

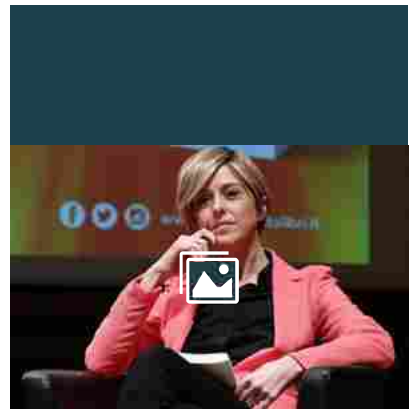
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ALTO ADIGE

TRENTINO



LT(LT)



Malattie cardiovascolari prima causa di morte e invalidità Alt, colpiscono doppio dei tumori ma prevenibili in 1 caso su 3 ROMA (ANSA) - ROMA, 23 MAG - Le malattie cardiovascolari come infarto, ictus, embolia, trombosi sono la prima causa di morte e invalidità in Italia, in Europa e nel mondo, anche se potrebbero essere evitate in un caso su tre.

Colpiscono il doppio dei tumori, ma sono meno temute. E' quindi fondamentale continuare ad agire per far capire l'importanza della prevenzione, agendo sugli stili di vita: è il messaggio che arriva dal congresso annuale dell'European heart network, alleanza di associazioni impegnate nella lotta a queste malattie, in corso a Savelletri (Br).

"Infarto del miocardio, ictus cerebrale, embolia polmonare, aterosclerosi e trombosi provocano ogni anno quasi 18 milioni di morti nel mondo, mentre i tumori uccidono 9 milioni di persone, le malattie respiratorie quasi 4 milioni, il diabete 1,6 milioni", commenta Lidia Rota Vender, presidente dell'Associazione lotta alla trombosi (Alt). "Non è una gara - continua - ma un'evidenza confermata da molti studi, che prevedono un'espansione ancora più catastrofica per i prossimi decenni, per l'aumento della diffusione dei fattori di rischio, come sovrappeso, fumo, diabete, ipertensione, colesterolo e uno stile alimentare scorretto e pericoloso".

Di questo passo, "nessuno Stato avrà risorse disponibili sufficienti per curare i sopravvissuti - prosegue Rota Vender - Queste malattie sono un'epidemia presente e annunciata, che può essere combattuta attraverso l'informazione sui rischi legati alla predisposizione e allo stile di vita.

Pensiamo che sono le malattie più prevenibili in assoluto, dopo quelle infettive per cui ci sono i vaccini". Il dato positivo che emerge dal congresso, conclude Rota Vender, "è che c'è un movimento mondiale che si sta sviluppando per anticipare il più possibile l'adozione di stili di vita sani, puntando su campagne educative e informative. Il loro impatto è stato misurato, ed è fondamentale iniziare il prima possibile".



1 | **Iperensione e colesterolo - Come gestire la terapia**

Hai difficoltà a seguire la terapia per l'ipertensione?

[alciare@adlererazza.it](#)



2 | **Questi 3 cibi vi intossicano**

Sapete che questi 3 cibi intossicano l'organismo? E li consumate quasi ogni giorno.

[BodyFokus](#)





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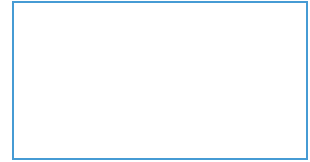
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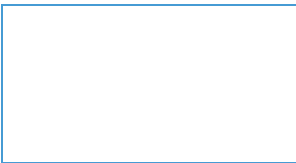
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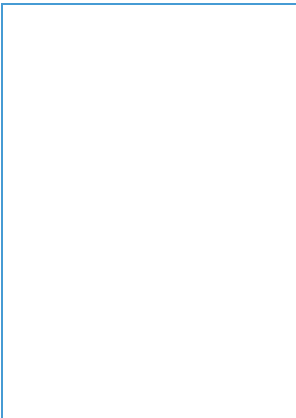
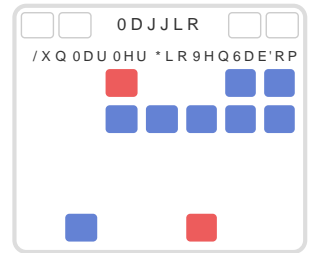
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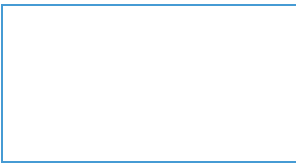
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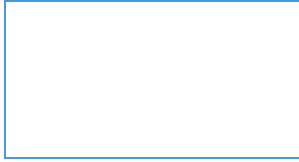
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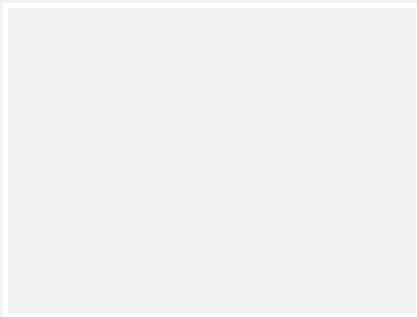
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IL NETWORK

La Rete europea dei cardiologi esaminerà le terapie per l'apparato che attiene al cuore

Prevenzione cardiovascolare, a confronto esperti internazionali a Borgo Egnazia

Il rischio trombotosi e l'alimentazione sana: il parere del prof. Coccheri (Bologna)

NICOLA SIMONETTI

● Annual Workshop e assemblea generale dell'European Heart network a Borgo Egnazia dal domani al 23 maggio. Ne parliamo con in prof. Sergio Coccheri, già Professore Ordinario e Primario di Malattie Cardiovascolari, università, Bologna.

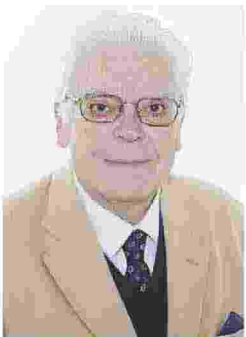
«Questo congresso è la voce della Rete europea per il cuore riunita in Federazione cui aderiscono le tante associazioni (in Italia sono molte ma solo 3-4 ne fanno parte) che si battono per la prevenzione delle malattie cardiovascolari. Vi partecipano medici, studiosi, volontari, quanti hanno interessi sociali, malati, familiari, aziende che, messi da parte fattori commerciali, gli si alleano. Fruiamo di contributi e lasciti. I Congressi si svolgono, ogni anno in Paesi europei diversi. La sede centrale è Bruxelles perché siamo organo consultivo della Commissione e del Parlamento europeo cui forniamo pareri richiesti su problemi socio-sanitari che riguardano l'apparato cardiovascolare. Dibattiamo e studiamo come gestire i rapporti con il pubblico, come fare educazione sanitaria, come richiamare attenzione e, soprattutto, convincere, come evitare, smentire le tante fake news che ci ammorzano e confondono pericolosamente. Con noi, l'ALT, associazione lotta alla trombotosi, la cui presidente, Lidia Rota, dirige questo Convegno».

La trombotosi è un fenomeno cui si rifanno gran parte degli eventi cardiovascolari alla cui base c'è un malaugurato coagulo che chiude il flusso del sangue in un'arteria o vena. Coagulo (del sangue su ferita) e trombo (all'interno dei vasi) sono molto simili. Importante la lotta alla trombotosi, che può, purtroppo, presentarsi nel cuore (infarto), aorta, carotide, arterie cerebrali, renali, intestinali, ecc. L'ische-

mia generata dal mancato arrivo di sangue, a volte, può essere fatale. Il trombo può raggiungere, attraverso la carotide, il cervello e causarvi l'ictus. «Nel congresso c'è anche la componente scientifica e, tra i partecipanti, ricordo lo spagnolo prof. Valentin, la dr Rota, il prof. Ruggeri, ecc. La presenza del prof. De Gaetano (Neuro-med) sottolinea che, per i neurologi, questo settore è importante. Nel mio intervento - aggiunge - esamino il ruolo della coagulazione del sangue, come dire le verità scientifiche in modo comprensibile anche a chi, con media cultura, ha diritto-dovere di sapere correttamente. Una cosa non facile ridurre il complesso a semplice. Ma lo si deve fare per dovere professionale e sociale. Problema non da trascurare - continua il prof. Coccheri - è la fibrillazione atriale, cioè il cuore che batte in maniera caotica, confusa. Coaguli - emboli possono partire dal questo cuore "pazzo" e giungere al cervello. Il 20% degli ictus gli è collegato. Si può e deve fare prevenzione e non badare solo a cuore e carotidi. Così come non è da trascurare l'ipertensione. Va misurata - e bene - con apposito apparecchio validato. Non c'è computer che possa sostituirlo. La misurazione deve entrare nella routine del medico».

La prevenzione su cosa si basa? «Anzitutto va tenuto conto delle predisposizioni individuali, di familiarità, genetica (se in famiglia, specie, tra i parenti prossimi, vi siano stati casi risalenti a patologie cardiovascolari e, in particolare se questi eventi si siano presentati in giovane età). Una modifica di questi fattori è impossibile ma essi rappresentano importanti indicatori per il medico. Punti cardinali della prevenzione sono l'alimentazione e lo stile di vita corretti. Meno affidamento si faccia, nel soggetto sano,

sui farmaci per i quali, ideale sarebbe il non uso. Nell'alimentazione, si punta il dito sui grassi e, in particolare sul colesterolo "cattivo" Il dato statistico non è sempre fedele ma resta sempre la verità generale: vi sono soggetti - spiega - con elevato tasso di LDL nel sangue circolante che non sviluppano le patologie cardiovascolari collegate ed altri cui, invece, il basso valore non protegge e che, nonostante questo, vanno incontro alle malattie. L'applicazione al singolo soggetto è ragionevole ed il colesterolo resta pur sempre problema di salute che ha importanza. Nella dieta va "razionato" il grasso, il colesterolo. Un rilievo poco noto è l'importanza degli Omega 3 che proteggono la salute di cuore e vasi. Presenza generosa è rilevabile nella frutta secca di alberi (noci, mandorle) piuttosto che di arbusti (arachidi) e nel pesce, specie quello "azzurro". Se vi facciamo caso, rileviamo che Italia e Giappone (Paesi che consumano più pesce) sono i meno colpiti da patologie cardiovascolari, morti comprese. Va ricordato anche che vegetali e frutta devono essere regine delle mense. Queste devono rispettare la dieta mediterranea il cui indiscusso valore salutare nessuna teoria o dieta hanno scalfito (spetta al prof Keiss il merito di averne indicato e soprattutto dimostrato, con indagine internazionale, il valore)». Altri «comandamenti» di prevenzione sono non fumare, non eccedere nel consumo di alcol, eseguire esercizio fisico compatibile quotidiano (riduce le morti cardiovascolari). «Per quanto riguarda i farmaci, è invalsa l'abitudine di prescrivere aspirina per ogni placca, anche piccola, rilevate nelle carotidi. Si vada cauti. Io ho studiato, con altri cardiologi il problema concludendo che, nel soggetto sano, l'aspirina va somministrata solo di fronte ad un elevato rischio».



UNIVERSITÀ BOLOGNA Sergio Coccheri

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\$OFXQL IUD L SULQFLSDOL FOLQLFL ULFHUFDWURUL HVSKMOWLCK FRPXQLFDJ
PRQGR WUDFFF ~~FRXQQGjXIRUKLXRQWR~~ LO WHPD GHO VXPPLWJPG *CWFKCPQ
DIIURQWDQGR SUHVHQWH H IXWXUR GHOOD &9' H GHLPHEFDQLVPL FKH OH
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\$WHURVFOHURVL 7URPERVLTCORYRFRDQROLRQL GL PRUWH QHO
5MVKKPC 5CPVC
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1RQ VL WUDWWD GL XQD JDUD DPDUD H GLIILFLOH SHU FDSLUD TXDOH VLD
JUDYH PD GL XQD HYLGHQJD FRQIHUPDWD GD PROWL VWXGL QHJOL XOWLPL
SHUDOWUR SUHYHGRQR XQD HVSDQVLRQH DQFRUD SLÍ FDWDVWURILFD SHU
GHFHQQL SHU OjDXPHQWR GHOOD GLIIXVLRQH GHLP IDWWRUL GL ULVFKLR OH
FRPH LO VRYUDSSHVR LO IXPR OjDEXVR GL VRVWDQJH VWXSHIDFHQWL LO
OjLSHUWHQVLRQH OjDXPHQWR GHLP OLYHOOL GL FROHVWHUROR QHO VDQJXH
HUHGLWDULH PD VRSUDWWXWWR D XQR VWLOH DOLPHQWUDH VFRUUHWWR I
VROR SHU OjDOOXQJDPHQWR GHOOD YLWD PHGLD H GHO FRQVHJXHQWH LQY

,GHSRUW GL (+1 FRQIHUPD FKODSULQJFRSBOH FDXVD GL PRUWH
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PRUWL RJQL DQQR QHJOL 6WDWL OHPEUL GHOOD 5HJLRQH (XURSHD VHFRQG
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H VRFLDOL VLD SHU OH IDPLJOLH FKH SHU OR 6WDWR 1HVXQR 6WDWR DYI
VXILFLHQWL SHU FXUDUH L VRSUDYYLVVXWL

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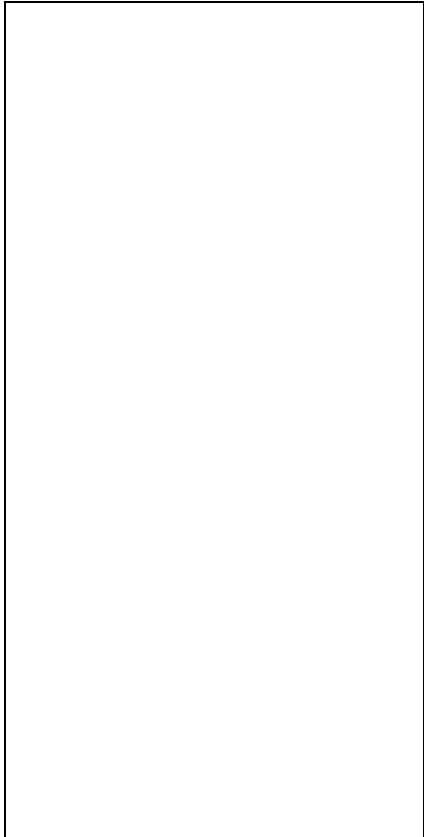
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SALUTE DAL 21 AL 23 MAGGIO INCONTRO SULLA PRIMA CAUSA DI MORTE IN EUROPA

A Borgo Egnazia focus di esperti sulle malattie cardiovascolari

Si terrà dal 21 al 23 maggio a Borgo Egnazia (Savelletri) il convegno dell'Ehn (European Heart network) sulle malattie cardiovascolari, la cui diffusione evoca una sorta di epidemia globale.

Parteciperanno i rappresentanti delle associazioni e fondazioni europee impegnate nella prevenzione delle malattie cardio e cerebrovascolari coordinato da EHN - European Heart Network e ALT - Associazione per la Lotta alla Trombosi e alle malattie cardiovascolari

Onlus. Tra i relatori il professor Sergio Coccheri, già ordinario e primario di malattie cardiovascolari

all'università di Bologna. Al centro dell'attenzione Infarto, Ictus Cerebrale, Ateroscle-

rosi, Trombosi ed Embolia: colpiscono il doppio dei tumori ma possono essere evitate ameno in un caso su tre con la sensibilizzazione della popolazione sui sintomi precoci da non sottovalutare, ma ancor prima sull'importanza dei fattori di rischio che le provocano, che possono e devono essere modificati, non necessariamente e non sempre con costosi esami del sangue, ma prima di tutto esaminando la storia dei propri famigliari consanguinei la propria

storia, la propria figura, le proprie abitudini. Quando si usa il termine Cardiovascolari si utilizza una definizione riduttiva sintetizzata nell'acronimo CVD (Cardiovascular disease), un termine che raccoglie tutte le malattie che colpiscono arterie e vene e organi diversi: cuore, cervello, polmone. Le chiamiamo Infarto del miocardio, Ictus cerebrale, Embolia Polmonare, Trombosi delle Vene e delle Arterie. Le CVD sono la prima causa di morte e di grave invalidità

in Italia, in Europa e nel mondo. Uno spreco: perché in 1 caso su 3 possono essere evitate. Colpiscono il doppio dei tumori. Eppure sono meno temute e ne sottovalutiamo l'impatto e l'incidenza. Per molti anni Cancro, Alzheimer e

PREVENZIONE Patologie evitabili in un caso su tre. Colpiscono il doppio dei tumori

HIV sono state considerate le malattie più temibili e più diffuse: ma negli stessi anni una grave epidemia incominciava a diffondersi nella popolazione dei Paesi cosiddetti industrializzati in tutto il mondo. Infarto del miocardio, Ictus cerebrale, Embolia polmonare, Aterosclerosi, Trombosi, provocano ogni anno quasi 18 milioni di morti nel mondo (i tumori 9 milioni, le malattie respiratorie quasi 4 milioni, il diabete 1,6 milioni).



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/H &9' VRQR OD SULPD FDXVD GL PRUWH H GL JUDYH LQYDOLGLWj LQ ,WDOLD LQ (X
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SD]LHQWH H GL FKL JOL VWD YLFLQR 8QR VSUHR SHUFKq LQ FDVR VX SRVVRQR
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SRSROD]LRQH GHL 3DHVL FRVLGGHWWL LQGXVWULDOL]D]DWL LQ WXWWR LO PRQR
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1RQ VL WUDWWD GL XQD JDUD DPDUD H GLIILFLOH SHU FDSLUDH TXDOH VLD OD PD XQD HYLGHQJD FRQIHUPDWD GD PROWL VWXGL QHJOL XOWLPL DQQL FKH SHUDOWL HVSDQVLRQH DQFRUD SL• FDWDVWURILFD SHU L SURVVLPL GHFHQQL SHU ODXPHQ GHV IDWWRUL GL ULVFKLR OHJDWL DOOR VWLOH GL YLWD FRPH LO VRYUDSSHVR L VWXSHIDFHQWL LO GLDEHWH OLSHUWHQVLRQH ODXPHQWR GHV OLYHOOL GL FRU UDJLRQL HUHGLWDULH PD VRSUDWXXWR D XQR VWLOH DOLPHQWUDH VFRUHHWR ODOOXQJDPHQWR GHOOD YLWD PHGLD H GHO FRQVHJXHQWH LQYHFFKLDPHQWR

,O 5HSRUW GL (+1 FRQIHUPD FKH OH &9' VRQR OD SULQFLSDOH FDXVD GL PRUW LQYDOLGLWj LQ (XURSD VRQR OD FDXVD GL PRUWL VX PLOLRQL GL PRUWL 6WDWL OHPEUL GHOOD 5HJLRQH (XURSHD VHFRQR L GDWL GLIIXVL GDOO2UJDQL] GHOOD 6DQLWj 206 'L TXHVWL GHFHVV L PLOLRQL VL YHULILFDQR QHO 8(RJC \$QFKH LQ ,WDOLD OH &9' VRQR OD SULPD FDXVD GL PRUWH QHO KDQQR FDXVDV GHFHVV LO GHV GHFHVV WRWDOL (VRQR DQFKH OD FDXVD SL• IUHTXH RVSHGDOLHUR QHO VL VRQR YHULILFDWL FLUFD PLOLRQH GL ULFRYHUL SHU DO GHO WRWDOH 1RQ VROR PRUWL TXLQGL PD JUDYL LQYDOLGLWj SHU FKL V FRQGLJLRQL GL YLWD VRQR QRWHYRPHQWH FRPSURPHVVH FRQ XQ LPSRUWDQWH HFRQRPLFL H VRFLDOL VLD SHU OH IDPLJOLH FKH SHU OR 6WDWR 1HVXQR 6WDW GLVSRQLELOL VXIILFLHQWL SHU FXUDH L VRSUDYYLVVWL

8QD VLWXDJLRQH FRPSOHVV GDQTXH FKH GXUDQWH LO PHHWLQJ LQ 3XJOLD JOL H DQDOLJ]HUDQQR D JUDGL YDOXWDQGR L VLVWHPL GL DVVLVWHQJD VDQLWDULD SUHYHQJLRQH SUHFRFH OH ULFDGXWH HFRQRPLFKH OXWLWLWj GHV WHVW FKH VW SUHGLVSRVLJLRQH JHQHWLFD JOL VYLOXSSL GHOOD SROLWLFKH JOREDOL OD FRPLQGLVSHQVDELOH SHU UDIIRUJDUH ODWWLWXGLQH DOOD SUHYHQJLRQH H L PHWRG OLPDWWR GHOOD DJLRQL DYYLDWH

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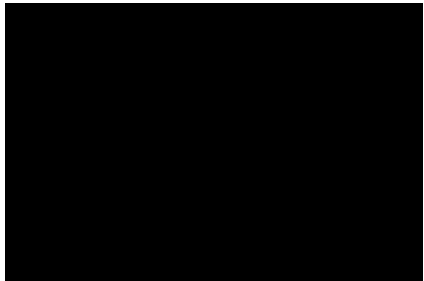
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, QIDUWR , FWXV \$WHURVFOHURVL
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, QIDUWR GHO PLRFDUGLR , FWXV FHUHEUDOH (PE
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DQQR TXDVL PLOLRQL GL PRUWL QHO PRQGR

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YLFLQR 8QR VSUFR SHUFKq LQ FDVFRVSLVFRQR HVVHUH HYLWDW
LO GRSSLR GHLWXPRLQR PHQR WHPXWH H QH VRWWRVWLPLDPR LPSDW'
LQFLGHQJD



\$/7 ±\$VVRFLD]LRQH SHU OD /RWWD DOOD 7URPERVL H DOOH PDODWWLH
 &DUGLRYDVFROXVFKHROWUH DQQL q LQ SULPD OLQHD QHOOD /RWWD
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RVSLWD LQ 3XJOLD D %RUJRLQERQLJH6DVRHDOOXWULH GL
 (+1 ± (XURSHDQ +HDUDW1HWDZRHUSIDUWHFLSDQR L UDSSUHVHQWDQWL GL V
 L 3DHVL GHOO18QLRQH (XURSHD XQD DOOHDQ]D GL DVVRFLD]LRQL H IRQ
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3HU PROWL DQQL &DQFUR \$O]KHLPHU H
 +,9 VRQR VWDWH FRQVLGHUDWH OH PDODWWLH
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,QIDUGVFRFUDU,GVFMUHEVDEORSLDOPROSDUHU RVFOHURVL
 7URPERSURYRFRJQRDQDVL PLOLRQL GL PRUWL QHO PRQGR
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 1RQ VL WUDWWD GL XQD JDUD DPDUD H GLIILFLOH SHU FDSLUH TXDOH '
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 GHFHQQL SHU O1DXPHQWBVGMRDOD GLIUXVERQR CHILDWL DOOR VWLOH GL
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 D UDJLRQL HUHGLWDULH VDDORSHUWBUWHWRWR XQR
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,O 5HSRUW > @ GL (+1 FRQI1DPSUEKHF LSHD&9' FRQVGL
 PRUWH H GL JUDYH LQYDORLQRV]D EQX(XD)ESD PRUWL VX
 PLOLRQL GL PRUWL RJQL DQQR QHJOL 6WDWL OHPEUL GHOOD 5HJLRQH (X
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 PLOLRQL VL YHULILFDQR QHOO18(RJQL DQQR

\$QFKH LQ ,WDOLD OH &9' VRQR OD SULPD FDXVD GL PRUWH QHO KDG
 TXDVL GHFHVVL LO GHL GHF1DVEDXRVVDSL> @ (VRQR DQFKH
 IUHTXHQWH GL ULFRYHULFRORVSHGDVORLFRHULILFDWL FLUFD PLOLRQH
 GL ULFRYHUL SHU XQ HYHQWR D &9' SDUL DO GHO WRWDOH 1RQ V1
 TXLQGL PD JUDYL LQYDOLGLWFRCSHJLRQLLVRISVDWYDLVRQRQ
 QRWHYRPHQWH FRFRSU RQHLPVSRUWDQWH DJJUDYLR GL FRVWL HFRQRPLF

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+RPH &KL VLDP&RQWDWPLHL DEERQDPHQWL

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0DODWWLH FDUGLRYDVFRODUL XQ1HSLGHPLD QOREDOH

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\$VGTQUENGTQUK 6TQODQUK GF (ODQNKC EQNRKUEQPQ KN FQRRKQ FGK VWOQTK OC RQUU
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RTGEQEK FC PQP UQVVQXCNWVCTG OC CPEQT RTKOC UWNÆKORQTVCP\C FGK HCVVQTK FI
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EQP EQUVQUK GUCOK FGN UCPIWG OC RTKOC FK VWVVC GUCOKPCPFQ NC UVQTKC FGK RT
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3WCPFQ UK WUC KN VGTOKPG &CTFKQXCUEQNCTK UK WVKNK\IC
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GURCPUKQPG CPEQTC RK¶ ECVCUVTQHKEC RGT K RTQUUKOK FGEGPCK RCPVGEFCWVQRCVQ
FGK HCVVQTK FK TKUEJKQ NGICVK CNNQ UVKNG FK XKVC EQOG KNGUQSTREB GUQ KN HWOC
UVWRGHCEGPVK KN FKCDGVG NÆKRGTVGPUKQPG NÆCWOGPVQ FGK NKXGNK FK EQNGUV
C TCIKQPK GTGFKVCTKG OC UQRTCVVWVVQ C WPQ UVKNG CNKOGPVCTG UEQTTGVVQ G RGTK
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FGEGUUK KN FGK FGEGUUK VQVCNK (UQPQ CPEJG NC ECWUC RK¶ HTGSWGPVGEFK TK
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CN FGN VQVCNG 0QP UQNQ OQTVK SWKPFK OC ITCXK KPXCNKFCNVURTOEJKUCREKROX
EQPFK\KQPK FK XKVC UQPQ PQVGXQNOGPVG EQORTQOGUUG EQP WPCRRQRTVCPVG CIITCXK
GEQPQOKEK G UQEKCNK UKC RGT NG HCOKINKG E JG RGT NQ 5VCVQ 0GUUWPQ 5VCVQ CXT•
FKURQPKDKNK UWHHKEKGPVK RGT EWTCTG K UQRTCXKKUUVK

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RTGXGP\KQPG RTGEQEG NG TKECFWVG GEQPQOKEJG NÆWVKNKV• FGK VGUV E JG UVWFKCF
RTGFKURQUK\KQPG IGPVKEC INK UXKNWRRK FGNNG RQNKVKEJG INQDCNK NC EQOWPKEC
KPFKURGPUCDKNG RGT TCHHT\CTG NÆCVVWVWFKPG CNNC RTGXGP\KQPG G K OGVQFK PGE
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I\$.6 ¥ RCTVG CVVKXC FGN PGVYQTM FK (+0 HKP FCK RTKOK CPPK Æ CDDKCOQ EQPFKXKU
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TCRRTGUGPVC PVK FK (+0 PGNNÆCODKVQ FGN OGGVKPI CPPWCNG FK (+0 UKIPKHKEC UQVV
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áN UWOOKV UCT• CRGTVQ FCNNC RTGUKFGPVG FK \$.6 .KFKC 4QVC 8GPFGT G FC 5KOQP *KI
RTGUKFGPVG FK (+0 G &JKGH (ZGEWVKXG FK %TKVKUJ +GCTV)QWPFCVKQP CK NCXQTK RC
GURQPGPVK FGNG RK¶ KORQTVCPVK)QPFC\KQPK G \$UUQEKC\KQPK RTQXGPKGPVK FC *GT
áPIJKNVGTTC 5VCVK 7PKVK FÆ\$OGTKEC áVCNKC)KPNCPFKC 5XG\KC (UVQPKC 2QTVQICN
)CTQG EJG EQPFKXKFGTCPPQ ECORCIPG FK EQOWPKEC\KQPG UVTCVGIKG FK TCEEQNVC HC
KPHQTOC\KQPK TGE GPVK UWK HWVWTK VTGPF FGNG &8'

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7PC UEQUUC F &QUC HC NQ : áN -WPI)W
&QODCVVKOI
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1/410 45 áPV(
KN RTKOQ OQ
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9LOODJJLR 7HFQ50RVLFRB RVLWLDYRSH /LEHUR6DOXWBLDQHWD 6DOXWH

+RPH &KL VLDPR 1HZV ,Q)RUPD7YXRJKL GHOOD &D&XWBL \$UJHQWR

'D WXWWD (XURSD LQ ,WDOLD SHU LQ
VXOOH PDODWWLH FDUGLRYDVFRODU

5HGDJLR0H 0DJJLR V)LHUH HG HYHQWL

\$GDWWD LO FDUDWWHU+

\$ \$ \$ \$ \$ \$ \$

7UDGXFL

4XDQGR VL XVD LO WHUPLQH &DUGLRYDVFRODU VL XLWOL]]D XQD GHILQLJLRQH ULGXWWI
VLQWHWL]]DWD QHOODDFURQLPR &9' XQ WHUPLQH FKH UDFFRJOLH WXWWH OH PDODWWLI
FROSLVFRQR DUWHULH H YHQH H RUJDQL GLYHUVL FXRUH FHUYHOOR SROPRQH /H
FKLDPLDPR ,QIDUWR GHO PLRFDUGLR ,FWXV FHUHEUDOH (PEROLD 3ROPRQDUH 7URPERVI
\$UWHULH

/H &9' VRQR OD SULPD FDXVD GL PRUWH H GL JUDYH LQYDOLGLWj LQ ,WDOLD LQ (XURSD H
UXEDQR OD YLWD OD URYLQDQR FRPSURPHWWHQGR JUDYHPHQWH OD TXDOLWj GHOOD YL
YLFLQR 8QR VSUFR SHUFKq LQ FDVR VX SRVVRQR HVVHUH HYLWDWH &ROSLVFRQR L
(SSUH VRQR PHQR WHPXWH H QH VRWWRVWLPLDPR LPSDWWR H LQFLGHQJD

\$/7 ± \$VVRFLD]LRQH SHU OD /RWWD DOOD 7URPERVL H DOOH PDODWWLH &DUGLRYDVFRODI
DQQL q LQ SULPD OLQHD QHOOD /RWWD DOOD 7URPERVL FKH GHWHUPLQD OD PDJJLRU SD
PDJJLR RVSLWD LQ 3XJOLD D %RUJR (JQD]LD LO FRQJUHVV DQXDOH GL (+1 ± (XURSD
1HWZRUN DO TXDOH SDUWHFLSDQR L UDSSUHVHQWDQWL GL WXWWL L 3DHVL GHOOD18QLRQ
DVVRFLD]LRQL H IRQGD]LRQL LPSHJQDWH QHOOD ORWWD DOOH\$0\$KLYLR DUWLFROL

\$OFXQL IUD L SULQFLSDOL FOLQLFL ULFHUFDWRUL HVSHUWL GL FRPXQLFD]LRQH HXURSD
37RXU G1+RUL]RQ' ± TXHVWR LO WHPD GHO VXPPLW ± DIURQWDQGR SUHVHQWH H IXWXUR
PHFFDQLVPL FKH OH GHWHUPLQDQR

8OWLPH QHZV

3HU PROWL DQQL &DQFUR \$O]KHLPHU H +,9 VRQR VWDWH FRQVLGHUDWH OH PDODWWLH :
QHJOL VWHVVL DQQL XQD JUDYH HSLGHPLD LQFRPLQFLDYD D GLIIRQGHUVL QHOOD SRSROI
LQGXXWULDOL]]DWL LQ WXWWR LO PRQGR ,QIDUWR GHO PLRFDUGLR ,FWXV FHUHEUDOH
\$WHURVFOHURVL 7URPERVL SURYRFDQR RJQL DQQR TXDVL PLOLRQL GL PRUWL QHO PR
5DYHQD DUUXRODWL L

1RQ VL WUDWWD GL XQD JDUD DPDUD H GLIILFLOH SHU FDSLUH TXDOH VLD OD PDODWWI
HYLGHQJD FRQIHUPDWD GD PROWL VWXGL QHJOL XOWLPL DQQL FKH SHUHQWUR SUHYHG
SL• FDWDVWURILFD SHU L SURVVLP L GHFHQQL SHU O1DXPHQR GHOOD GLIIXVLRQH GHL I
GL YLWD FRPH LO VRYUDSSHVR LO IXPR O1DEXVR GL VRVWDQ]H VWXSHDFHQWL LO GLE
O1DXPHQR GHL OLYHOOL GL FROHVVHUROR QHO VDQJXH OHJDWR D UDJJLRQL HUHGLWDUI
DOLPHQWUH VFRUUHWWR H SHULFRORVR H QRQ VROR SHU O1DOOXQJDPHQWR GHOOD YL
LQYHFFKLDPHQR

)LHUH HG HYHQWL

,O 5HSRUW GL (+1 FRQIHUPD FKH OH &9' VRQR OD SULQFLSDOH FDXVD GL PRUWH H GL

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(XURSD VRQR OD FDXVD GL PRUWL VX PLOLRQL GL PRUWH VRQD QQRSDHJQLVWD
5HJLRQH (XURSHD VHFRQGR L GDWL GLIIXVL GDOO12UJDQLJ)D]V KQAH RQODDOWLHFOOD 6D
PLOLRQL VL YHULILFDQR QHO018(RJQL DQQR 4XDQGR VL XVD L
&DUGLRYDVFRODU

\$QFKH LQ ,WDOLD OH &9' VRQR OD SULPD FDXVD GL PRUWH QHO GHLOQLRQH
LO GHL GHFHVVL WRWDOL (VRQR DQFKH OD FDXVD SL• IUHTXHQWH GL ULFRYHUR RVSH
YHULILFDWL FLUFD PLOLRQH GL ULFRYHUL SHU XQ HYHQWR D &9' SDUL DO GHO WR
TXLQGL PD JUDYL LQYDOLGLWj SHU FKL VRSUDYYLYH FRQ FRQGLXQLFDLRQLHWR VRQR Q
FRQ XQ LPSRUWDQWH DJJUDYLR GL FRVWL HFRQRPLFL H VRFLDOL VLD SHU OH IDPLJOLH F
6WDWR DYUj ULVRUVH GLVSRQLELOL VXIILFLHQWL SHU FXUDUHLRSDYLVVXWL\$ FDF
VILGDQR OD GLVDELOLW

8QD VLWXDJLRQH FRPSOHVVD GXQTXH FKH GXUDQWH LO PHHWLQJ LQ 3XJOLB JOL HVSHU
JUDGL YDOXWDQGR L VLVWHPL GL DVVLVWHQJ)D VDQLWDULD L PHFFDOLVPLGL SURYHQJL
HFRQRPLFKH O1XWLWLWj GHL WHVW FKH VWXGLDQR OD SUHGLVSRVLJLRQH JHQHWLFD JO
OD FRPXQLFDJLRQH LQGLVSHQVDELOH SHU UDIIRUJDUH O1DWWLWXGLQH DOOD SUHYHQJLR
PLVXUDUH O1LPSDWWR GHOOH DJLRQL DYYLDWH

7HFQRPHGLFLQD

@\$/7 q SDUWH DWWLYD GHO QHWZRUN GL (+1 ILQ GDL SULPL DQQL DEELDPR FRQGLYLVF
ULIOHVVLRLQL H SURPRVVR VWUXPHQWL YROWL D GLIIRQGHUH XQD PDJJLRUH FRQVDSHYR
GHOOD SRVVLELOLWj GL HYLWDUOH FRQ O1RELHWWLYR GL RWWHQHUH XQ LPSDWWR SRVL
VXOOH JHQHUDJLRQL IXWXUH 3RUWDUH LQ ,WDOLD L UDSSUHVHVRQWLWV G4 ZHFQRP

(+1 VLJQLILFD VRWWROLQH DUH O1XUJHQJ)D H O1LPSRUWDQJ)D GL SURPXRYHUH OD VHQVLEI
3DHVH SHU OH SRVVLELOLWj GL XQD HIILDFDH SUHYHQJLRQH H GL XQD GEDJQRVL SUHFRF
5RWD 9HQGHU IRQGDWULFH H SUHVLGHQWH GL \$/7 ± /H &9' VRQR XQD HSLSHMGI: SUHVH QW
SXz H GHYH HVVHUH FRPEDWXXWD DWWUDYHUVR OR VWUXPHQR VWUDWHJLFR GHOOTLQI
SRSRODJLRQH GL RJQL HWj OD FRQRVHQJ)D SL• DSSURIRQGLWD VXL ULVFKL OHJDWL DOOD
GL YLWD H VROOHFLWDQGR SHUVRQH GL RJQL HWj D QRQ VRWRYDOXWDUH LO EHQHILFR
HG HTXLOLEUDWR SHU IDU SDUWH GL FRORUR XQR VX WUH FKH SRWUDQQR HYLWDUH XQD
VDUDQQR VHPSUH SL• LPSHJQDWH FRRUGLQDQGRVL FRQ L GLYHUVL 3DHVL HXURSHL SHU
PRGHUQR DSSURSULDWR H FRQYLQFHQWH TXHVWR PHVVDJLR DIILQFKp QHVXQR XQ GRI
LR QRQ OR VDSHYR« 'a

&HUF DULFROL LQ 3X

,O VXPPLW VDUj DSHUWR GDOOD SUHVLGHQWH GL \$/7 /LGLD 5RWD 9HQGHU H GD 6LPRQ *LC
(+1 H &KLHI ([HFXWLYH GL %ULWLVK +HDUW)RXQGDWLRQ DL ODYRUL SDUWHLSHMDQR H
LPSRUWDQWL)RQGDJLRQL H \$VVRFLDJLRQL SURYHQLHQWL GD *HUPDQLD ,GURLOWHOD 6V
)LQODQGLD 6YHJLD (VWRQLD 3RUWRJDOOR H ILQR DOOH LVROH)DURH FKH FRQGLYLGHUI
FRPXQLFDJLRQH VWUDWHJLH GL UDFFRWD IRQGL H LQIRUPDJLRQL UHFHQWL VXL IXWXUL

\$UWLFROL FRUHHODWL

%RHKULQJHU .QJHOKHLP DQXQFLD GL DYHU GHSRVLWDWR DOO1)'\$ H DOO1(0\$ OD GRPE
DXWRULJ)DJLRQH DOO1LPPLVVLRQH LQ FRPPHUFLR SHU QLQWHGDQLE

\$ 5RPD OD ULXQLRQH GHOO1\$.6) VX PDODWWLH ULFHUF D H QXRYH WHUDSLH SHU LO IH
ODJ 3HJ)DOL WHVWLPRQLDO SHU *6')RXQGDWLRQ

*OL 2PHJD VL FRQIHUPDQR DOOHDWL GHO FXRUH

\$O YLD OD VHFRQGD HGLJLRQH GL 'LDEHWHDV