

March 2019 NIPC Alliance e-Bulletin

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NEW INTERNATIONAL GUIDELINES ON DAILY ASPIRIN USE FOR PREVENTION OF HEART ATTACK



Research & Medical Director of NIPC, **Professor Bill McEvoy**, led the evaluation of studies on aspirin use for the joint 2019 American College of Cardiology/American Heart Association Guidelines on the Primary Prevention of Cardiovascular Disease, which were published on 17th March.

These new guidelines suggest that aspirin should not be prescribed to most adults who are in good cardiovascular health and that the risk of internal bleeding often outweighs the benefit.

You can access the guidelines [here](#)

Prof McEvoy will also be speaking at our upcoming Hypertension Masterclass on Friday, 17th May at the Croí Heart & Stroke Centre along with other speakers such as -

- **Prof Eoin O'Brien – Ambulatory Blood Pressure Monitoring**
 - **Dr Conall Denney – Secondary Hypertension**
 - **Dr Gerry Molloy – The Psychology of Hypertension**
- **Dr David Lappin / Prof Andrew Smyth – Blood Pressure and the Kidney**

For more information and to book your place click [here](#)

HOT OFF THE PRESS!

Artificial intelligence (AI) can predict premature death, study finds

Computers that are capable of teaching themselves to predict premature death could greatly improve preventive healthcare in the future, suggests a new study by experts at the University of Nottingham. The team of healthcare data scientists and doctors have developed and tested a system of computer-based 'machine learning' algorithms to predict the risk of early death due to chronic disease in a large middle-aged population. They found this AI system was very accurate in its predictions and performed better than the current standard approach to prediction developed by human experts. The study is published by *PLOS ONE* in a special collections edition of "*Machine Learning in Health and Biomedicine*". Read [more](#)

Air pollution causes 800,000 extra deaths a year in Europe and 8.8 million worldwide

Air pollution could be causing double the number of excess deaths a year in Europe than has been estimated previously, according to a study published in the *European Heart Journal* last month. Using a new method of modelling the effects of various sources of outdoor air pollution on death rates, the researchers found that it caused an estimated 790,000 extra deaths in the whole of Europe in 2015 and 659,000 deaths in the 28 Member States of the European Union (EU-28). Of these deaths, between 40-80% were due to cardiovascular diseases (CVD), such as heart attacks and stroke. Air pollution caused twice as many deaths from CVD as from respiratory diseases. Read [more](#)

Mentally tiring work may increase diabetes risk in women

Women who find their jobs mentally tiring are more likely to develop type 2 diabetes, according to a study published in the *European Journal of Endocrinology*. The study findings suggest that mentally draining work, such as teaching, may increase the risk of diabetes in women. This suggests that employers and women should be more aware of the potential health risks associated with mentally tiring work. Read [more](#)

Sugary drinks may be associated with an increased risk of death from cardiovascular diseases

Frequently drinking sugar-sweetened drinks was associated with an increased risk of death from cardiovascular diseases and, to a lesser extent, cancers, according to new research in the American Heart Association's journal *Circulation*. Among study participants the risk of death rose as people drank more sugar-sweetened drinks. In addition, substituting one sugary drink a day with an artificially sweetened drink was associated with a slightly lower risk of dying, but drinking four or more artificially sweetened drinks a day was associated with a higher risk of death among women. Read [more](#)

New video game-led training device helping stroke survivors move again

Severely impaired stroke survivors are regaining function in their arms after sometimes decades of immobility, thanks to a new video game-led training device invented by Northwestern University Chicago's Medicine scientists. When integrated with a customised video game, the device, called a myoelectric computer interface (MyoCI), helped retrain stroke survivors' arm muscles into moving more normally. Most of the 32 study participants experienced increased arm mobility and reduced arm stiffness while they were using the training interface. Most participants retained their arm function a month after finishing the training. Read [more](#)

NIPC TRAINING AND EDUCATION EVENTS

“Demystifying the ECG” Workshop

Saturday 27th April, 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.

Hypertension Masterclass

Friday 17th May, Croí Heart & Stroke Centre, Galway

One-day Masterclass event featuring practical presentations from national experts designed to equip front-line healthcare professionals in the everyday management of hypertension.

Motivational Interviewing (Level 1)

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

OR

Thursday 26th & Friday 27th September, 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.

Motivational Interviewing (Level 2)

Thursday 28th November & Friday 29th November, Croí Heart & Stroke Centre, Galway

Building on the introductory level 1 course to further extend practitioner skills in Motivational Interviewing in the context of behaviour change.

For more info or to register your place click [here](#)

DATE FOR YOUR DIARY!

2019 National Prevention Conference

Friday 22nd November, Johnstown Estate Hotel, Enfield, Co Meath

More details coming soon!

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.