

The assessment of cardiovascular risk for primary prevention in the Italian adult population

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**Stellingen behorende bij het proefschrift
van CHIARA DONFRANCESCO**

**“THE ASSESSMENT OF CARDIOVASCULAR RISK
FOR PRIMARY PREVENTION
IN THE ITALIAN ADULT POPULATION”**

Maastricht, 28th of February 2013

1. Charts and scores are just tools. They can assist in risk assessment and management but must be interpreted in the light of the clinician’s knowledge and experience.
2. Risk equations should be periodically updated through enrolment and follow-up of new cohorts in order to make it a widely usable preventive tool in public health.
3. The perception of cardiovascular risk is problematic for all patients, especially for younger people and women who generally have low probability of developing cardiovascular diseases over the following 10 years.
4. With most CHD-CVD accounted for by the established major risk factors (adverse lifestyles, particularly adverse eating patterns, smoking, and sedentary habits) and lifestyle-dependent traits (dyslipidemia, prehypertension/hypertension, overweight/obesity, and diabetes), it is unlikely that the search for new risk factors can find much. [*Jeremiah Stamler*].
5. In order to attempt to control the determinants of incidence, society should mainly create health-supporting environments, thereby also making healthy choices easier choices.
6. Prevention strategies of chronic diseases, to be fully effective, should address the whole population, not only those at high risk, by reducing risk factors values in those who are still not high risk and by keeping risk factors at a favourable level over lifetime in those at low risk.
7. The “Mediterranean way” described by Ancel and Margaret Keys (... a hearty dish of beans and short lengths of macaroni; lots of bread... never served with any kind of spread; great quantities of fresh vegetable; a modest portion of meat or fish perhaps twice a week; wine...; always fresh fruits for dessert...) is not any more the Mediterranean eating style of 21^o century.
8. Researchers commonly use statistics for supporting their pet hypotheses rather than for investigating reality.
9. The feeling after finishing a demanding job, such as a thesis, has been well phrased by Dante Alighieri: “Thence we came forth to behold the stars”. [*Dante Alighieri, Divina Commedia, Inferno XXXIV, 139*].