

## **WHF/ISCP Plenary Session: “Global Cardiovascular Risk Management to Achieve 25 by 25”**

Held on May 26, 2018

23<sup>rd</sup> Annual Scientific Meeting of the International Society of Cardiovascular Pharmacotherapy (ISCP)

### **PROGRAM**

#### **Chairs and Modulators**

Jean-Luc Eiselé, CEO, World Heart Federation

Koji Hasegawa, President, ISCP

#### **Opening Remarks**

Chuichi Kawai, Past President of World Heart Federation

#### **Speakers and Discussants**

Katsuyuki Miura, Shiga, Japan

“Global Epidemiology in Cardiovascular Risk Factors”

Alvaro S. Liprandi, Argentina

“Roadmaps to Achieve ‘25 by 25’ –Global and Regional Coalitions–”

Shinji Koba, Tokyo, Japan

“The Role of Exercise for Cardiovascular Prevention”

Maki Komiyama, Kyoto, Japan

“Smoking and depression in Cardiovascular Disease”

Edgardo Escobar, Chile

“Telemedicine to Reduce Mortality in Heart Attacks”

### **SUMMARY**

Management of risk factors is fundamental to reduce cardiovascular death in the world. Obesity is tremendously increasing all over the world, and smoking rate is still very high especially of men in the Eastern Asia. Stronger politics against these risk factors by governments as well as more education of patients by medical workers are required. While pharmacotherapy plays a central role for the control of hypertension, dyslipidemia and diabetes, a significant number of patients are low in adherence to the medical drug. Low adherence is connected with depressive mood of patients. Exercise will be beneficial to improve such psychological status as well as vascular function. Finally, application of telemedicine is useful in emergent coronary care and in areas with poor medical access. Increases in the awareness and motivation of medical physicians and co-workers are crucial to achieve ‘25 by 25’.