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
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Healthy-Heart.org – *Loci argumentorum*

**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)

Co-coordinator
Silvia Castelletti (EAPC)

Contributors
Nicolle Kränkel, Paul Dendale, Mary Kerins, Ines Frederix, Flavio D’Ascenzi, Arne Janssen
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
Healthy-Heart.org

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Healthy-Heart.org – Who?

Three contributors and a reviewer for each chapter.

- Neil Angus
- Maria Bäck
- Ugo Corra
- Flavio D'Ascenzi
- Guy de Backer
- Tine de Backer
- Silvia Castelletti
- Mark Cobain
- Karen De Munck
- Paul Dendale
- Jannick A.N. Dorresteijn
- Ines Frederix
- Andreas Gevaert
- Ian Graham
- Dominique Hansen
- Jeroen Hendriks
- Stefan Höfer
- Kees Hovingh
- Tiny Jaarsma
- Arne Janssen
- Claire Kerins
- Mary Kerins
- Konstantin Krychtiuk
- Gerry Lee
- Sergio Leonardi
- Dassy Levy
- Carolina Lombardi
- Gabrielle McKee
- Alexandru Mischie
- Lis Neubeck
- Josef Niebauer
- Demosthenes Panagiotaros
- Gianfranco Parati
- Lene Pedersen
- Martino Pengo
- Massimo F Piepoli
- Eva Prescott
- Gabriele Riccardi
- Martijn Scherreberg
- Walter Speidl
- Izabella Uchmanowicz
- Frank Varedeyt
- Vass Vassiliou
- Monique Verschuren
- Frank L.J. Visseren
- Christiaan Vrints

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
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Healthy-Heart.org – How?

Blood pressure

Diabetes

Lipids & cholesterol

Stress

Exercise & Physical activity

Medication adherence
Healthy-Heart.org – How?

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
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%
KEEP YOUR HEART HEALTHY

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

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.

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Ana Abreu, Vincent Aengevaeren, Stefan Busnatu, Dan Gaita, Filipa Homem, Iulia Iura, Salvatore Novo, Oksana Sivakova, Olga Sokolova

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
Healthy-Heart.org

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Join the EAPC Community

Choose the membership that best suits your needs

- REGULAR benefits
  - Quarterly EAPC newsletter
  - Access to members directory

- IVORY benefits
  - Exclusive resources
  - Online courses
  - Congress & Journal Discounts
  - Voting rights
  - Members’ Lounge access

- SILVER benefits
  - EJPC Printed subscription
  - Online access to ESC Handbook and Textbook of Preventive Cardiology
  - Higher discounts

- GOLD benefits
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