



HORIZON 2020

PHC-26-2014

Self management of health and disease: citizen engagement and mHealth

Grant agreement number: 643694

Project Title:

**A co-operative mHEALTH environment targeting adherence and management of patients suffering from
Heart Failure**



Newsletter Digest

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Activity and exercise

https://www.facebook.com/permalink.php?story_fbid=1085193328277540&id=605460052917539

Did you know the positive effects of mild physical activity in people suffering Heart Failure? This article provides some tips on this issue!

FORTH is participating in the EMBC conference held in Korea

https://www.facebook.com/permalink.php?story_fbid=1089481394515400&id=605460052917539

The team had the opportunity to present the new findings related to the employment of data mining techniques for estimating the HF patient status using saliva biomarkers.

An abstract submitted by UNIPi will be presented in the EuroEcho-Imaging Congress in Lisbon in December

<https://www.facebook.com/605460052917539/photos/a.605462249583986.1073741827.605460052917539/1092548920875314/>

The EuroEcho-Imaging congress is the world's largest cardiovascular imaging congress. This congress attracted over 3 230 attendees from 90 countries last year and is the place to be to meet with world renowned global experts in the field of cardiovascular imaging. EuroEcho-Imaging is the annual congress of the EACVI, representing members around the world.

Keep your heart healthy now and your brain will benefit later

<https://www.facebook.com/605460052917539/photos/a.605462249583986.1073741827.605460052917539/1095294820600724/>

According to a new study people who take good care of their hearts in their twenties have better brain health by the time they reach middle age!

11 heart failure facts cardiologists want you to know

https://www.facebook.com/permalink.php?story_fbid=1112232708906935&id=605460052917539

Did you know that there are 11 Heart Failure facts you should know about the cardiovascular condition? Have a look at this interesting article!

Next HEARTEN Consortium meeting is approaching

https://www.facebook.com/permalink.php?story_fbid=1116577278472478&id=605460052917539

It will be held in Cagliari (Italy) on 4th and 5th September in the wonderful scenario of the "ex Manifattura Tabacchi" in the heart of the city centre. It will be an important meeting to give the final sprint to the project activities.

7 numbers you should know for your heart

https://www.facebook.com/permalink.php?story_fbid=1117436281719911&id=605460052917539

Did you know that health measurements like BMI and cholesterol levels can also provide clues to your heart health? Find information on the seven critical numbers that can serve as major clues to your health in this article!

Drug aimed at inflammation may lower risk of heart disease and cancer

https://www.facebook.com/permalink.php?story_fbid=1119287501534789&id=605460052917539

A drug that fights inflammation can reduce the risk of heart attacks and strokes, and possibly lung cancer, in people who have already had one heart attack and are at high risk for another, a new study finds.

Is HEARTEN KMS able to detect adverse events?

https://www.facebook.com/permalink.php?story_fbid=1119291068201099&id=605460052917539

Our recent study submitted in the BIBE conference has revealed that the exploitation of saliva and breath biomarkers and other physiological data can accurately predict adverse events on the basis of home based measurements and revolutionize HF management.

“Multiplicative” Benefit of Cholesterol and Blood Pressure-Lowering on Cardiovascular Risk

https://www.facebook.com/permalink.php?story_fbid=1121267701336769&id=605460052917539

Our recent study submitted in the BIBE conference has revealed that the exploitation of saliva and breath biomarkers and other physiological data can accurately predict adverse events on the basis of home based measurements and revolutionize HF management.

XXVI Congresso Nazionale della Società Chimica Italiana (SCI), 10–14 September 2017, Paestum, Salerno (Italy)

https://www.facebook.com/permalink.php?story_fbid=1128072613989611&id=605460052917539

UNIFI team is presenting the HEARTEN Project explaining the preliminary results on the "Determination of volatile organic compounds in exhaled breath of heart failure patients by Needle Trap Micro-Extraction coupled to GC-MS/MS".

Too much salt may double your chances of heart failure

https://www.facebook.com/permalink.php?story_fbid=1128538697276336&id=605460052917539

Sodium helps the body perform a range of biological functions, so a little salt in our diet can be healthful. But too much salt is known to be bad for our cardiovascular system. In fact, a new study suggests it may even double our risk of heart failure.

The evolution of mHealth solutions for Heart Failure Management

<https://www.facebook.com/605460052917539/photos/a.605462249583986.1073741827.605460052917539/1130813350382204/?type=3>

Chapter in Book titled: “Heart Failure: From Research to Clinical Practice”.