

On this edition of  
our newsletter:

- The Cartesian Study
- Neuroage-6 study
- DEpICT and CyFH
- EAS congress and other talks
- Message of hope for 2021

## Cyprus' participation in the Cartesian Study

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.

For more information, and if you wish to participate in the study, call us on 25002131, or send us an email at

**MERRY  
RESEARCH  
AND HEALTHY NEW YEAR**

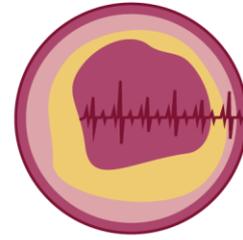
For a healthy future, it's crucial to find out if COVID-19 causes long-term damage. This virus can severely affect the blood vessels, leading to death or life-threatening complications. The global CARTESIAN study involves expert scientists from 52 centres in 25 countries. We are studying blood vessel damage in patients 6 months after COVID-19 infection, but we need extra resources to increase our numbers and to follow our patients' long-term health for the next few years. Our future is a priority, help us.

[DONATE NOW](#)

[arterysociety.org](https://arterysociety.org)

**ARTERY**  
CARTESIAN Study  
COVID-19 effects on arterial stiffness and vascular aging

[cveg@cut.ac.cy](mailto:cveg@cut.ac.cy).



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 ΤΕΠΙΑΚ, 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 επιδρά αρνητικά στα αγγεία με πιθανές μακροπρόθεσμες αρνητικές επιδράσεις στον κίνδυνο για καρδιαγγειακό επεισόδιο. Αποτελέσματα από αυτή τη διεθνή μελέτη θα βοηθήσουν στην καλύτερη βραχυπρόθεσμη και μακροπρόθεσμη αντιμετώπιση ασθενών, με χρήση μετρήσεων και αρτηριακή ελαστικότητα. Αν το επιθυμείτε θα σας δοθεί μια αναφορά με τις βασικές μετρήσεις και αποτελέσματα (συμπεριλαμβανομένης της αρτηριακής ελαστικότητας και μίας εκτίμησης της ηλικίας των αρτηριών σας) έτσι ώστε να μπορέσουν να αξιολογηθούν και από τον γιατρό σας, στα πλαίσια της ιατρικής σας παρακολούθησης.

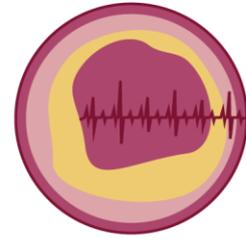
***Τι χρειάζεται να κάνω για να δηλώσω ενδιαφέρον για συμμετοχή?***

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)

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## Neuroage-e participation

NEUROAGE-e is a 3-year project hosted by the Center for Applied Neuroscience, and it is the first systematic study on the epidemiology of MCI and dementia in Cyprus. The project aims to establish an electronic surveillance system, which will study the epidemiology of aging and dementia, create a link between cognitive reserve and brain reserve and determine their moderating role in cognitive aging. Furthermore, NEUROAGE will adapt and validate measures related to neurocognitive and psychological/physiological functioning, implement experimental clinical studies provide a theoretical framework for the development of effective neurocognitive rehabilitation and psychosocial education methods. Finally, the project aims to develop a predictive model to determine who will benefit most from the therapy program.

The Center for Applied Neuroscience, University of Cyprus led by Professor Fofi Constantinidou is the host of the project. The consortium of the project consists of the Nicosia Development Agency (ANEL), the Department for Social Inclusion of persons with disabilities (Ministry of Labour, Welfare and Social Insurance), the Cyprus Institute of Neurology and Genetics (CING) and the University of Nicosia Research Foundation (UNRF).

Please find more information about participating in the poster below.



## Υγεία του Μυαλού

ΔΩΡΕΑΝ ΤΗΛΕΦΩΝΙΚΗ ΑΞΙΟΛΟΓΗΣΗ

Είστε άνω των **60 ετών**  
ή έχετε αγαπημένα πρόσωπα  
σ' αυτήν την ηλικία;

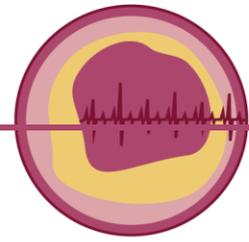
Λάβετε μέρος σε αξιολόγηση μέσω τηλεφώνου!

- ✓ Η συνέντευξη διαρκεί γύρω στα 30 λεπτά
- ✓ Περιλαμβάνει σύντομους ελέγχους για:

**ΜΝΗΜΗ - ΑΚΟΗ - ΔΙΑΘΕΣΗ - ΔΙΑΤΡΟΦΗ**

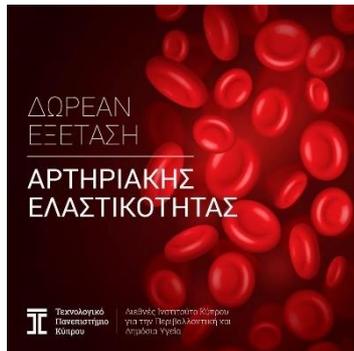
Δηλώστε τα στοιχεία επικοινωνίας σας στη φόρμα συμμετοχής!  
ΓΙΑ ΠΛΗΡΟΦΟΡΙΕΣ: 97882744 | neuroage@ucy.ac.cy





News and highlights update from the CVEG Research Lab

## Our research projects DEpICT and CyFH



Our research project 'Decoding the Effect of social gradient and Area Indicators on Arterial Health: (DEpICT). From the community to the individual and back', has resumed its measurements after the short cessation due to Covid-19.

More information on participation in the study can be found on our website <http://cveglab.cut.ac.cy/> or in our previous newsletter.

In addition, our research project CyFH, which aims to create a registry of patients with Familial Hypercholesterolemia in Cyprus, is now ready to begin collecting information and samples from patients. If you think you or a family member has very high cholesterol levels that may be related to a genetic factor and not diet and exercise alone, please contact us on 25002149 or at [cveg@cut.ac.cy](mailto:cveg@cut.ac.cy) / [stm.elia@edu.cut.ac.cy](mailto:stm.elia@edu.cut.ac.cy).



[CVEGLab Facebook](#)

[CyprusFH Facebook](#)

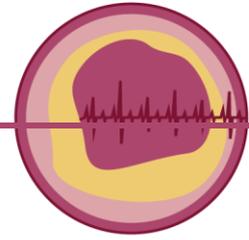
[Cyprus Atherosclerosis Society Facebook](#)

## European Atherosclerosis Society (EAS) Congress 2020

While this year has been difficult in most aspects of ongoing research projects, the one thing that has become much easier, is attending Congresses and Lectures by scientists across the globe. This year's EAS congress had a great deal to say about Dyslipidemia, Novel approaches to lipid lowering management, Controversies in nutrition of patients with Atherosclerosis, Prevention strategies for Cardiovascular health and much more. Our research students attended most of the lectures expanding their knowledge, taking notes, and seeing how this new information could be implemented in the lab's ongoing projects.

If you are interested in learning more, please visit EAS's website in the link below.  
<https://www.eas-society.org/page/congress>





## 2021 the year of hope

This year has undeniably left a huge impact on our generation. Not only has our daily routine changed through the pandemic, but so have our habits, our priorities, and our way of seeing the world. We have seen a devastating bushfire season in Australia, floods in Brazil and East Africa, the social unrest and Black Lives Matter protests, and the paradox of even higher Carbon Dioxide levels pushing past the already alarmingly high levels of 2019, despite the world 'shutting-down' for several months.

More worryingly, increased mental distress and family violence has been reported during pandemic restrictions in many countries, and effects on other chronic conditions have revealed that we still have a long way to go in beating non-communicable diseases.

The multiple crises in 2020 have revealed the best, and the worst of humanity. However, we hope that these trying times have made people take better care of their physical and mental health, as well as helped re-evaluate the importance of being surrounded by loved ones and offering our time and attention to them.

We are entering 2021 with optimism for significant change on all fronts, and are grateful for your support in our work and mission to fight Cardiovascular disease in Cyprus.

