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| ***Items*** | ***Requirements*** |
| **Lecture title** | **Cardiovascular disease prevention** |
| **Objectives** | Cardiovascular disease is the leading cause of mortality (number three in the world) and morbidity globally. Primary cardiovascular prevention consists in explaining cardiovascular risk factors and their impact pathological. |
| **Aim group** | Students of III, English |
| **Participants** | 30 |
| **Topics** | **One**. Epidemiology of Cardiovascular Diseases. Cardiovascular risk factors. Quantification of risk factors. **Two**. Principles lifestyle changes and management of risk factors related to lifestyle. Smoking cessation management. **Three**. Nutrition counseling. Management of obesity. Weight-risk relationship. **Four**. Management of arterial hipertension. **Five**. Management of dyslipidemia  **Six**. Management of metabolic syndrome.  **Seven**. Physical activity, exercise training. |
| **Bibliography** | 1. Braunwald's Heart Disease Practice Guidelines Access, 2015. 2. 2016 European Guidelines on cardiovascular disease prevention in clinical practice: The Sixth Joint Task Force of the ESC 3. 2019 Guidelines on Diabetes, Pre-Diabetes and Cardiovascular Diseases |
| **Competences (abilities acquired)** | The students will know to calculate risk SCORE, to prevent cardiovascular disease and promote a healthy lifestyle. |
| **Teaching methods and lecture notes** | Power-point presentation |
| **Responsable** | Associate prof. Maria-Magdalena Leon-Constantin |
| **Associated lecturer** | Prof. Dr. Florin Mitu  Lecturer Dr. Mihai Roca  Asist. Dr. Ovidiu Mitu  Asist. Dr. Radu Gavril  Asist. Dr. Alexandra Mastaleru  Asist. Dr. Alexandra Jitaru |
| **Keywords** | Cardiovascular disease, prevention. |

**OPTIONAL DISCIPLINES - OFFER**

**UNIVERSITY YEAR 2020-2021**