



PRESS RELEASE

CARDIOVASCULAR DISEASES: A GLOBAL EPIDEMIC (EPIDEMY)

When using the term Cardiovascular we use a reductive definition summarized in the acronym CVD: in fact CVD is a term that gathers all the diseases that affect arteries and veins and different organs: heart, brain and lungs. We call them myocardial infarction(s), cerebral stroke, pulmonary embolism, thrombosis of the veins and arteries. CVD are the leading cause of death and severe disability in Italy and Europe. Not only does this take lives it can also ruin the lives of those who survive by seriously compromising the quality of the patient's life and those around them. This can easily be avoided as 1 out of 3 cases can be avoided.

ALT – The Association against Thrombosis and Cardiovascular Diseases explains how by reflecting on feasible strategies to say “NO” to Thrombosis for today and in the future.

Milan, 16 May 2019 - Cardiovascular disease are the leading cause of death in the world. This affects twice as many people compared to those who suffer from tumours (cancer).

Yet this is the least feared of the diseases. We underestimate the impact and consequences on the lives of the patients and their loved ones.

For more than 30 years ALT has been at the forefront of the Thrombosis Fight that determines the majority of CVD's. It is an honour to host the EHN - European Heart Network Annual Congress May 21st - 23rd 2019 in Puglia this year. Where representatives of all the countries of the European Union and the whole Europe an alliance of associations and foundations engage in the fight against CVD participate.

Some main clinicians researchers and communications experts in Europe and the world will draw a “**Tour d'Horizon**” - This is the theme of the summit addressing present and future of CVD and the mechanisms that determine them.

For many years Cancer, Alzheimers and HIV a serious epidemic was beginning to spread in the population of the so - called INDUS thrombosis countries, causing almost 18 million deaths worldwide each year (9 million tumours, HIV diseases have been considered the most formidable and widespread diseases: but neglected throughout the whole world, myocardial infarctions, cerebral stroke, pulmonary embolism, atherosclerosis, almost 4 million respiratory, diabetes 1.6 million)

This is not a bitter and difficult race, to understand what is the most serious disease but one confirmed by many studies over the last 30 years, in which is also catastrophic for the next

decades, due to the increase in the spread of lifestyle- related risk factors, such as overweight, smoking, substance abuse, diabetes, high blood pressure, increased blood cholesterol levels due to reasons hereditary but above all to an incorrect and dangerous food style and not only for the lengthening of the average life and of the consequent aging. EHN's 2017 report confirms that CVD's are the leading deaths, 3.9 million deaths each year in Member States of the European Region, according to the data released by the World Health Organisation (WHO).

Of these deaths, 1.8 million occur in the EU every year. Even in Italy, CVD's are the leading cause of death: in 2015 they caused almost 240,000 deaths, 37 % of total deaths. And they are also the most frequent cause of hospitalization: in 2016 there were about 1 million hospitalization for a CVD events, equal to 14.6% of the total. Not only deaths, therefore, but serious disabilities, for this who survive, with living conditions are greatly compromised, with an important rave of economic and social costs both for families and for the State. No state will have sufficient resources available to treat survivors, knows, therefore, that during the meeting in Puglia the experts will analyze evaluation the health care systems, the mechanisms of early prevention, the economic repercussions, the usefulness of the tests that study the genetic predisposition, the developments of the global policies, communication is indispensable for strengthening the attitude of prevention and the methods needed to measure the impact of the actions initiated ALT has been and active part of the EHN network since the early 1990's.

We shared ideas and projects, started reflections and prompted tools to disseminate a greater awareness on the subject of CVD and the possibility of avoiding them, with the aim of obtaining a positive impact on the present and, above all, on future developments.

“Bringing EHN representatives to the EHN annual meeting in Italy means underlining the urgency and importance of promoting awareness among our country for the possibilities of effective prevention and early diagnosis - declares Dr. Lidia Rota Vender, founder and president of ALT - CVD is a present and announced epidemic, which can and must be fought through the strategic information tool, providing all the population of all ages with more in-depth knowledge of the risks linked to predisposition and lifestyle and urging people of all ages not to underestimate the beneficial impact of a healthy and balanced lifestyle to be part of those, one out of three, who can avoid a CVD. ALT and EHN are and will be more and more committed, coordinating with the various European countries, to spread this message in a modern and convincing way so that no one tomorrow can say... I did not know...”

The summit will be opened by the president of **ALT, Lidia Rota Vender and by Simon Gillespie, president of EHN and Chief Executive of the British Heart Foundation**, and representatives of the most important Foundations and Associations from Germany, England, will participate in the work, United States of America, Italy, Finland, Sweden, Estonia, Portugal and up to the Faroe Islands, which will share communications campaigns, fundraising strategies and recent information on the future CVD trends.

PER ULTERIORI INFORMAZIONI

Ufficio stampa ALT - Associazione Lotta alla Trombosi e alle malattie cardiovascolari - Onlus

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