

August 2018 NIPC Alliance e-Bulletin

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5TH Annual National Prevention Conference

– **CALL FOR ABSTRACTS** *Poster Presentations*

Conference abstracts are invited for submission for our **National Prevention Conference**, which takes place on **Friday, 23rd November at the Johnstown Estate Hotel, Enfield, Co Meath**.

We welcome all abstracts giving details of clinical practice, projects, and research within cardiovascular prevention and rehabilitation. In line with our conference theme, submissions showcasing innovative examples of ‘**Prevention Matters – Making the Difference**’ within the field will be particularly welcome.

The best abstracts will be invited to submit their poster which will be featured in the poster exhibition area. There will be an award for the Best Poster presented at the close of the Conference.

Submission deadline is **Friday 28th September 2018**



For more info please visit our website [here](#)

HOT OFF THE PRESS!

The youngest smoke more

Data from the large EU research project ALEC showed that all age groups have experienced a decline in the numbers starting smoking since 1970, except for the age group 11 - 15 years old, especially during the last 10 years. The results showed that smoking increased most amongst young women in Western Europe, where 40 per 1000 start smoking every year, compared to 20 in 1970. For young men in Northern Europe, the numbers have remained relatively constant. Read [more](#)

Big-data study pinpoints more than 150 genes associated with atrial fibrillation

Drawing on genomic data from more than one million individuals, researchers from the University of Michigan have led a large collaborative effort to discover as-yet unknown genetic risk factors for atrial fibrillation. The increased understanding the study yields of the biological processes underlying atrial fibrillation could lead to better treatment and prevention. Read [more](#)

Compounds in 'monster' radish could help tame cardiovascular disease

In a study appearing in American Chemical Society's ' *Journal of Agricultural and Food Chemistry*, scientists report that compounds found in the Sakurajima Daikon, or 'monster' radish, could help protect coronary blood vessels and potentially prevent heart disease and stroke. The finding could lead to the discovery of similar substances in other vegetables and perhaps lead to new drug treatments. Read [more](#)

Rapid heart imaging technique may cut costs, boosting care in developing world

A newly developed rapid imaging protocol quickly and cheaply diagnosed heart ailments in patients in Peru, according to new research in *Journal of the American Heart Association*. In this study, researchers developed and tested a rapid CMR (Cardiac Magnetic Resonance) protocol using contrast dye that measured cardiac structure, function and scarring. The rapid diagnostics worked with existing infrastructure, took 18 minutes and cost \$150 per patient resulting in important changes in patient care. Read [more](#)

Experts warn of cardiovascular risk from heavy metal pollution

Even low doses of toxic chemicals in the environment pose a significant risk to cardiovascular health, according to a report in today's edition of *The BMJ*, led by researchers at the University of Cambridge. The researchers have also challenged the omission of environmental risk factors such as toxic metal contaminants in water and foods from the recent World Health Organization report on non-communicable diseases (NCDs). Read [more](#)

Drug could aid recovery after a heart attack

Drugs currently undergoing development to treat anaemia could be repurposed to help prevent people with Type 2 diabetes from developing heart failure, according to new research funded by the British Heart Foundation and Diabetes UK. Read [more](#)

HIGHLIGHTS FROM ESC CONGRESS 2018 - 25th to 29th August 2018

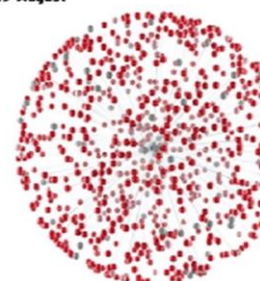
The European Society of Cardiology held their 2018 Congress over five days in Munich this year, showcasing latest clinical trials and breakthrough discoveries to almost 31,000 delegates from 150 countries. This year, Congress featured a new [Digital Health](#) area with live demonstrations of cutting-edge solutions and technologies.



Highlights from this year included:

- [Short and fragmented sleep linked to hardened arteries](#)
- [Study investigates major cause of heart attacks in women](#)
- [Few people at risk for heart disease understand food labels](#) – ***Presented by Clare Duffy, 2016/2017 NUIG MSc in Preventive Cardiology Graduate***
- [Jury still out on aspirin a day to prevent heart attack and stroke](#)
- [Too much of a good thing? Very high levels of “good” cholesterol may be harmful](#)
- [Low carbohydrate diets are unsafe and should be avoided](#)
- [Deep forehead wrinkles may signal a higher risk for cardiovascular mortality](#)

ESC Congress
Munich 2018
25-29 August



Where the world of
cardiology comes together



Presentations by expert speakers on *emerging digital health technologies* and *dietary controversies* will feature as part of our upcoming National Prevention Conference – click [here](#) for our conference flyer!

*****Free places are filling fast – book soon to avoid disappointment!*****

NIPC TRAINING AND EDUCATION EVENTS

Motivational Interviewing (Level 3) – **LAST PLACES REMAINING!**

Thursday 20th & Friday 21st September, Croí Heart & Stroke Centre, Galway

Equipping practitioners to optimise their skills in the strategic use of technical aspects of Motivational Interviewing. This course is designed for practitioners who already have an understanding and applied experience of MI technical and relational skills.

“Demystifying the ECG” Workshop- **WAITING LIST IN PLACE!**

Saturday 20th October, Croí Heart & Stroke Centre, Galway

This one-day workshop addresses the needs of primary care nurses and doctors, hospital based nurses, private and public, paramedics and other allied healthcare professionals who encounter ECG monitoring and traces. It aims to be as interactive as possible with participants encouraged to bring along ECGs for discussion. The course assumes no knowledge of ECG and is an excellent foundation course in ECG and rhythm recognition.

Motivational Interviewing (Level 1)

Thursday 24th & Friday 25th January 2019, Croí Heart & Stroke Centre, Galway

This two-day course aims to equip you to confidently and successfully support patients with complex lifestyle behaviour change. It is practically focussed and introduces participants to the use of MI in primary care and health behaviour change settings.



How Can We Meet Your Training Needs? – Have Your Say!

We would like to invite interested participants to take part in a survey to inform our Training & Education portfolio into the future. If you would like to take part please contact info@nipc.ie and we will be in touch with you directly to obtain your feedback. We look forward to hearing from you!



The NIPC was established by Croí and is an affiliate of NUI Galway

To contact NIPC: Tel: +353 (0)91893299 Website: www.nipc.ie

To unsubscribe from our mailing list please contact us at info@nipc.ie

Your privacy is really important to us and we are committed to ensuring that your personal information is protected and never misused. We will continue to give you an opportunity to manage your preferences about receiving communications each time we contact you. The NIPC is the controller of your personal data which means that we are responsible for how your personal data is collected, used and protected. We respect your personal data and take great care to ensure security and confidentiality are maintained at all times. Please note that the NIPC will not share your data with a third party without your permission.