



## Highlights



### Medical Ethics Conference

12th World Conference on Bioethics, Medical Ethics & Health Law, March 12-13, 2017 in Limassol Cyprus.

- a) Limassol auspiced the 12<sup>th</sup> World Conference on Bioethics, Medical Ethics and Health Law between 12-13<sup>th</sup> of March 2017. The Cyprus Bioethics Unit under the Unesco Chair in Bioethics (Haifa) organised a session on "Medical Ethics in Cyprus", the session covered topics (including talks on Nursing Care Rationing of interest to the Cypriot and International community).

Dr Evridiki Papapstavrou covered a topic on "The Ethical Perspective of Nursing Care Rationing".

Dr Andreas Prokopiou spoke about "Ethical and Legal Responsibilities Towards the Dental Patient. The Cyprus Case.

Dr Andrie Panayiotou raised the issue on Organ Donation in Cyprus: Opting-in or Opting-out.

Dr. Maria Kampanaros spoke about: Teaching Ethics to student health care professionals

Medical Student Jirayr Ajzajian drew attention on the current status of medical ethics and Law in Medical Curricula in Cyprus.

- b) On the eve of the conference the Cyprus Unit & CUTT hosted a social event for the UNESCO Chair's Unit Heads greeted by the Head of Cyprus Unit Dr. Andrie Panayiotou, the Head of European Division of the UNESCO Chair in Bioethics Prof. Vojin Rakis and the Dean of the Department of Health of CUT Dr. Constantinos Makris.





Members of the CVEG team participated at the 85<sup>th</sup> European Atherosclerosis Congress that took place in Prague between 23-26<sup>th</sup> of April 2017 having been awarded relevant travel grants by the society.

Panagiotis Kouis and Daphne Kleopa are also members of the Cyprus Atherosclerosis Society a National Society Member of the EAS.

Some of the issues covered in the congress and attended by the participants of our Lab were :

- Progress in understanding the role of nutrition in Prevention of atherosclerosis highlight that lowering the LDL-C earlier through proper nutrition such elements found in the Nordic and the Mediterranean diet is better than administering just statins later in life. If that as Cardiovascular Disease Prevention should start early. 80% of CVD could be prevented through positive diet and lifestyle changes. Moreover, the adherence to a healthy lifestyle was presented, highlighting issues on food deserts and access to fruits and vegetables, agricultural policies and legislation.
- Also, the nature of atherosclerosis as a lipid Vs inflammatory were discussed drawing attention on the role of the innate immune response and the myeloid cell reprogramming in atherosclerosis such as epigenetic reprogramming
- Furthermore, cardiometabolic risk factor beyond lipids such as physical activity and diet (sugar) and their role in improving insulin resistance by alleviating oxidative stress. Ongoing research has highlighted the relevance of interactions between diet and in individual's genetic make-up (nutrigenetics) both the initiation and progression of cardiometabolic disease by understanding the genetic variants associated with type 2 diabetes as well as contributed to understanding of gene-environment interactions the may modify the cardiovascular risk phenotype.
- Finally, a combination of nutraceuticals such as phytosterols, oats, fruits, red yeast rice, omega 3, berberin, nuts, legumes and dark chocolate are cardio protective but always with statins taken if prescribed.





Η Ευρωπαϊκή Καρδιολογική Εταιρεία και ο Ευρωπαϊκός Σύνδεσμος Καρδιακής Ανεπάρκειας (Heart Failure Association) οργανώνουν κάθε χρόνο σειρά εκδηλώσεων για την Καρδιακή Ανεπάρκεια. Με την ευκαιρία αυτή, η Καρδιολογική Εταιρεία Κύπρου με την υποστήριξη της εταιρείας Novartis Pharma Services Κύπρου διοργανώνουν σειρά εκδηλώσεων με στόχο την ενημέρωση και ευαισθητοποίηση του κοινού γύρω από την καρδιακή ανεπάρκεια από τις 3 μέχρι 13 Μαΐου 2017.

Οι εκδηλώσεις ενημέρωσης για την καρδιακή ανεπάρκεια τελούν υπό την αιγίδα του έντιμου Υπουργού Υγείας κ. Γιώργου Παμπορίδη.

Τις εκδηλώσεις στηρίζουν ο Παγκύπριος Ιατρικός Σύλλογος, ο Σύνδεσμος Καρδιοπαθών Λευκωσίας, η Παγκύπρια Ομοσπονδία Συνδέσμων Πασχόντων και Φίλων, το Τεχνολογικό Πανεπιστήμιο Κύπρου (ΤΕΠΑΚ), η Λέσχη Λαϊονές Λευκωσίας-Κερύνειας και το νηπιαγωγείο Lions.

**Οι δραστηριότητες που προγραμματίζονται είναι οι ακόλουθες:**

<b>3 Μαΐου</b>	Λευκωσία	<b>Δημοσιογραφική Διάσκεψη</b> Αίθουσα Διασκέψεων Υπουργείου Υγείας	<b>10:30π.μ.</b>
<b>6 Μαΐου</b>	Λευκωσία	<b>Περίπτερο ενημέρωσης του κοινού</b> Πλατεία Φανερωμένης	<b>10:00 – 15:00</b>
<b>10 Μαΐου</b>	Λευκωσία	<b>Διάλεξη για την Καρδιακή Ανεπάρκεια</b> Προεδρικό Μέγαρο, υπό την αιγίδα της Πρώτης Κυρίας, κυρίας Άντρης Αναστασιάδη	<b>19:00 – 20:00</b>
<b>13 Μαΐου</b>	Λεμεσός	<b>Περίπτερο ενημέρωσης του κοινού / Ποδηλασία</b> Μώλος	<b>15:00 – 18:00</b>

