

Resources for Patients:

Healthy-Heart.org

Cardiovascular disease is a common condition, accounting for 4 million deaths per year in Europe. Here you can find reliable information and practical advice to prevent cardiovascular disease, manage your health more effectively and live longer, more active lives.



Silvia Castelletti

Istituto Auxologico Italiano IRCCS , Milan



November 16th, 2019

Healthy-Heart.org – *Loci argumentorum*

Quis?

Who?

Quid?

What?

Quando?

When?

Ubi?

Where?

Cur?

Why?

Quis? *Who?*

Involving 46 doctors & healthcare professionals and 4 ESC Patient Forum members
Under the direction of the ESC, in collaboration with ACCA and ACNAP

Quid? *What?*

A patient web portal on Primary & Secondary Prevention, providing clear, reliable information and practical advice

Quando and Ubi? *When and Where?*

Launched in August 2019 during the ESC Congress (English version)

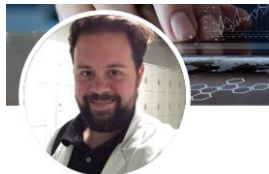
Cur? *Why?*

To build on awareness promotion among patients and the general public

Healthy-Heart.org – Who?

Coordinator

Konstantin Krychtiuk (ACCA)



Konstantin Krychtiuk

@krychtiukmd Follows you

Co-coordinator

Silvia Castelletti (EAPC)



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Contributors

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Healthy-Heart.org – *How?*

Based on patient suggestions and results from the e-learning studies

Further adjusted based on the countries review, the content of the similar US website and the sitemap of other associations similar websites

A patient focus group was involved to provide input on the proposal for the website

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Healthy-Heart.org – Who?

Three contributors and a reviewer for each chapter.

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All the contents have been reviewed by the coordinators (KK & SC) to look at harmonization and inconsistencies.

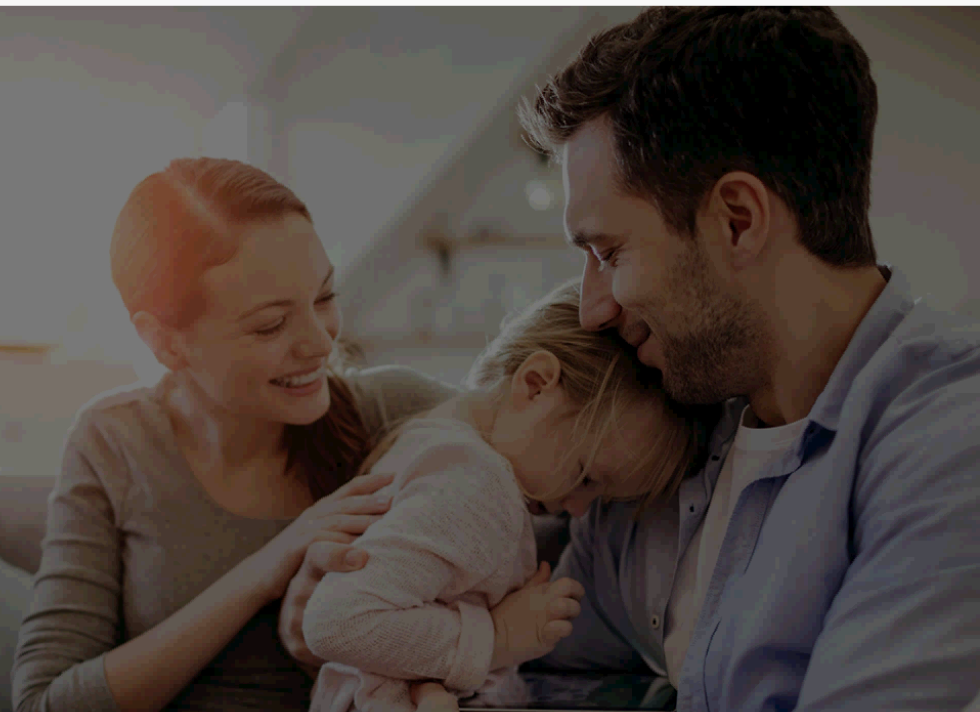
Feedback on the content was provided by the patients group

- Inga Drossart
- Dan Foldager
- Henrik Norrild
- James Ainslie

Thank you!

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Healthy-Heart.org – *How?*

Blood pressure

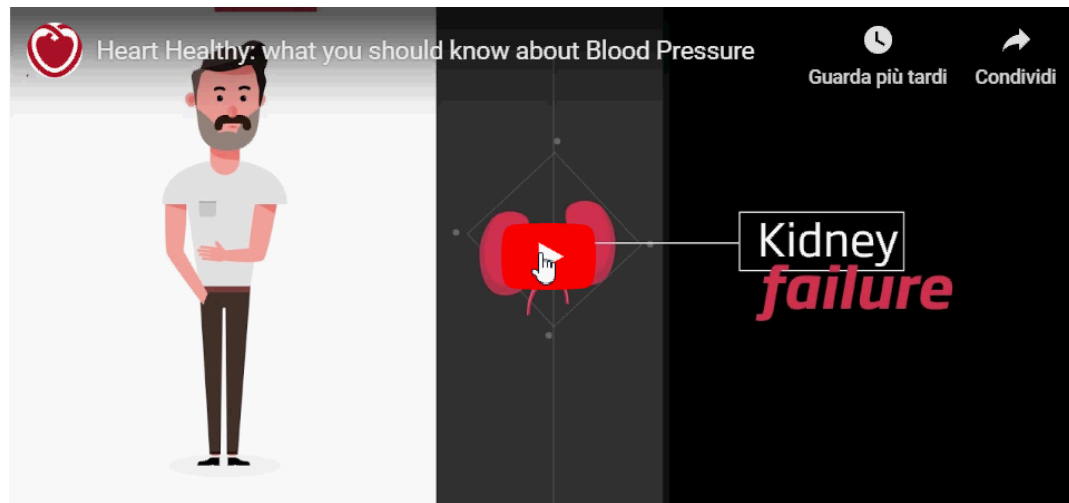
Diabetes

Lipids & cholesterol

Stress

Exercise&Physical activity

Medication adherence



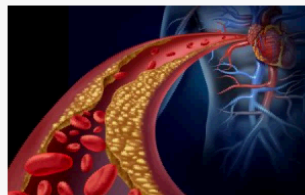
KEEP YOUR HEART HEALTHY



Blood pressure

Discover how blood moves around your body and how high blood pressure can impact your health.

[Read More](#)



Cholesterol

Cholesterol is the fat used by your body to build and maintain healthy cells. However, high levels of cholesterol can increase your risk of heart disease. Discover how.

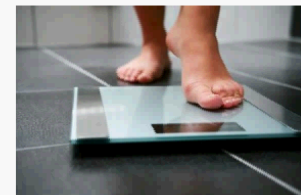
[Read More](#)



Diabetes

Find out how to prevent diabetes (high sugar levels in the blood), how the condition is diagnosed and the risks associated with it.

[Read More](#)



Keeping a healthy weight

Why is weight control an effective way to reduce risk of heart disease?

[Read More](#)

MONTHLY POLLS

What is the most important lifestyle advice to prevent a heart attack?

Smoking is the biggest modifiable risk factor for heart attacks in men and women. Even one cigarette a day increases the risk of a heart attack by 50%. Smoking and passive smoking cause almost one third of deaths from heart attack.

Stop smoking

66.19%

Exercise regularly

24.29%

Keep your weight down

5.24%

Decrease intake of salt

3.33%

Increase intake of fruits and vegetables

0.95%

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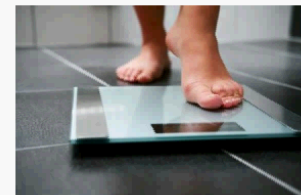
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 Nederlands

 Italiano

 Română

 Russian

 Português

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Thank You!

Healthy-Heart.org – *What next?*

Healthy-Heart.org – *What next?*

Disseminate the web patient portal and animations



Healthy-Heart.org – *What next?*

Disseminate the web patient portal and animations



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REGULAR
benefits

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Access to members directory