

**Discipline MCP5893**   
**Primary and Secondary Prevention of Cardiovascular Diseases**

**Concentration area:** 5131

**Creation:** 11/02/2021

**Activation:** 11/02/2021

**Credits:** 2

**Workload:**

Theory (weekly)	Practice (weekly)	Study (weekly)	Duration	Total
2	10	3	2 weeks	30 hours

**Professors:**

Antonio de Padua Mansur

Luiz Antonio Machado Cesar

**Objectives:**

OBJECTIVE: The course is aimed at medical graduate students and other professionals in the area of Population Health with specific scientific interest in the "Prevention of Cardiovascular Diseases". The main objective of the course is the training of students to apply knowledge in teaching, research and clinical practice of the main concepts in the primary and secondary prevention of cardiovascular diseases.

**Rationale:**

RATIONALE: Cardiovascular diseases (CVD) are the main causes of death in Brazil. Of these, ischemic heart disease (IHD) followed by cerebrovascular diseases are the most frequent. Primary prevention has an important impact in reducing CVD mortality, as it can reduce the incidence of acute myocardial infarction and stroke by up to 80%. This discipline proposes to discuss the most recent information on the risk factors for CVD, its main epidemiological, clinical, laboratory and therapeutic aspects, currently suggested for the control of the main and new risk factors. The discipline also proposes to discuss several aspects of cardiovascular risk scores for the Brazilian population, the clinical and laboratory approaches in asymptomatic individuals of low, intermediate and high risk, as well as the critical analysis of the main non-pharmacological, pharmacological and myocardial revascularization procedures in the secondary prevention of CVD, especially IHD.

**Content:**

CONTENT: Topics to be addressed: 1- Epidemiology and risk factors for cardiovascular diseases; 2- Public policies for primordial and primary prevention of CV risk factors; 3- Role of nutritional and physical activity aspects in the primary and secondary prevention of CVD; 4- Critical analysis of the pharmacological treatment of the SBC, ESC, AHA / ACC and ADA guidelines for the control of the main risk factors for CVD (hypertension, smoking, dyslipidemia, diabetes) and to handle the new risk factors (socioeconomic level, pollution of the air, erectile dysfunction, oral health). 5- Influence of age and sex in the pharmacological treatment of the main risk factors for CVD; 6- Interventional treatment in the secondary prevention of CVD; 7- Influence of the vaccination schedule for elderly individuals and for cardiac patients on the incidence of cardiovascular events.

**Type of Assessment:**

See Observation Field.

**Notes/Remarks:**

EVALUATION: The final evaluation will consist of the delivery of a 5-page (excluding references) review manuscript on a specific topic for the prevention of CVD or a 5-minute video on a specific topic for the prevention of CVD. NOTE: Minimum number of students: 2  
Maximum number of students: 8

**Bibliography:**

1- Braunwald E. Tratado de Doenças Cardiovasculares. Editora Guanabara Koogan. 2- Mansur AP. Prevenção primária das doenças cardiovasculares. Editora EDUSP. 2019. p. 228. 3- Simão AF, Prêcoma DB, Andrade JP, Correa Filho H, Saraiva JFK, Oliveira GMM, et al. Sociedade Brasileira de Cardiologia. I Diretriz Brasileira de Prevenção Cardiovascular. Arq Bras Cardiol. 2013; 101 (6Supl.2): 1-63. 4- Cesar LA, Ferreira JF, Armaganijan D, Gowdak LH, Mansur AP, Bodanese LC, et al. Diretriz de Doença Coronária Estável. Arq Bras Cardiol 2014; 103(2Supl.2): 1-59. 5- Yugar-Toledo JC, Moreno Júnior H, Gus M, Rosito GBA, Scala LCN, Muxfeldt ES, et al. Posicionamento Brasileiro sobre Hipertensão Arterial Resistente – 2020. Arq Bras Cardiol. 2020; 114(3):576-596. 7- Malachias MVB, Souza WKSB, Plavnik FL, Rodrigues CIS, Brandão AA, Neves MFT, et al. 7ª Diretriz Brasileira de Hipertensão Arterial. Arq Bras Cardiol 2016; 107(3Supl.3):1-83. 8- American Diabetes Association. Standards of Medical Care in Diabetes 2019. Diabetes Care 2019;41(Suppl 1):S1-S193. 9- Leone FT, Zhang Y, Evers-Casey S, et al. Initiating Pharmacologic Treatment in Tobacco-Dependent Adults. An Official American Thoracic Society Clinical Practice Guideline. Am J Respir Crit Care Med. 2020 Jul 15;202(2):e5-e31. 10- Faludi AA, Izar MCO, Saraiva JFK, et al. Atualização da Diretriz Brasileira de Dislipidemias e Prevenção da Aterosclerose – 2017. Arq Bras Cardiol 2017; 109(2Supl.1):1-76.