



Strategia 3

Migliorare gli aspetti psicosociali e ridurre le differenze di genere

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Medicine and society: social determinants of health and cardiovascular disease

European Heart Journal (2020) **0**, 1–3

Social determinants of health and cardiovascular diseases
What is known
Social determinants of health include income, social status, and education; environmental factors, healthy workplaces; safe housing; health promoting communities and roads; safe employment and working conditions; social support networks; and access to healthcare
Social determinants of health play a major role in the health and wellbeing of populations and adversely impact cardiovascular disease morbidity and mortality

Determinanti sociali per la salute e le malattie cardiovascolari

Supporto familiare
Istruzione
Abitazione
Ambiente
Lavoro
Reddito
Accesso alle cure

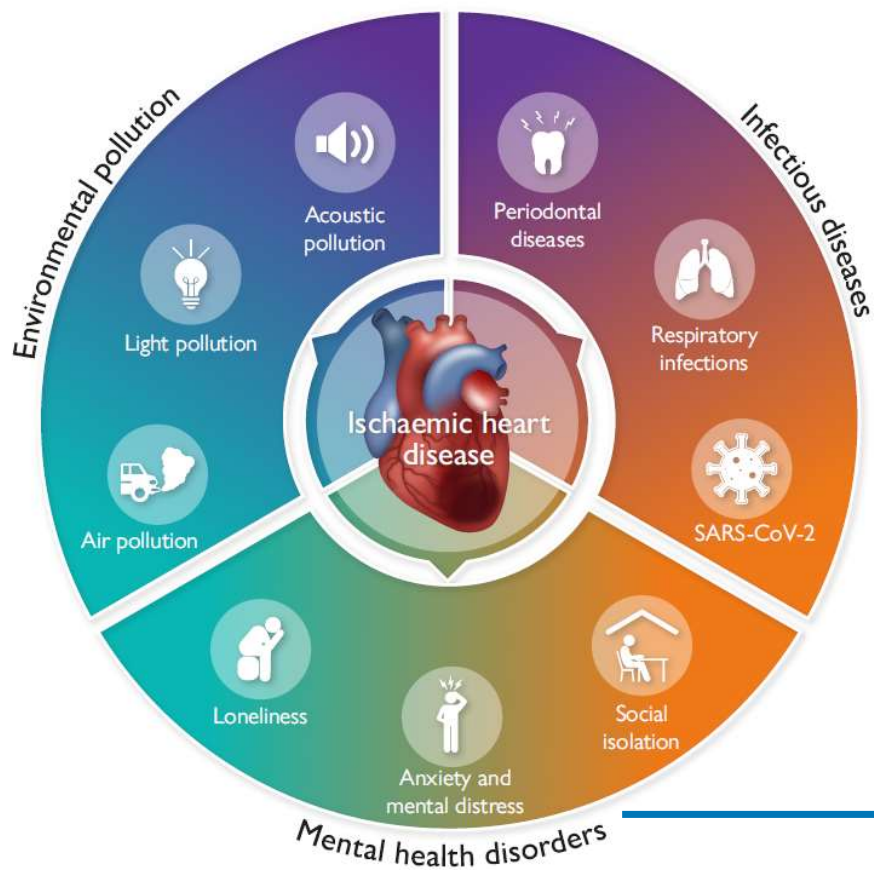


Exposome in ischaemic heart disease: beyond traditional risk factors



ESC
 European Society
 of Cardiology

European Heart Journal (2024) **45**, 419–438
<https://doi.org/10.1093/eurheartj/ehae001>



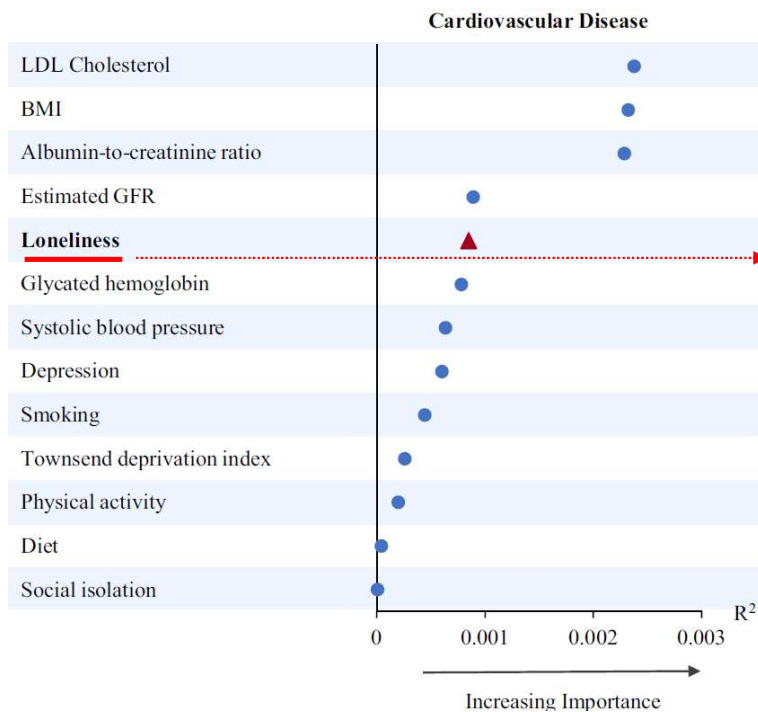
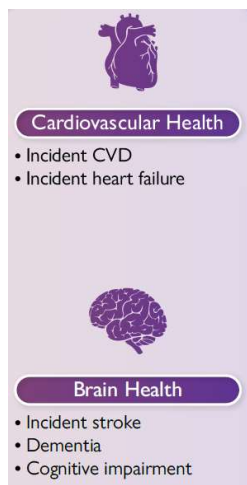
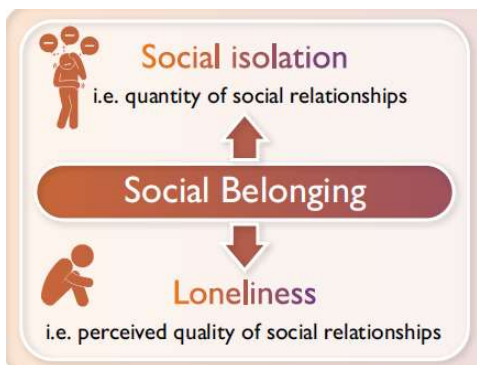
Oltre i Fattori di Rischio tradizionali

**Isolamento sociale
 Solitudine
 Depressione
 Stress cronico**



A lonely heart is a broken heart: it is time for a biopsychosocial cardiovascular disease model

European Heart Journal (2023) 44, 2592–2594



Isolamento sociale e Solitudine sono tra i determinanti di un maggiore rischio cardio-cerebro-vascolare



Cumulative social disadvantage and cardiovascular disease burden and mortality

European Journal of Preventive Cardiology 2024, 31,40-48

Hazard ratio [95% CI]

Low SES (vs. high) 5.924 [2.496; 14.058] <**0.0001**

Adjusted for physical activity, alcohol consumption, diabetes, hypertension, current smoking, obesity, dyslipidemia

Diseguaglianze socioculturali e rischio cardiovascolare

Bassa condizione socio-economica e malattia/morte cardiovascolare a 5 anni:

**rischio
6 volte più alto**



Gender and health

Genere:

Identità, comportamenti, ruoli.

Può produrre disuguaglianze che si intersecano con altre disuguaglianze sociali

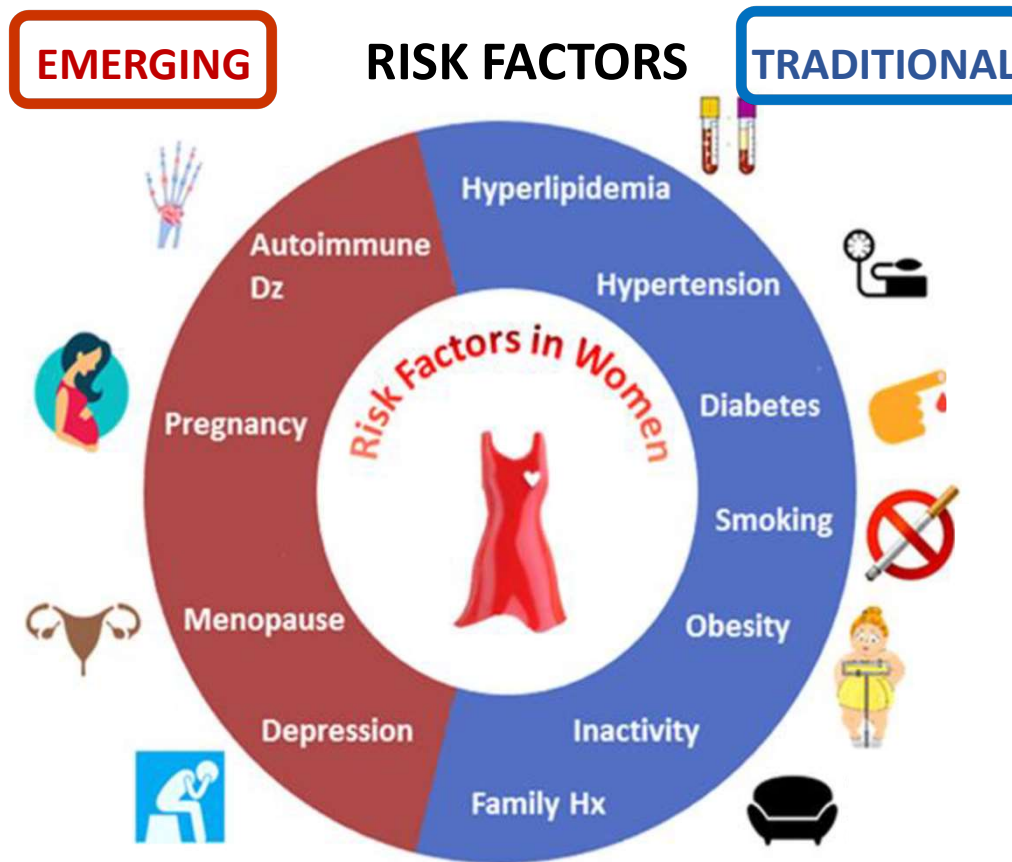
Sesso:

Caratteristiche biologiche e fisiologiche

Call to Action for Cardiovascular Disease in Women: Epidemiology, Awareness, Access, and Delivery of Equitable Health Care: A Presidential Advisory From the American Heart Association

Circulation. 2022;

Sex-Specific or Sex-Predominant Risk Factors





The *Lancet* women and cardiovascular disease Commission: reducing the global burden by 2030

Lancet 2021; 397: 2385-438

Key messages

- Accurate data on global prevalence and outcomes of cardiovascular disease in women are absent
- Women with cardiovascular disease remain understudied, under-recognised, underdiagnosed, and undertreated
- Sex-specific mechanisms in the pathophysiology and natural history of cardiovascular disease remain poorly understood
- Women are under-represented in the majority of cardiovascular clinical trials
- Sex-specific and other under-recognised cardiovascular disease risk factors, such as psychosocial and socioeconomic factors, appear to contribute to the global burden of cardiovascular disease in women

Insufficienti dati di prevalenza e outcome

Diagnosi e terapie minori

Meno studiati fisiopatologia e farmaci

Sottorappresentate nei trial

Sottovalutati fattori psicosociali



- Under-recognised risk factors**
- Psychosocial risk factors
 - Abuse and intimate partner violence
 - Socioeconomic deprivation
 - Poor health literacy
 - Environmental risk factors



Gender/Sex as a Social Determinant of Cardiovascular Risk

Circulation 2018

PSYCHOSOCIAL STRESS

Life Events: Traumatic Events Predict CHD mortality, With Young Girls and Women Most Commonly Victimized

Rischio molto incrementato di malattia CV nell'età adulta per vittime di abuso in età infantile e di violenza in ambito domestico

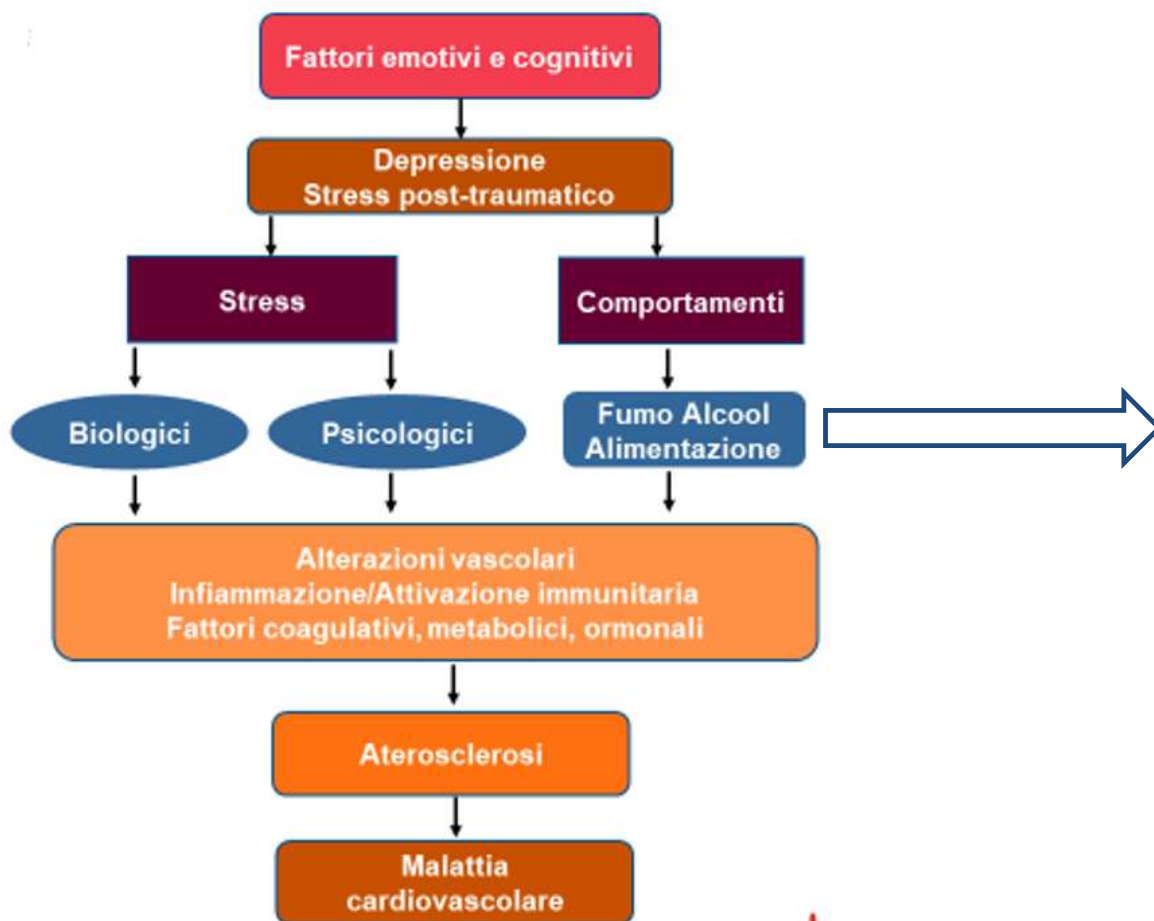
Principali conseguenze:

- **stress cronico (prosegue dopo cessazione causa)**
- depressione
- + fumo e alcool
- + obesità, ipertensione
- **minori controlli sanitari**



Behavioral, emotional and neurobiological determinants of coronary heart disease risk in women[☆]

V. Vaccarino, J.D. Bremner / *Neuroscience and Biobehavioral Reviews* 2016;



Come i fattori psico-sociali determinano il rischio cardiovascolare?

Attivazione di meccanismi **pro-aterogeni** indotti da fattori biologici, psicologici, comportamentali



Strategia 3

Rilevare e considerare **condizione sociale e stato emozionale** come determinanti del rischio CV

Combattere la disinformazione e **migliorare la comunicazione** sul rischio CV

Formare i professionisti sanitari sulle azioni sesso-genere specifiche nella valutazione e trattamento del rischio CV

Contrastare le diseguaglianze, garantire accesso alle cure. La parola virtuosa è:
EQUITA'

Il ruolo specifico della **Cardiologia Riabilitativa e Preventiva**