



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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Can we reduce hospitalisations for Heart Failure patients?

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FORTH has attended this Cardiovascular Symposium on HF management where we had the opportunity to come in contact with several experts in the field of Heart Failure and present the HEARTEN platform.

Heart study finds another reason not to skip breakfast

https://www.facebook.com/permalink.php?story_fbid=1145214722275400&id=605460052917539

Middle-aged adults who routinely skip breakfast are more likely to have clogged heart arteries than those who enjoy a big morning meal, a new study finds. The findings are the latest to link breakfast to better heart health.

Determination of volatile organic compounds in exhaled breath of heart failure patients by needle trap micro-extraction coupled with gas chromatography-tandem mass spectrometry

<https://www.facebook.com/605460052917539/photos/a.605462249583986.1073741827.605460052917539/1150037321793140/?type=3>

The UNIPi manuscript on the "Determination of volatile organic compounds in exhaled breath of heart failure patients by needle trap micro-extraction coupled with gas chromatography-tandem mass spectrometry" was accepted by the Journal of Breath Research and it is already available.

HEARTEN in Bibe conference

https://www.facebook.com/permalink.php?story_fbid=1150649148398624&id=605460052917539

FORTH presented a machine learning based method for the prediction of adverse events (mortality and relapses) in patients with heart failure (HF) by exploiting, for the first time, measurements of breath and saliva biomarkers (Tumor Necrosis Factor Alpha, Cortisol and Acetone).

HBP numbers 60

<https://www.facebook.com/AmericanHeart/posts/10155150379676139>

The consequences of high blood pressure are far from invisible. With the help of your doctor, you can create a treatment plan to reduce your risk of heart attack, stroke and heart failure.

Expression of epicardial adipose tissue thermogenic genes in patients with reduced and preserved ejection fraction heart failure

https://www.facebook.com/permalink.php?story_fbid=1159451227518416&id=605460052917539

A group of researchers of the Virgen de la Victoria University Clinical Hospital of Malaga, Spain, has participated in a research that reveals how heart adipose tissue is a protective agent against heart failure, which is a new step in its treatment and prevention.

Plant-based diet associated with less heart failure risk

https://www.facebook.com/permalink.php?story_fbid=1161666167296922&id=605460052917539

Good nutrition is essential for managing HF! New research presented at the American Heart Association's Scientific Sessions 2017 suggests that people who eat plant-based diets — including leafy greens, fruits, beans and whole grains - are less likely to develop heart failure.

The high cost of heart failure

https://www.facebook.com/permalink.php?story_fbid=1165434273586778&id=605460052917539

HF patients represent 3.8 percent of health expenses in Spain. According to this recent article of the Cardiovascular Group of the Spanish Society of Family Practitioners of Spain, the quality of life of patients with heart failure is even worse than that of diabetic and dialysis patients.

HEARTEN platform - Integrating HEARTEN into the EHR Ecosystem of the Andalusian Health Public System

https://www.facebook.com/permalink.php?story_fbid=1172644339532438&id=605460052917539

HEARTEN project aims to develop and validate a collaborative mHealth application that engages all actors related to the management of Heart Failure disease, enables the patients to achieve sustainable behaviour change regarding their adherence, and improve patients' quality of life. As part of this project, an interoperability and dashboard tool has been developed in order to integrate HEARTEN with the Electronic Health Record Ecosystem of Andalusian Health Public System (AHPS) under the pilot site of Virgen del Rocío University Hospital (Seville, Spain).