On this edition of  
our newsletter:

- CVD and Covid-19
- The Cartesian project and Cyprus' participation
- FH Awareness week campaign
- Webinar on Vascular Ageing
- DEpICT project and updates
- World Bioethics Day 19 October



### Cardiovascular diseases and Covid-19

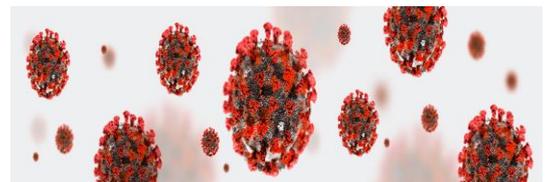
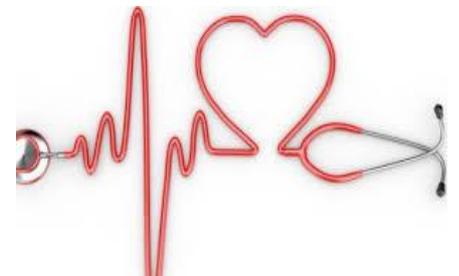
With the world still trying to recover from the physical, mental, psychological, and economical effects of Covid-19, and while still having a plethora of questions unanswered; a few things remain true from what we have seen so far.

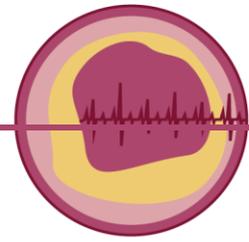
Firstly, as contagious as the virus is, it's important to remember that most people will recover from Covid-19 infection. The aim is to support and empower individuals to make the most informed medical choices.

Secondly, while this is a respiratory virus, the association between Covid-19 and the effects on cardiac health are significant and may include heart attack, myocarditis (inflammation of the heart muscle), arrhythmias (heart rhythm disturbances) and blood clots.

Particularly for those more vulnerable, or with underlying medical conditions the following are advised:

- Follow the guidelines on social distancing, hand washing frequently and wearing a mask when in public.
- Stay in contact with your healthcare provider and continue taking medication normally without interruption.
- Continue to stay active and eat healthily.
- Stay in contact with family and friends, as mental and psychological health can also have an impact on physical well-being.
- If you think you may be experiencing symptoms of the disease, contact your healthcare provider immediately.





News and highlights update from the CVEG Research Lab

## Cyprus' participation in the Cartesian Study: CARTESIAN-CY

To understand the long-term vascular consequences of the novel virus that appeared in 2019, the ARTERY association has set up the CARTESIAN project. With more than 52 centers across 25 countries and approval from Bioethics Committees, the project aims to examine if Covid-19 is associated with cardiometabolic alterations and accelerated vascular ageing, and secondly if vascular ageing is further accelerated as a function of Covid-19 severity and of pre-existing cardiometabolic disease and background treatments.

Our lab is the only center in Cyprus participating in the study, and recruitment has already started this October. Participants will be assessed through a non-invasive method according to standard-operating procedures, and disease related information will be collected according to the WHO-ISARIC initiative for the patients who have been infected with Covid-19.

Volunteers should be between 18 and 80 years old and have a recent (<3-6 months) positive or negative COVID-19 PCR test.

For more information, and if you wish to participate in the study, call us on 25002131, or send us an email at [cveg@cut.ac.cy](mailto:cveg@cut.ac.cy).



Cyprus University of Technology  
Cyprus International Institute for Environmental and Public Health (CII)



### Μελέτη για την επίδραση της νόσου COVID-19 στην αρτηριακή υγεία και γήρανση CARTESIAN-CY ΠΡΟΣΚΛΗΣΗ ΓΙΑ ΕΘΕΛΟΝΤΕΣ

Πρόσκληση εκδήλωσης ενδιαφέροντος για συμμετοχή στην έρευνα που διοργανώνεται από τη Σχολή Επιστημών Υγείας του ΤΕΠΑΚ, με θέμα «Επίδραση της νόσου COVID-19 στην αρτηριακή υγεία και γήρανση», στα πλαίσια διεθνούς πολυκεντρικής μελέτης (CARTESIAN-CY Study).

Αν είστε άντρας ή γυναίκα, μεταξύ 18-80 ετών, και έχετε κάνει τεστ PCR για COVID-19 κατά τους τελευταίους 6 μήνες με θετική ή αρνητική διάγνωση μπορείτε να συμμετέχετε.

#### Τι θα μου ζητηθεί να κάνω αν συμμετάσχω?

Δύο επισκέψεις κατόπιν ραντεβού για ανώδυνη μέτρηση της αρτηριακής σας πίεσης και ελαστικότητας (αρτηριακή ηλικία) και πληροφορίες για την υγεία σας από τον ιατρικό σας φάκελο και μέσω συμπλήρωσης ερωτηματολογίων.

#### Τι θα κερδίσω από τη συμμετοχή μου?

Τελευταία δεδομένα δείχνουν ότι η νόσος COVID-19 επηρεάζει αρνητικά στα αγγεία με πιθανές μακροπρόθεσμες αρνητικές επιπτώσεις στον κίνδυνο για καρδιαγγειακό επεισόδιο. Αποτέλεσμα από αυτή τη διεθνή μελέτη θα βοηθήσουν στην καλύτερη βιομηχανική και μακροπρόθεση αντιμετώπιση ασθενών, με χρήση μετρήσεων και αρτηριακή ελαστικότητας. Αν το επιθυμείτε θα σας δοθεί μια ανασφορά με τις βασικές μετρήσεις και αποτελέσματα (συμπυκνωμένη) της αρτηριακής ελαστικότητας και μιας εκτίμησης της ηλικίας των αρτηριών σας) έτσι ώστε να μπορείτε να αξιολογηθούν και από τον γιατρό σας, στα πλαίσια της ιατρικής σας παρακολούθησης.

#### Τι χρειάζεται να κάνω για να δηλώσω ενδιαφέρον για συμμετοχή?

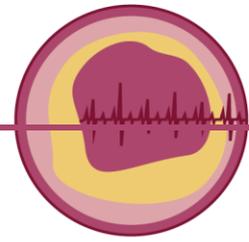
Για περισσότερες πληροφορίες ή για να δηλώσετε το ενδιαφέρον σας μπορείτε να επικοινωνήσετε μαζί μας τηλεφωνικά στο 25002149/25002131 ή ηλεκτρονικά στο [ga.photiou@edu.cut.ac.cy](mailto:ga.photiou@edu.cut.ac.cy) / [cveg@cut.ac.cy](mailto:cveg@cut.ac.cy)

Αρ. Αντρη Παναγιώτου

Επιστημονική Υπεύθυνη CARTESIAN-CY

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[www.cut.ac.cy](http://www.cut.ac.cy) | [www.cveglab.cut.ac.cy](http://www.cveglab.cut.ac.cy) | [cveglab \(Facebook\)](https://www.facebook.com/cveglab)





News and highlights update from the CVEG Research Lab

## Familial Hypercholesterolemia (FH) Awareness Week

FH Awareness Week was established in 2012 by the FH Foundation to raise awareness of familial hypercholesterolemia worldwide during Cholesterol Education Month; with activities peaking on the 24<sup>th</sup> of September.

FH is a genetic disorder that results in very high cholesterol levels in the blood, therefore increasing the risk of coronary heart disease, atherosclerosis or early death if left untreated. FH is not related to lifestyle factors like diet and exercise, resulting in a great number of individuals who are not diagnosed or on some form of management of the disorder. Right management and care can however decrease the risk of developing a heart attack by 80%.

Due to Covid-19, this year's campaign was mainly conducted online, involving social media posts and discussions across many platforms, Tweet-a-thons organized by the FH Foundation, and a Pass-the-heart video challenge where individuals would pass the heart logo of FH to each other virtually.

The CVEG lab, Cyprus FH, and Cyprus Atherosclerotic Society were also involved in the online campaign to raise awareness of the disease in Cyprus and build a registry of FH patients on the island to help in FH diagnosis and management.

For more information please visit [cas.org.cy](http://cas.org.cy), follow us on social media or call us on 25002131.

ΕΘΝΙΚΟ ΜΗΤΡΩΟ ΚΑΤΑΓΡΑΦΗΣ ΑΣΘΕΝΩΝ  
ΜΕ ΟΙΚΟΓΕΝΗ ΥΠΕΡΧΟΛΗΣΤΕΡΟΛΑΙΜΙΑ



ΜΙΑ ΠΡΩΤΟΒΟΥΛΙΑ ΤΗΣ ΚΥΠΡΙΑΚΗΣ ΕΤΑΙΡΕΙΑΣ ΑΘΗΡΟΣΚΛΗΡΩΣΗΣ (ΚΕΑ)

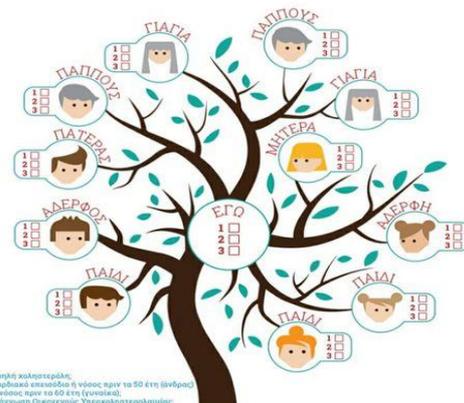
**ΣΥΝΤΟΝΙΣΤΙΚΟ ΚΕΝΤΡΟ:**

Εργαστήριο Καρδιαγγειακής Επιδημιολογίας και Γενετικής,  
Τεχνολογικό Πανεπιστήμιο Κύπρου



Τεχνολογικό  
Πανεπιστήμιο  
Κύπρου

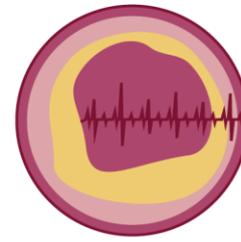
Συμπληρώστε το οικογενειακό σας δέντρο



1. Υψηλά κολληστερόλη;  
2. Καρδιακό επεισόδιο ή νόσος πριν τα 50 έτη (άνδρες)  
ή νόσος πριν τα 60 έτη (γυναίκες).  
Διάγνωση Οικογενούς Υπερχοληστερολαιμίας.

"Αν υποψιάζεστε ότι πάσχετε από  
Οικογενή Υπερχοληστερολαίμια μιλήστε με το γιατρό σας"

Facebook Cyprus-FH | cveg | CVEG tel.: 25002149 | email: [cveg@cut.ac.cy](mailto:cveg@cut.ac.cy)



## VascAgeNet COST Action collaboration

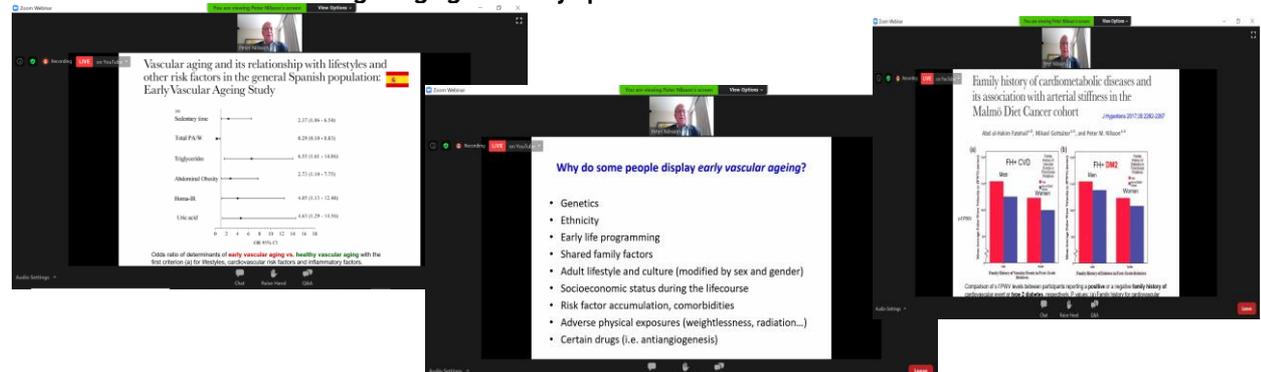
The idea that vascular age, as opposed to chronological age, is better related to the prognosis of CVD is rapidly evolving. Arterial stiffness is an important component of vascular ageing and a potent CVD risk predictor, and as such is an emerging as an appealing therapeutic target. Health experts from Europe, the US and Australia are working together to refine, harmonize and promote the idea of vascular ageing and the CVEG lab is also part of these efforts.

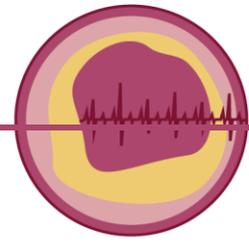
In the most recent webinar by VascAgeNet, Prof Nilsson from Lund University Sweden, discussed why some people display early vascular ageing and how vascular age can be modified.

While in his talk Prof Nilsson talks about the traditional risk factors for CVD like smoking, lack of exercise, poor diet habits and lack of normal sleep; great emphasis is also given on social factors like income, education, and employment grade.

He proposes a multi-level approach that is based more on preventive maternal and child health (early-life programming), and highlights the importance of taking care not only ourselves and our health, but finding meaning through helping others as well.

To watch the full webinar, please follow the link: <http://vascagenet.eu/fantastic-webinar-on-vascular-ageing-given-by-professor-nilsson>.





## DEpICT Study

We would like to inform you that the research project 'Decoding the Effect of social gradient and Area Indicators on Arterial Health: (DEpICT). From the community to the individual and back', after it's unexpected cessation due to the pandemic of Covid-19 is resuming participant visits.

The project assesses the impact that the socio-economic environment of the community can have; in addition to the characteristics of the community in which an individual lives, like access to parks, sidewalks etc., on cardiovascular health.

If you are over 45 years old, a Limassol resident and live in your neighborhood for at least 5 years, you are eligible to participate in the study.

Participation is voluntary and involves:

(1) Completion of the questionnaires found on the link below:

<https://forms.gle/JH9MhozMPcnDh587A>

(2) Free examination in a specially equipped area at the Cyprus University of Technology.

For more information, please contact the CVEG lab on the numbers found below.

 Τεχνολογικό Πανεπιστήμιο Κύπρου

Διεθνές Ινστιτούτο Κύπρου για την Περιβαλλοντική και Δημόσια Υγεία

### ΠΡΟΣΚΛΗΣΗ

Το Διεθνές Ινστιτούτο Κύπρου και το Τμήμα Νοσηλευτικής του ΤΕΠΑΚ, ανακοινώνουν ότι διεξάγεται επιδημιολογική έρευνα στη πόλη της Λεμεσού με θέμα την επίδραση της κοινότητας στην υγεία των αρτηριών.

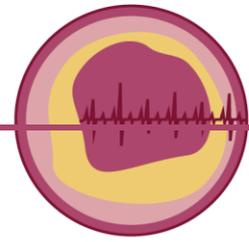
- ✓ Αν είστε κάτοικος Λεμεσού τα τελευταία 5 χρόνια τουλάχιστον και είστε 45 χρονών και άνω μπορείτε να λάβετε μέρος στη μελέτη.
- ✓ Η συμμετοχή σας είναι ιδιαίτερα σημαντική για την αντιπροσωπευτικότητα των αποτελεσμάτων.
- ✓ Θερμή παράκληση όπως ανταποκριθείτε θετικά στο κάλεσμα του Πανεπιστημίου της πόλης μας.

**Η ΣΥΜΜΕΤΟΧΗ ΣΑΣ ΕΙΝΑΙ ΕΘΕΛΟΝΤΙΚΗ ΚΑΙ ΣΥΜΠΕΡΙΛΑΜΒΑΝΕΙ ΔΩΡΕΑΝ ΕΞΕΤΑΣΗ ΑΡΤΗΡΙΑΚΗΣ ΕΛΑΣΤΙΚΟΤΗΤΑΣ**



Πληροφορίες: στο τηλ. 25002149 (Γαλάτεια Φωτίου), στα email [cveg@cut.ac.cy](mailto:cveg@cut.ac.cy) / [ga.photiou@edu.cut.ac.cy](mailto:ga.photiou@edu.cut.ac.cy) ή επισκεφτείτε την σελίδα [www.cveglab.cut.ac.cy/](http://www.cveglab.cut.ac.cy/)

 Cardiovascular Epidemiology & Genetics Research Lab



News and highlights update from the CVEG Research Lab

## UNESCO's World Bioethics Day 2020

Every year the UNESCO Chair in Bioethics celebrates the World Bioethics Day on October 19<sup>th</sup>. This year's theme is based on the speculation "Why Bioethics? Why Medical Ethics?".

With great pleasure it is welcomed for the fifth time by all the Units in the world. This day has proved to be an excellent opportunity to navigate oneself through the core bioethical principles, debating one another, providing the different aspects of an issue.

Specifically, it is co-organized by: 1) the United Nations Educational Scientific and Cultural Organization, UNESCO Chair in Bioethics, University of Haifa, 2) the Cyprus Unit, UNESCO Chair in Bioethics, Haifa, 3) Applied Philosophy Research Lab, NKUA, 4) Open University of Cyprus, 5) Cyprus University of Technology, 6) Research Center in Bio-politics, Panteion University, 7) European Research and Educational Center in Bioethics and Law, Panteion University.

It is carried out in collaboration with the Region of Attica and the A' Psychiatric Clinic of the Aiginiteio University Hospital, NKUA in the framework of the program, which is responsible for the promotion of mental health in vulnerable groups. "Alpro" is the great sponsor of the online event.

Doubtlessly, Bioethics is a broad and very challenging field that definitely deserves a day of its own-if only to help someone stop to think for a moment-if only to provide politicians with some food for thought.

*Save the date... October 19<sup>th</sup> 2020, 18:00-20:30*

*Click here:*

<https://eu.bbcollab.com/collab/ui/session/guest/48a9cdc01e6c48abade1039a1e7>

**SAVE THE DATE**  
SAVE THE DATE  
SAVE THE DATE

**19.10.20**  
18:00 - 20:30  
CLICK HERE

**World Bioethics Day**  
Why Bioethics? Why Medical Ethics?

**WHY BIOETHICS?**  
WHY BIOETHICS?  
WHY BIOETHICS?  
ΠΑΓΚΟΣΜΙΑ ΗΜΕΡΑ ΒΙΟΗΘΙΚΗΣ 2020

**ΔΙΟΡΓΑΝΩΤΕΣ:**

**WHY MEDICAL ETHICS?**  
WHY MEDICAL ETHICS?  
WHY MEDICAL ETHICS?  
XOPHOS  
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