

# Spring Summit 2024

## Cardiovascular Disease Prevention and Environmental Risk Factors

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**ESC** SPRING SUMMIT 2024

# Spring Summit topics

## 1- CVD Prevention

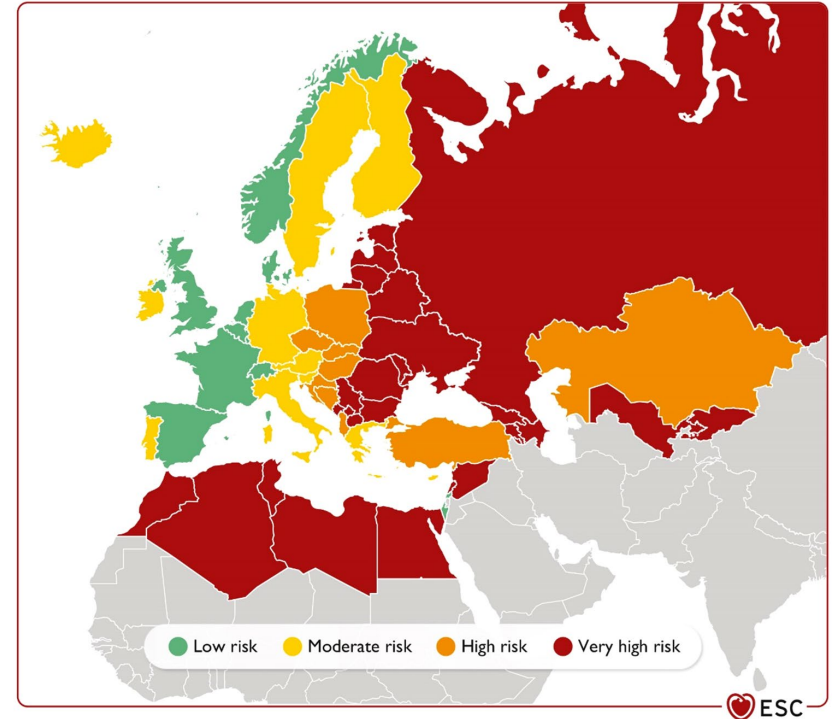
- Overarching topic
- NCS opinions needed !
- How can we overcome obstacles against implementation and inequalities



**“ If we don’t improve prevention, we will never tackle the persistently high CVD mortality”**

# CV Prevention – the common denominator in cardiology

- Long-term efficacy / adherence
- Long-term safety of primary prevention
- Access to preventive treatment
- Urbanisation and associated lifestyle
- **Obesity, diabetes** → 21st century's epidemic



# New aspects in the 2021 CVD Prevention Guidelines



- Stepwise approach
- SCORE2 and SCORE-OP
- Age-specific risk thresholds
- Estimation of lifetime CVD risk
- Shared decision making
- Recommendations on environment
- Signaling potential cost issues

# Spring Summit topics

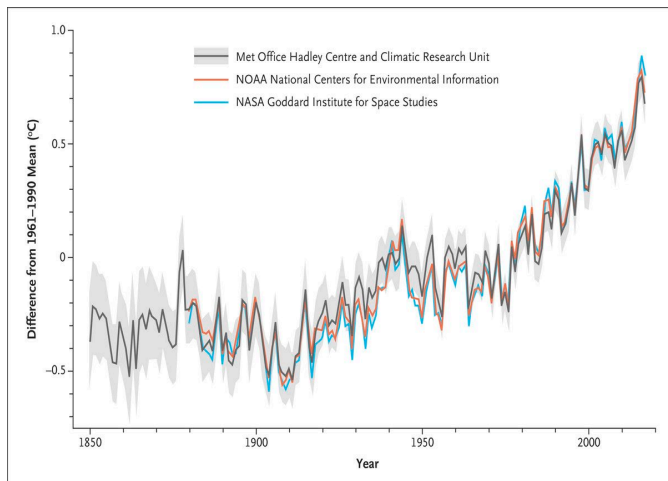
## 2- Environmental risk

- Increasing concern on planetary health
- Global societal issue
- What position can and should ESC take?



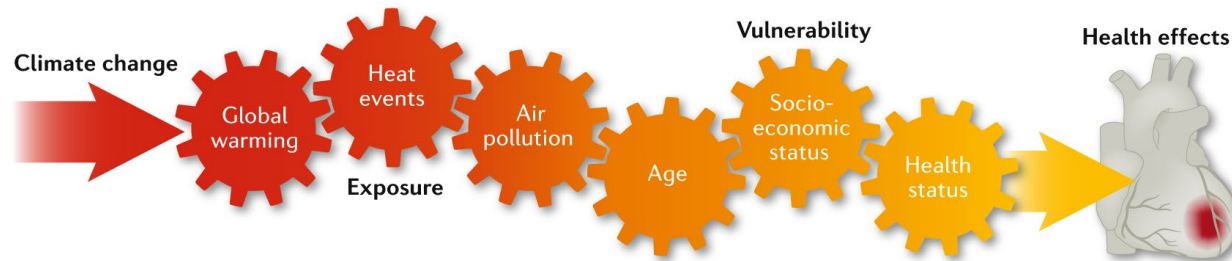
*Photo by Sergei Karpukhin, Reuters*

# Cardiovascular Risks of Climate Change

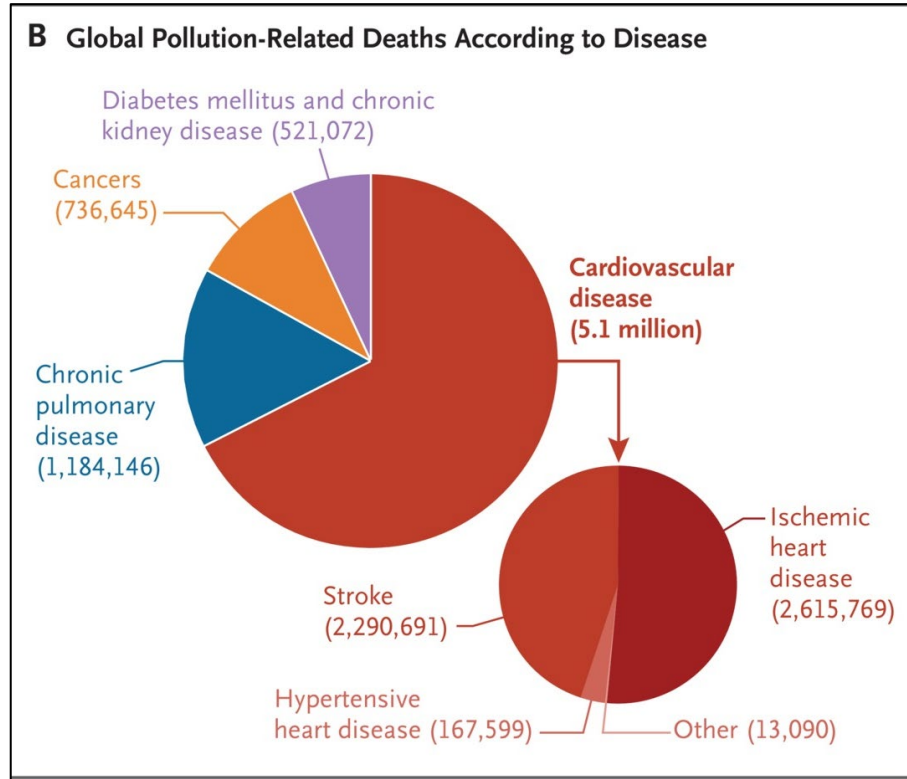


- The global mean surface temperature has increased by approximately 1°C since preindustrial times, with most of that increase (0.8°C) occurring since the 1970s

*Haines & Ebi, N Engl J Med 2019;380:263*



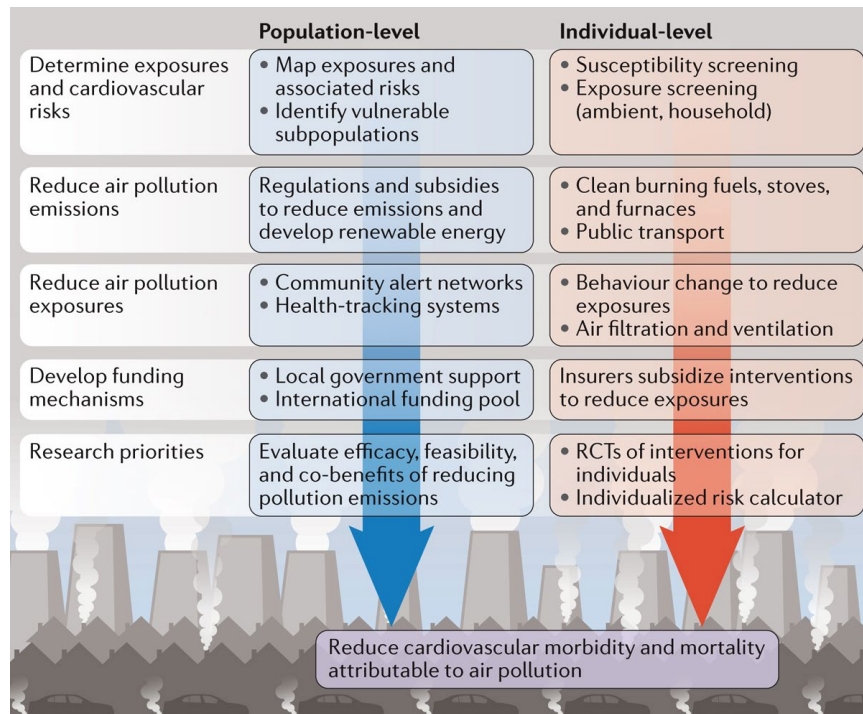
# Air Pollution and Cardiovascular Disease



Rajagopalan S, Landrigan PJ. N Engl J Med 2021;385:1881

- **3 billion people are exposed to household air pollution**
- This burden is shouldered mostly by **low- and middle-income countries**

# Approach to mitigating air pollution exposures and protecting cardiovascular health



**“This disease burden is an infringement on the human right to a healthy environment”**



# Spring Summit topics

## 3- Advocacy progress

- Cardiopolicy update
- EU and national CV Health plans
- Presentations of four National Cardiac Societies whose advocacy efforts have resulted in national cardiovascular health plans



## The ESC Strategic Plan 2023 – 2028 implementation and the actions that will ensue



### Future Scenarios

**Demographic Changes:** Ageing of the population and increased multimorbidity

**The Future of Cardiology:** Precision medicine through increasingly refined diagnostic and therapeutic options

**The Cardiologist of the Future:** Subspecialisation shapes the professional landscape in cardiovascular medicine

**Digital Health:** Digital tools, artificial intelligence and big data analytics play a prominent role in medicine and research

**Emphasis on the Patient Perspective:** The patient at the heart of all that we do/undue influence

**Societal Changes:** Evolving priorities and values include climate change and environmental sustainability, diversity and inclusivity, but also ethical conduct and freedom from bias and undue influence

# Spring Summit 2024: Addressing key elements of ESC Strategic Plan



**From recognition of the problem to concrete action**



A large, light red, curved arrow pointing from the bottom left towards the top right. Along its path, there are three red dots of increasing size, each with a label below it. The first dot is small and labeled "Prevention". The second dot is medium-sized and labeled "Environmental risk". The third dot is large and labeled "Cardiopolicy".

Prevention

Environmental risk

Cardiopolicy







**Alain Cribier 1945 - 2024**