL H LQIHUPLHUL 5HDOL]]D FDPDQJH HGXFDWLYH P  
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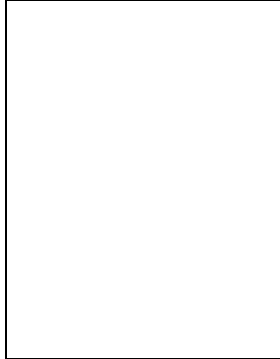
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Codice abbonamento: 010379

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### **Trombosi ed embolia sono i big killer degli italiani**

#### **Alt, colpiscono il doppio rispetto ai tumori, ma meno temute**

**(ANSA) - ROMA, 15 MAG** - In Italia si muore di meno, si vive più a lungo, ma cuore e cervello sono gli organi che più facilmente si ammalano, e trombosi ed embolia sono i big killer. Tra il 2003 e 2014 le prime tre cause di morte sono state le malattie ischemiche del cuore, quelle cerebrovascolari e altre malattie del cuore (pari al 29,5% di tutti i decessi). Lo conferma Alt (Associazione per la lotta alla trombosi), commentando gli ultimi dati pubblicati dall'Istat sulle cause di mortalità.

Le malattie cardiovascolari nella maggior parte dei casi sono causate da trombosi e da embolia. I pazienti che soffrono di diabete, ad esempio, hanno una probabilità altissima di morire per i danni provocati dal diabete sulle arterie. E anche se queste malattie colpiscono il doppio rispetto ai tumori, sono meno temute. Tuttavia, con qualche accortezza in più si possono mettere ko, rileva Alt.

Con un buon controllo della glicemia, del peso, della pressione arteriosa, del colesterolo, l'adozione di uno stile di vita sano e intelligente, l'uso di farmaci adatti (se prescritti dal medico), presi in giusta dose e al momento opportuno, circa 200mila italiani ogni anno infatti potrebbero evitare le malattie cardiovascolari da trombosi. Come dimostra l'analisi Istat il tasso di mortalità dal 2003 al 2014 si è ridotto del 23%: ciò vuol dire che con le giuste accortezze si può vivere di più e meglio. "Una corretta prevenzione e un'efficace guarigione passano da una collaborazione stretta fra medico e paziente, tra la famiglia e gli specialisti che sono chiamati ad accudire chi sta male - commenta Lidia Rota Vender, presidente di Alt - Siamo tutti chiamati ad un profondo cambiamento culturale: evitare infarto e ictus significa vincere una battaglia possibile".