



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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HEARTEN Project

https://www.facebook.com/permalink.php?story_fbid=610309999099211&id=605460052917539

Welcome to Hearten | A co-operative mHealth environment targeting adherence and management of patients suffering from Heart Failure (HF).

HEARTEN will warn patients when they risk heart failure

https://www.facebook.com/permalink.php?story_fbid=652386281558249&id=605460052917539

A new EU-funded project will monitor breath, saliva and other symptoms of heart failure (HF) and send smartphone alerts to HF patients every time they find themselves in a critical situation.

Technology helps patients' battle heart failure

https://www.facebook.com/permalink.php?story_fbid=656200037843540&id=605460052917539

BIOAXIS Healthcare Ltd, a recognized EU patient adherence expert, announced that its' Portuguese subsidiary Caredome Patient Support and Healthcare Solutions will play a contributing role to a novel cooperative strategy focused on the mHEALTH environment, targeting patients suffering from heart failure, with the goal of achieving improved patient adherence & patient management.

Hearten, an app to help in the treatment of heart failure

https://www.facebook.com/permalink.php?story_fbid=671181073012103&id=605460052917539

Hearten is a project funded by the European Commission aimed at developing devices and apps for tablets and mobile phones, in order to help heart failure patients and sanitarian professionals to improve adherence to therapy.

27 ways to stop being so salty

https://www.facebook.com/permalink.php?story_fbid=674367872693423&id=605460052917539

Most of us are. Sodium, the chemical element in salt, is literally everywhere — including our bodies. It's an essential nutrient, which we must replenish like any other vitamin or mineral. We need sodium to survive, so there is no such thing as a sodium-free diet. That would kill you.

Diet and heart failure

https://www.facebook.com/permalink.php?story_fbid=690588094404734&id=605460052917539

Eating a healthy diet may reduce your symptoms of heart failure. A registered dietitian can provide in-depth, personalized nutrition info and help you start an action plan.

The American Heart Association's diet and lifestyle recommendations

https://www.facebook.com/permalink.php?story_fbid=690588154404728&id=605460052917539

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Nutrition in heart failure: an update

https://www.facebook.com/permalink.php?story_fbid=690588341071376&id=605460052917539

Chronic heart failure (CHF) is increasingly recognized as a multisystem disease with important comorbidities such as anemia, insulin resistance, autonomic dysbalance, or cardiac cachexia.

Dietary sodium intake in heart failure

https://www.facebook.com/permalink.php?story_fbid=690588441071366&id=605460052917539

Dietary sodium restriction is arguably the most frequent self-care behavior recommended to patients with heart failure (HF) and is endorsed by all HF guidelines. However, the data on which this recommendation is drawn are modest, and the limited trials conducted have produced inconsistent findings.

AHA, Aramark join on meals initiative

https://www.facebook.com/permalink.php?story_fbid=705953469534863&id=605460052917539

Aramark, the largest U.S.-based food service provider, has joined with the American Heart Association on a five-year initiative to make the meals it serves healthier. Changes will impact more than 2 billion meals served each year at schools, businesses, sports venues and elsewhere

Getting active

https://www.facebook.com/permalink.php?story_fbid=720195158110694&id=605460052917539

Getting active is easier than you think! Let the American Heart Association help with these tips!

Lowering blood pressure - A 15 minute heart cure

https://www.facebook.com/permalink.php?story_fbid=720195308110679&id=605460052917539

Discover these simple dietary secrets that are effective in lowering your blood pressure in 15 minutes.

Vegetables that Lower blood pressure

https://www.facebook.com/permalink.php?story_fbid=720195328110677&id=605460052917539

Which vegetables lower your blood pressure? This is a question that many people ask who want to see if they can control their blood pressure through diet before they start taking medication.

Physical activity and heart failure risk in men

https://www.facebook.com/permalink.php?story_fbid=723491004447776&id=605460052917539

Is total physical activity, as well as different types of physical activity, associated with heart failure (HF) risk?

Heart failure in type 1 diabetes: frequent, forgotten and fatal

https://www.facebook.com/permalink.php?story_fbid=723491054447771&id=605460052917539

People with type 1 diabetes have a substantially increased risk of heart failure, according to a Swedish study published online September 18 in Lancet Diabetes & Endocrinology.

Cardiorenal function in heart failure - American College of Cardiology

https://www.facebook.com/permalink.php?story_fbid=723491161114427&id=605460052917539

What are the changes in kidney function in combination with dynamic changes in N-terminal pro-B-type natriuretic peptide (NT-proBNP) when hospitalized for acute decompensated heart failure (ADHF)?.

Blood pressure study: Lower is better

https://www.facebook.com/permalink.php?story_fbid=720195254777351&id=605460052917539

Lower may be better when treating high blood pressure, federal health officials said Friday when announcing they were ending a major study more than a year early due to “potentially lifesaving information.”

A preliminary presentation of a mobile co-operative platform for Heart Failure self-management

<https://www.facebook.com/605460052917539/photos/a.605462249583986.1073741827.605460052917539/741381609325382/>

The engagement of the HF patient and all actors related to his/her disease management is critical for empowering the patients in achieving sustainable behaviour change, regarding their adherence and compliance. To address this, the concept and the architecture of a mobile co-operative platform are described. The design and development is based on a multi-stakeholder patient centered mHealth ecosystem for HF patients that will facilitate the collaboration of multidisciplinary actors.

Poster presentation by UNIPi at IABR's 10th anniversary conference

<https://www.facebook.com/605460052917539/photos/a.605462249583986.1073741827.605460052917539/741382742658602/>

Poster presentation by UNIPi at IABR's 10th anniversary conference: “A co-operative mhealth environment targeting adherence and management of patients suffering from heart failure”.

Publication in Journal of Breath Research

<https://www.facebook.com/605460052917539/photos/a.605462249583986.1073741827.605460052917539/741384042658472/>

Publication in Journal of Breath Research: “Instant effects of changing body positions on compositions of exhaled breath”.

A patient's guide to living confidently with chronic heart failure

https://www.facebook.com/permalink.php?story_fbid=745590008904542&id=605460052917539

Chronic heart failure (CHF) refers to the ongoing condition of your heart's inability to pump sufficient blood to meet your body's demands. The name of any medical condition that includes the word failure can be intimidating, particularly when it concerns your heart.