



HFA
Heart Failure
Association

Heart Failure Awareness Days 2019

Report from: (**GREECE**)

Name of reporter: Christina Chrysohoou,
Board Member of Hellenic Society of
Cardiology



ESC
European Society
of Cardiology

INFORMATION

- **Please fill in what you achieved during your Heart Failure Awareness Day event using the categories presented in the following slides:**
- **Public Event/Open clinic**
- **TV & radio coverage**
- **Newspaper & website coverage**
- **Printed material for patients**
- **Political Engagement**
- **Patient Engagement (patients had active role in the campaign)**
- **Please add text, photos, links etc to the presentation.**
- **We look forward to hearing from you!**

- In Greece the Heart Failure Awareness activities took place from 8th till the end of May.
- Six cities across the country (**Athens, Thessaloniki, Patras, Heraklion, Ioannina and Agrinio**) agreed to participate in this year's HF Days.
- The National Partner was the Hellenic Society of Cardiology.



Athens-Heart Failure Awareness Day

- Public events were organized in the aforementioned cities that took place on different dates in the month of May. The activities included information stands in the city centres, public lectures and health checks. Additionally, a brief questionnaire provided by the European Society of Cardiology (ESC) and translated in Greek was completed by citizens in order to assess their knowledge concerning Heart Failure and the major risk factors that contribute to the disease. (1000 questionnaires were collected and data are being analyzed)
- Athens: Dr Kanakakis (vice-President of HCS, Dr Christina Chrysohoou, Board member HCS, Dr George Lazaros, vice-President WG Cardiomyopathies, Dr Dimitris Karatzas, President WG of Heart Failure and Dr Tatiana Kitsiou (Education National Representative)





Patients' engagement

- **Patients with Heart Failure were invited to discuss their condition in the Press conference, organized by Hellenic Society of cardiology**
- **Open discussion with patients , with the patinets having the central role were organized Thessaloniki and Ioannina**

Open-Day clinic

- **Open day clinic for the whole week were taken place in Athens, Thessaloniki, Ioannina and Iraklion (Crete)**

Public events in Thessaloniki



*Information stands in different areas of
Thessaloniki (May 7th, 8th and 9th) and
completion of ESC questionnaire on Heart
Failure under the guidance of Prof
Vasilios Vasilikos, HCS Treasurer*

Public talks in different areas of Thessaloniki (May 7th, 8th and 9th) given by Dr Alexia Stavrati, Dr Konstantinos Polymeropoulos and Dr Ioannis Zarifis)



*Information stand in Agrinio and completion of ESC questionnaire on
Heart Failure under the guidance of Dr Nikolaos Matsas.*



Information stand in Ioannina *and completion of ESC questionnaire on Heart Failure under the guidance of HCS President Prof Ioannis Goudevenos and Prof Aikaterini Naka*



Information stand in Heraklion and completion of ESC questionnaire on Heart Failure under the guidance of Prof George Kochiadakis, HCS Secretary.



HFA
Heart Failure
Association



HoTWalk Athens 2019

On 27th of May the 3,2km HoTWalk was organized by the Heart Failure Association and the Hellenic Society of Cardiology. It took place at the Acropolis and Plaka area at the end of scientific activities of Heart Failure Congress that was held in Athens, from 25th to 28th of May 2019.

The tour was a great success with more of 450 participants and was open to the general public aiming to incite everyone to get active and enjoy walking at the historical center of Athens, combining health activity with sightseeing. Hundreds of Greek and foreign delegates and members of the general public had the opportunity to walk in the shadow of the Acropolis and take a magical trip through history



This year's **HoTWalk** will cover a distance of 3,2 km along Dionysiou Areopagitou Street, a pedestrianized street, adjacent to the south slope of the Acropolis in the Makrygianni district of Athens. It is named after Dionysius the Areopagite, the first Athenian convert to Christianity and patron saint of the city of Athens.

The street runs from east to west. It starts from Amalias Avenue near the Arch of Hadrian and ends near Philopappos Hill where it continues as Apostolou Pavlou Street, the rest of the pedestrian zone which goes around the archaeological site of the Acropolis and the Agora.

Interesting Sightseeing while strolling the pedestrian way of Dionysiou Areopagitou Street, Apostolou Pavlou Street to Thission and back:

Starting and Finishing point: Melina Mercouri' Statue

- 1/ Hadrian's Arch
- 2/ Theater of Dionysus
- 3/ Odeon of Herodes Atticus
- 4/ Acropolis of Athens
- 5/ Areopagus Hill
- 6/ Temple of Hephaestus
- 7/ Sanctuary of Zeus
- 8/ National Observatory of Athens
- 9/ The Pnyx
- 10/ St. Sophia's Church of Acropolis
- 11/ The new Acropolis Museum



Monday, May 27th 2019 @18:00
Pedestrian Way of Dionisiou Areopagitou str
FREE Participation
Meeting point: Melina Mercouri's Statue
Leoforos Vasilis Amalias 54, Athina 105 58

Walking is a medicine with no side effects and can save lives
 The Heart Failure Association of The European Cardiology Society in collaboration with the Hellenic Cardiology Society is organizing this year's HoT Walk of 3,2 km along Dionysiou Areopagitou Street, a pedestrianized street, adjacent to the south slope of the Acropolis of Athens. The street It starts from Amalias Avenue near the Arch of Hadrian and ends near Philopappos Hill where it continues as Apostolou Pavlou Street, the rest of the pedestrian zone which goes around the archaeological site of the Acropolis and the Agora
 This action is open to the general public and promotes the healthy results of simply walking not only to the patients suffering form heart failure but to the general population as well.





HFA
Heart Failure
Association



More photos and information about the HoTWalk 2019 in Athens can be found here: <http://hotwalk2019.gr/>



“Training my heart through getting to know my city” Walk in Thessaloniki



HFA
Heart Failure
Association

- On Monday, May 27th, 2019, a guided-tour/walk to the monuments of Thessaloniki took place called “Training my heart through getting to know my city” led by Board members of the Hellenic Society of Cardiology Prof. Vasilios Vasilikos and Dr. Konstantinos Mpakogiannis.





HFA
Heart Failure
Association



ESC

Press and Radio

- Furthermore, the following activities took place:
- TV and radio interviews of our members in all major local channels
- TV spot with the slogan “Act on Heart Failure” that major TV channels have agreed to promote
- Social media: creation of event on Facebook page of HCS cardiology society and sharing it through event supporters and local influencers.
- Press conference at the Hellenic Society of Cardiology headquarters
- Publication of articles prepared by members of the heart failure community in print and electronic media throughout the awareness week.

- <https://www.livemedia.gr/album/26458>
- <https://www.kathimerini.gr/1023065/article/ygeia/ygeia-epikairothta/megalo-pososto-twn-as8enwn-me-kardiakh-aneparkeia-den-gnwrizoyn-polla-gia-thn-pa8hsh-toys>
- <https://www.nextdeal.gr/epikairothta/ygeia/106605/kampania-enimerosis-ton-politon-gia-tin-kardiaki-aneparkeia-kai-tin>
- https://www.google.com/search?ei=bzYeXfmjOaqimwWBqJywAg&q=%CE%97%CE%BC%CE%B5%CF%81%CE%B1+%CE%BA%CE%B1%CF%81%CE%B4%CE%B9%CE%B1%CE%BA%CE%B7%CF%82+%CE%B1%CE%BD%CE%B5%CF%80%CE%AC%CF%81%CE%BA%CE%B5%CE%B9%CE%B1%CF%82+2019&oq=%CE%97%CE%BC%CE%B5%CF%81%CE%B1+%CE%BA%CE%B1%CF%81%CE%B4%CE%B9%CE%B1%CE%BA%CE%B7%CF%82+%CE%B1%CE%BD%CE%B5%CF%80%CE%AC%CF%81%CE%BA%CE%B5%CE%B9%CE%B1%CF%82+2019&gs_l=psy-ab.3..33i22i29i30i3.14717.15920..16708...0.0..0.172.768.0j5.....0....1..gws-wiz.....0i71j0i22i30.QejSO_MCMfk
- <https://www.iatronet.gr/eidiseis-nea/epistimi-zwi/news/50501/dia-vioy-kindynos-20-na-asthenisei-kapoios-apo-kardiaki-aneparkeia.html>
- <https://www.protothema.gr/ugeia/article/889030/me-kardiaki-aneparkeia-pano-apo-20000-ellines/>
- <https://www.protothema.gr/ugeia/article/889030/me-kardiaki-aneparkeia-pano-apo-20000-ellines/>

