



First European Congress on Adherence to Therapy Dyslipidaemic Area

**Rimini - Palacongressi
November 18-20, 2016**

- Lifestyle (physical activity, smoking etc)
- Diet
- Medications

Increase in life expectancy over last 20 years has been 6 to 8 years of which 80% attributed to cardiovascular interventions

- Poor adherence to healthy lifestyles (political and health care system failures, environment and societal aspects)
- Availability of high quality food (political and health care system failures, environment and societal aspects)
 - education of person responsible for food preparation
 - educational gap which is cultural, starts in childhood
- Pill perceived as panacea

- **Even in people with CVD or diabetes adherence less than 50% at one year**
- **Well characterised issues such as**
 - Side effects and perceived tolerability
 - Health professional and patient education
 - Inconsistent media messages
 - Need for lifelong therapy

- **Poorly characterised issues such as**
 - Health beliefs
 - Peer pressure from social network
 - Influence of internet
 - Inappropriate prescribing
 - Feeling well but being «at risk»
 - Medicalisation of population

Issue particular to lipid field

- Use of lipid lowering goals
- Optimum timing of intervention
 - When to start and when to stop?
- Intensity of treatment according to risk
- Management of side effects

- Multidisciplinary approaches – nurses and allied professionals (education, follow up)
- Communication skills – eg motivational interviewing to manage ambivalence
- Rewarding adherence (both health professionals and patients)
- Use of technology and social media
- Government engagement (schools, food industry, healthy cities, tax policies)
- Celebrity champions (eg Jamie Oliver)

- Improved understanding of cost and benefit drivers
- Improved patient understanding of risk and benefits
- Targeting primary prevention on basis of bio-markers and genetics and risk scoring
- Use of genetic information as an adherence tool
- Further research essential in order to generate evidence based interventions to improve adherence

Participants

- Alberico Catapano,
- Chris Packard,
- Catriona Jennings,
- Giovanni Corrao,
- Lale Tokgozoglu,
- Luca Degli Esposti,
- Lampros Michalis,
- George Giannakoulas,
- Benedicte Heyndrickx,
- Alessandro Cavarape