

24th October 2018

# Strategies to Reduce Premature Cardiovascular Morbidity and Mortality



*Everything a clinician needs to know but was afraid to ask*

Cartagena de Indias (Colombia)  
Congress Venue: Hotel Estelar

## Press release

Is it possible to reduce Premature cardiovascular morbidity and mortality? Yes it is. The meeting that will be held in Cartagena on the 24th of October–2018 has this objective: to update physicians working in the field of cardiovascular risk **on** all new evidence concerning risk factors (hypertension, dyslipidemia, diabetes...), progression of the cardiovascular disease during the silent phase, management of the clinical complications induced by hypertension and the associated cardiovascular risks.

International speakers, belonging to Universities of Europe, the USA and Latin America, will explain most important news related with the more recent publication of the European Hypertension Guidelines. The recommendations of these guidelines concerning detection, diagnostic, clinical evaluation of total cardiovascular risk, treatment of hypertension and the associated comorbidities, are applicable to Latin America adapting some aspects to the socioeconomic status of the different Countries.

Recommendations regarding lifestyle to reduce the incidence and progression of hypertension will be enounced during the meeting. These recommendations include the reduction in salt and alcohol intake, reduction of overweight, aerobic physical exercise, and a healthy diet. These recommendations will be discussed in detail along the program.

### **The situation in Latin America**

The recent Consensus Documents of the Latin American Society of Hypertension (LASH), and **the** LASH book "Manual for General Practitioners" includes epidemiological data **about** the situation of hypertension in the different Countries, particularly in Colombia. These data will be discussed in the sessions of the program.

The current prevalence of hypertension in South America (even considering the heterogeneity of the **various** countries) is not so different compared with Europe. **But** the main problem in Latin America is the increasing incidence of obesity, specifically central obesity and the Metabolic Syndrome, **that** is much more observed in those Countries in which the native Indian population is important (Colombia, Ecuador,

Peru, Venezuela, Central America, or Brazil). The increasing prevalence of obesity goes in parallel with a progressive increase of the prevalence of hypertension, thus increasing cardiovascular morbidity and mortality.

### **The causes**

In addition to the genetic factors of the native population predisposing to weight gain with the new "western diet patterns", then increasing obesity, blood pressure and cholesterol values over time, there are specific problems in South America because the Public Health Systems are not covering the management of the cardiovascular risk factors for the entire population. The socioeconomic differences are much greater than in Europe and the poor subjects are those suffering the greater difficulties in health care access (inefficient public medical care, lack of free access to basic antihypertensive drugs and combinations, etc..).

The diet in general and some components of the diet are really different in Europe and South America. Part of these differences is related to cultural and gastronomic aspects: the so-called Mediterranean diet has demonstrated a reduction in cardiovascular events, particularly stroke, in a randomized clinical trial: the PREDIMED study. This diet and its components such as olive oil and nuts are not cheap, being very difficult its implementation in low-income Countries and in very low-income populations like the native Indians. In addition to the socioeconomic problems regarding the access to a healthy diet, the cultural aspects are also important in selecting the daily meals available. Finally, when these subjects increase the familiar income the first food products they can buy are the hyper-caloric, highly salted, carbohydrates such as "French fries", the very fat, salted and hyper-caloric "hamburgers" etc., because they are the most cheap products in the supermarkets.

### ***The meeting is sponsored by Fondazione Internazionale Menarini***

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