

## **Section I: Cardiovascular Disease**

### **Chapter 1: Current views on the burden of cardiovascular disease**

*M. Volpe*

## **Section II: Cardiovascular Prevention**

### **CHAPTER 2: Strategy of interventions and targets at individual and population levels**

*M. Volpe*

### **CHAPTER 3: Cardiovascular prevention in children and adolescents**

*S. Bellone, C Partenope*

## **Section III: Cardiovascular Risk Factors: Assessment and Identification**

### **CHAPTER 4: Non modifiable risk factors**

#### **4.1- Age**

*G. Nati*

#### **4.2- Gender**

*E. Lodi, M.L. Poli, M. G. Modena*

#### **4.3- Genetics**

*S. Rubattu*

### **CHAPTER 5: Modifiable-Risk factors**

#### **5.1- High blood pressure**

*G. Nardoianni, G. Tocci*

#### **5.2- High cholesterol levels**

*V. Bianconi, M.R. Mannarino, M. Pirro*

#### **5.3:Smoking**

*C. Ferri, G. Baldini*

#### **5.4- Diabetes**

*S. Gugliandolo, A. Giaccari, F. Cinti*

### **CHAPTER 6: Additional and emerging risk factors**

## **6.1- Body Weight**

*C. Savoia*

## **6.2- Low HDL-Cholesterol**

*M.R. Mannarino, V. Bianconi, M. Pirro*

## - **6.3- Hypertriglyceridemia**

*M. Bertolotti*

## - **6.4- Lipoprotein(a)**

*M. Pirro, M.R. Mannarino, V. Bianconi*

## - **6.5- Inflammation**

*G. Liuzzo, D. Pedicino, A. d'Aiello*

## - **6.6- Uric acid and gout**

*C. Borghi, F Piani*

## - **6.7- Non-adherence to therapies**

*E. Ettorre, G. Cecchini, G. Desideri*

## - **6.8- Viral Infections**

*A. Battistoni*

## - **6.9- Air pollution and climate change**

*A. V. Mattioli, S. Sciomer*

## - **6.10- Antineoplastic therapy**

*P. Ameri, A. Battistoni, A. Minghini, L. Piras*

## **CHAPTER 7: Subclinical Organ Damage**

*D. Rizzoni*

## **7.1- Heart**

*M. L. Muiesan, C. Agabiti Rosei, M. Lemoli, G. Buso*

## **7.2- Vessels**

*M. Salvetti, A. Paini, G. Buso, C. Agabiti Rosei, C. De Ciuceis*

### **7.3- Kidneys**

*R. Pontremoli, G Leoncini*

### **7.4- Liver**

*C. Savoia*

## **CHAPTER 8: Stratification of Cardiovascular Risk in Practice**

*G. Gallo*

## **CHAPTER 9: Individual Genetic Assessment for analyzing the risk of cardiovascular diseases**

*G.L. Condorelli*

### **Section IV: Cardiovascular Prevention:**

## **CHAPTER 10: Clinical approach to cardiovascular prevention in the general practice**

*M. Petino*

## **CHAPTER 11: Prevention of cardiovascular risk factors in children and adolescents**

*S. Bellone, C Partenope*

## **CHAPTER 12: Non pharmacological interventions**

### **12.1- Dietary interventions**

*R. Volpe*

### **12.2- Physical activity and exercise**

*M. L. Poli, M.G. Modena, E. Lodi*

### **12.3- The Practice of Sport in Cardiovascular Prevention**

*A. Biffi, S. Palmeri, L. De Martino, F. Fernando*

### **12.4- Quit smoking**

*C. Ferri, L. Ferri*

## **CHAPTER 13: Pharmacological interventions**

### **13.1- Antihypertensive therapies**

*G. Nardoiani, G. Tocci*

### **13.2- Lipid-lowering drug therapies**

*S. A. Di Fusco, G. Marino, F. Colivicchi*

### **13.3- Hypolipidemic drugs: New interventions**

*N. Ferri, A. Corsini*

### **13.4- Diabetes**

*C. Morciano, A. Giaccari, F. Cinti*

### **13.5- Antiplatelet drugs**

*C. Patrono*

### **13.6- Antiobesity drugs**

*D. Pedicino, A. d'Aiello*

## **CHAPTER 14: Secondary Prevention**

*C. Morisco, A. Bellis, C. Mauro, B. Trimarco*

## **CHAPTER 15: Tertiary Prevention and Rehabilitation**

*M. Volterrani*