

How to improve the relationship between the doctor and the patient with heart failure

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GREAT VIII ITALY 2019
30TH SEPTEMBER 2019
Fondazione Alario Building
Auditorium Parmenide
5th AISC annual national meeting
ASCEA MARINA (SA) - Italy
08:00 am > 02:00 pm

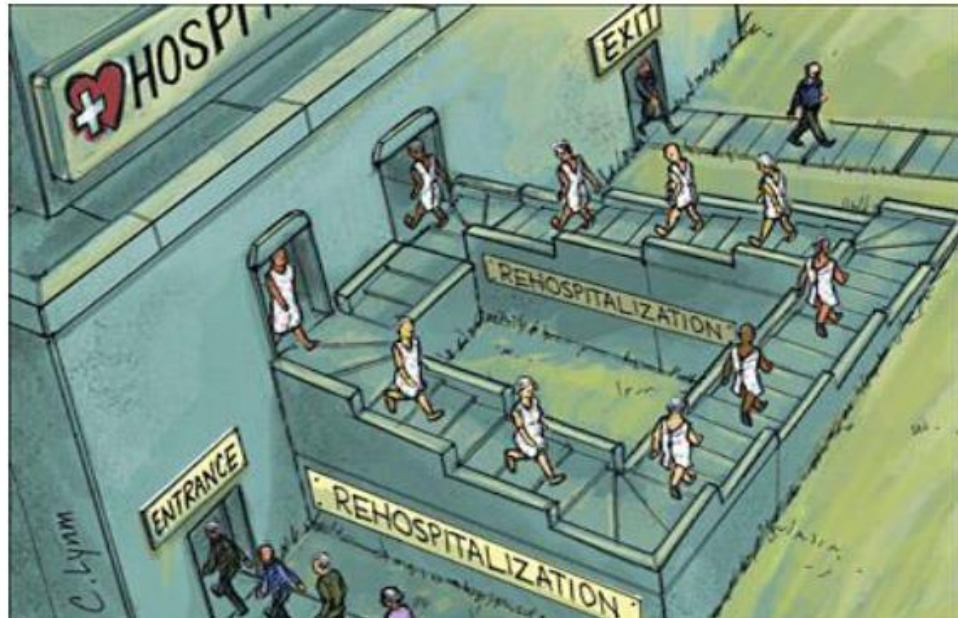
HEART FAILURE: PATIENTS AWARENESS,
NEW ORGANIZATIVE MODELS AND LIFE STUDY.
WHY AISC IS SO COOL

AISC-ITALIAN ASSOCIATION OF PATIENTS
WITH HEART FAILURE
5TH AISC ANNUAL NATIONAL MEETING



Mortality and Rehospitalization in Heart Failure is still increasing

Heart Failure Admissions- The Revolving Door



Intra-hospital mortality due to heart failure varies between 3% to 5%, with an incidence of re-hospitalizations of 25% - 40% within 2 - 3 months after discharge

Gheorghiade et al. European Journal of Heart Failure (2010) 12, 423–433

Could we improve patient outcome ...if we build a better partnership between clinician and heart failure patients?



Doctor: You should take at least 10 Glasses of water every day.

Patient: It is Impossible.

Doctor: Why?

Patient: I have only 4 Glasses at home..!

Latest Pic SMS.com



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Should patients need to know more about their Diseases?



Why is AISC so Cool?



<http://associazioneaisc.org>

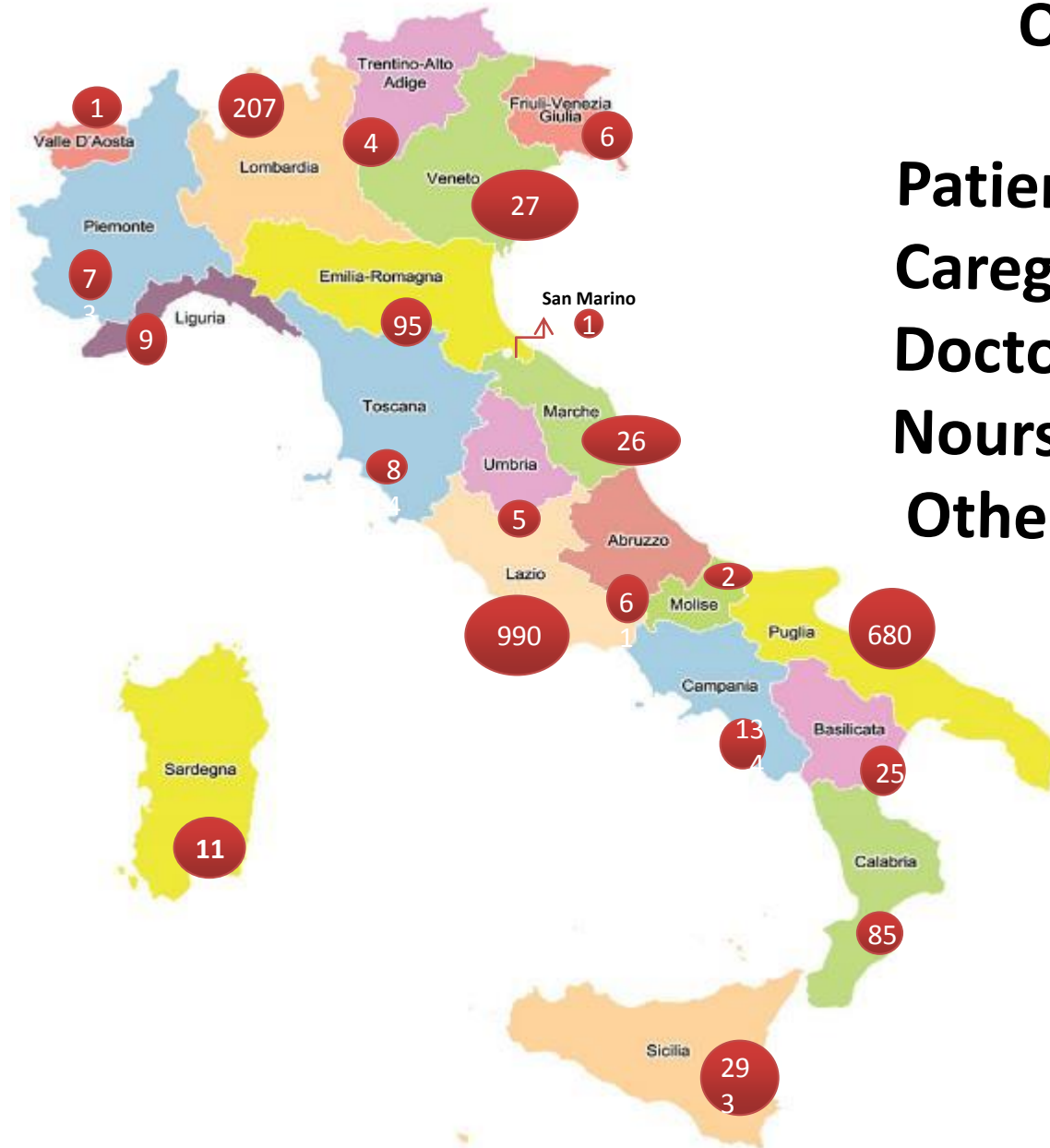
AISC STRUCTURE MULTICULTURAL





Our Associates:

Patients: 1642
Caregivers: 706
Doctors :103
Nurses: 91
Others:330



AIMS AND OBJECTIVES With the Final goal to Ameliorate relationship between clinicians and Patients with Heart Failure

- 1) Promote information on heart failure, raising awareness of the disease and ensure the best prevention; Perform an educational function aimed at developing the ability to recognize the disease and follow the correct care, to improve the quality of patient life;**
- 2) Improve the goals of medical research also in light of the practical needs of patients;**
- 3) Create a national referral network for patients, to ensure the possibility of sharing information and receiving support throughout the territory;**
- 4) Bring the attention of institutions and public opinion to the pathology and patients, to improve prevention, protection and care interventions;**

Encourage contact with patient associations at international level



Perform an educational function: Books,Website,Video,Traveling vehicle Meetings,



<http://associazioneaisc.org/>



Associazione Italiana
Scompensati Cardiaci

Promote Traveling Education since 2014

**More than 2500 km have been covered
by traveling from north to south of Italy;**

**Roma, Piazza del Popolo and Vannini Hospital
Sant'Andrea Hospital ;**

Rieti, Piazza Vittorio Emanuele;

Siena, “Le Scotte” Hospital ;

Firenze, “Santa Maria Nuova” Hospital ;

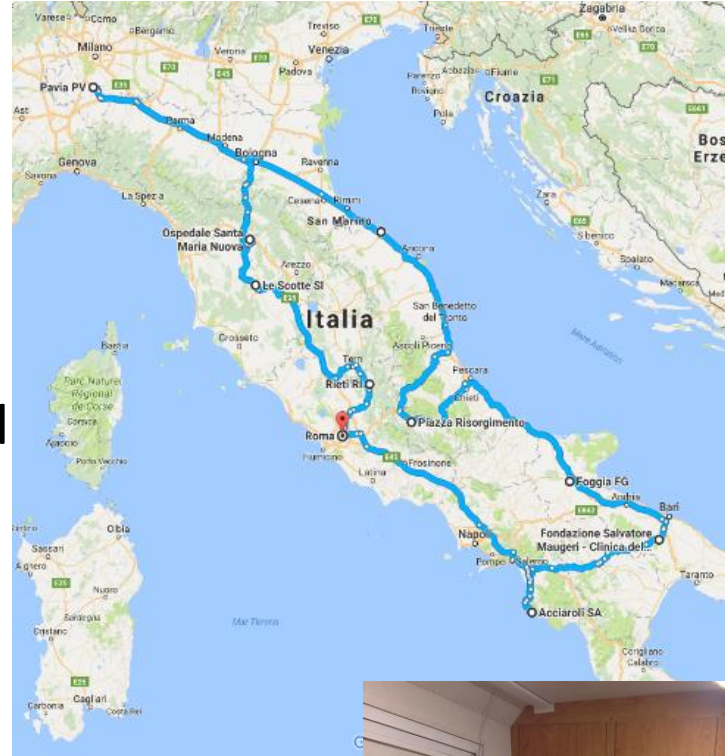
Pavia, Istituto Città di Cura di Pavia e Piazza Vittoria;

Avezzano, Piazza Risorgimento;

Foggia, Piazza;

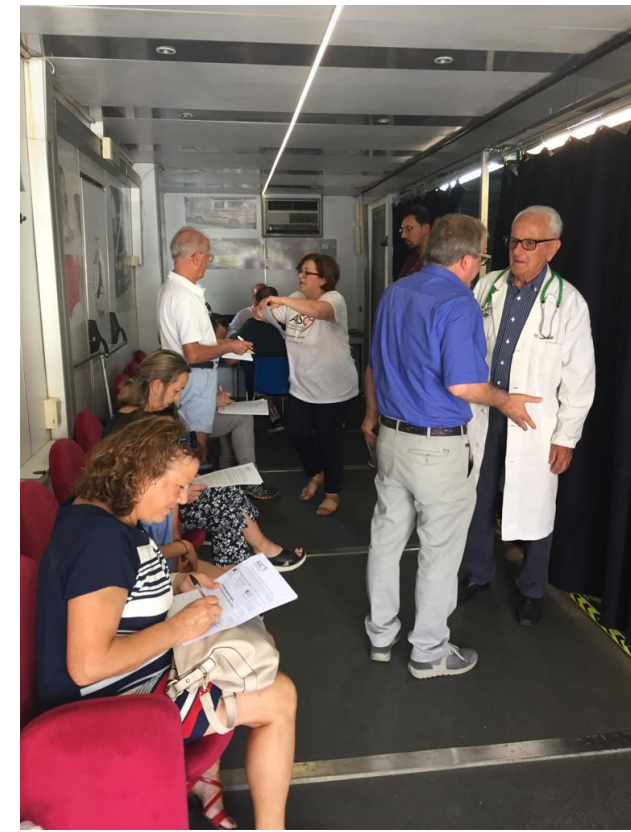
Cassano delle Murge, Fondazione “S. Maugeri”;

Agropoli, Piazza; Acciaroli, Porto.

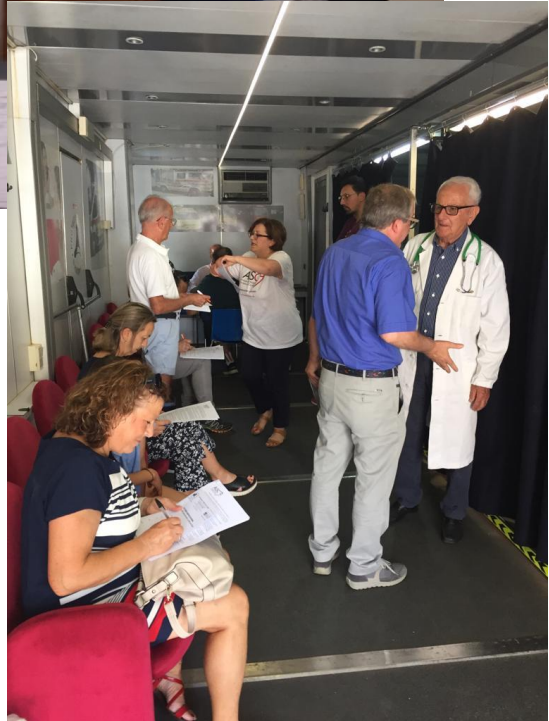


5th Annual Heart Failure Patient Organisation Capacity Building Academy _Croì Heart & Stroke Centre_ Galway_25th & 26th June 2019

ESC Heart failure Patient Awareness days June 15-28 2019



THE MOBILE CLINIC: Different way of approach to Patients with Heart Failure



AIMS AND OBJECTIVES, To:

- 1) Promote information on heart failure, raising awareness of the disease and ensure the best prevention; Perform an educational function aimed at developing the ability to recognize the disease and follow the correct care, to improve the quality of patient life;
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- With the Final goal to Ameliorate relationship between clinicians and Patients with Heart Failure

Frequent questions

Have I to eliminate salt?

It is not necessary to completely eliminate salt, also because too drastic alterations of one's own habits can have counterproductive effects. However, since sodium favors fluid retention, it is necessary to limit its consumption to the maximum: no more than 2 grams a day, or 5 grams of cooking salt, the equivalent of a teaspoon. To do this, you can choose foods low in sodium (verifiable at the time of purchase), not overly processed, and do not add more salt during preparation.

Can I drink coffee?

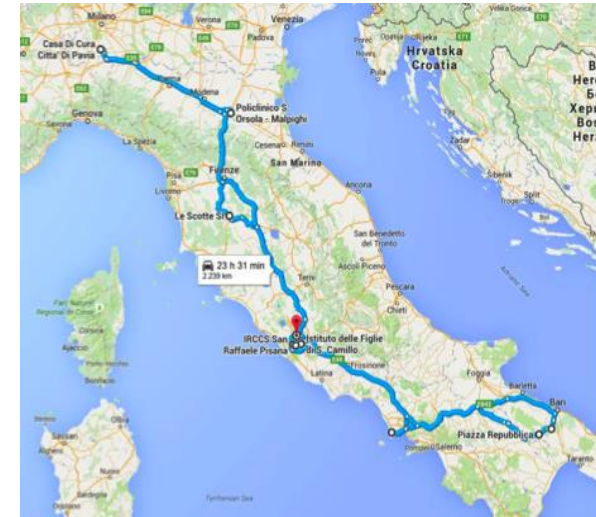
In limited quantities, coffee does not necessarily have harmful effects on a person with heart failure. However, it is recommended not to exceed the two cups a day.

Can I take walk outdoor?

For patients with heart failure, movement and exercise are desirable and advisable. These are activities that must be carried out regularly, responsibly, moderating their intensity and avoiding excesses, efforts and stress. Walking, even at a sustained pace (and, having the possibility, in the open air), is one of the best and least risky forms of activity. The degree of intensity allowed for the activity is however related to the type of decompensation and its severity, therefore, to understand with certainty what is more indicated, it is advisable to seek an opinion from your doctor.

RESEARCH:

Observational study performed by the means of a medicalized vehicle travelling through 11 cities in Italy during the ESC Heart Failure Association (ESCHF) awareness week May 2015 and 2016



Patients underwent a visit into the vehicle, and were submitted to:

- 1. Health questionnaire** to test the presence of symptoms of HF;
- 2. Physical examination** with vital signs assessment;
3. Point of Care Testing (POCT) **BNP Test measurement**
4. BioImpedance Vector Analysis for **body fluid evaluation** ;
- 5. Measurement of Inferior Cava Vein (IVC)** with V-Scan methodology.



Patients were **followed up by phone call 90 and 180 days** after the first visit in order to check cardiovascular events (death, rehospitalization or needing for urgent, unexpected cardiology visit).

Conclusions

Conclusions

- Preventive, on territory, examination of patients at risk for heart failure could be useful to **identify those subjects with heart failure apparently asymptomatic, or misunderstood**;
- In patients with HF, out-of-hospital, on-site, preventive examination by using POCT BNP+BIVA+IVC seems to be useful in identifying those subjects apparently asymptomatic, and in **stable conditions but at risk for future events**.
- This initiative could be useful for primary heart failure prevention and better management in order to avoid re-hospitalizations for worsening heart failure;
- **Finally is important remember that this project is the first study about heart failure conducted in collaboration with a patient's organization.**

Heart Failure Patient



The handbook of multidisciplinary and integrated heart failure care



September 2018



The Heart Failure Policy Network

This handbook is dedicated to the many patients, patient advocates, clinicians and scientists who have worked tirelessly to improve the lives of people living with heart failure over several decades, often in the face of many obstacles. It is our privilege to have the opportunity to play a part in this most urgent and human mission, and to work with and for those who refuse to accept the inequality and suffering they see.

On behalf of the Heart Failure Policy Network Steering Committee,
Project Advisory Group (2018) and Secretariat.

Patient with Heart Failure Advocacy Programme of Awareness

The management of HF should be seamless. It must offer care and support throughout different care settings, across changing needs, led by HF specialists in a multidisciplinary team.













We're the oldest swingers in town



From left: Michelina Valsallo, 97;
Giuseppe Valsallo, 94;
Amina Valsallo, 93;
Antonio Valsallo, 100.

Antonio and Amina are married.
Michelina is Antonio's sister;
Giuseppe is their cousin

Wine, sex, espresso... and vegetables. These are the secrets to a long life, according to the record-breaking nonagenarians from a tiny village on the Italian coast. Now scientists are enrolling Acciaroli's locals to find out more. Lucy Bannerman reports



GIOVANNI DEL GAUDIO, 98
Keeps active. Takes the stairs. A little bit of pleasure is important, he says

WHAT DO THEY EAT?

Giussepi Valsallo, 94
Breakfast Espresso, bread, jam. **Lunch** Pasta with lots of veg from his garden, fish (anchovies, bream). **Dinner** A snack (leftovers from lunch), rice.

Antonio, 100, and Amina Valsallo, 93
Breakfast Barley milk (like Horlicks). **Lunch** Pasta al ragu. **Dinner** Hake, pastry or ice cream. 1 small glass of red wine daily.

Michelina Valsallo, 97
Breakfast Fresh milk, bread, jam. **Lunch** Fresh vegetables, pasta, salad. **Dinner** Soup or rice, artichokes, aubergine, chocolate ice cream.

Giuseppe Luongo, 96
Breakfast Barley milk, bread, jam, espresso. **Lunch** Meat and potatoes twice a week. Fresh veg from his garden. **Dinner** Pasta ("Nothing ever fried"). 1 small glass of red daily.

Anna Gravina, 95
Breakfast Espresso, bread, jam, maybe a pastry. **Lunch** Eggs and vegetables, or a small portion of pasta. **Dinner** Cheese (ricotta, mozzarella, pecorino), tomatoes.

Giovanni Del Gaudio, 98
Breakfast Cafe latte, bread, jam, honey. **Lunch** Anchovies, beans, fresh vegetables from the garden. 1 small glass of red wine daily. **Dinner** Yoghurt, ricotta, veg.

Anella Di Pizzo, 104
Breakfast Milk, honey. **Lunch** Fresh eggs, beans, pasta with veg. **Dinner** Minestrone, fruit (rarely eats meat). ■



GIUSEPPE LUONGO, 96
Diet of fresh eggs and his own olives. His brother lived until he was 103



ANNA GRAVINA, 95
Still goes out dancing. Stays up late. Always wears lipstick

can learn from? To answer the question, experts aboard a "longevity bus" will be paying house calls on 300 of the oldest people in Acciaroli and the surrounding region. They will analyse everything from genetic profiles to blood, urine and stool samples, measuring cognitive function and tracking protein "biomarkers" linked to a range of conditions such as heart disease, kidney disease, Alzheimer's and cancer.

"We have some of the best science going into this study," says Dr Alan Maisel, professor of medicine at the University of California, who is leading the study with Professor Salvatore Di Somma of the University of Sapienza in Rome. "I'm very confident that if there is a secret, we're not going to miss it."

There are two reasons in particular why the results from this previously untested population will be valuable. First, there is little contamination. "People don't leave, and few outsiders settle. It's like a test tube, if you will."

Second, it's not just how long they live that makes Acciaroli old folk unusual; it's how well they live, despite certain indulgences.

"People here are fat and smoke. You don't see people doing yoga or jogging. Instead, you'll see a 90-year-old with a big belly pouring over his tiny Speedos."

How wonderful, how Italian, if scientists found the elixir of life to be simple, good old-fashioned pleasure. Giuseppe Valsallo would probably say, "I told you so."

"Certainly, an active sex life is part of being healthy, right?" agrees Maisel. "What good is

it living to 100 if you can't get it up, or enjoy food or read the news? Remember that scene in *When Harry Met Sally*? I'm going to find one of those 110-year-olds wearing their Speedos, take them out for dinner and say, 'I'll have what he's having.'"

I'll have whatever Anna Gravina is having. Her hair is honey blonde and her eyebrows are perfectly penciled arches. She wears blingy earrings, and last New Year's Eve she was dancing into the small hours with her grandchildren at the local nightclub. She'll be 96 this summer.

Her granddaughter Annalia shows me the video of the new year celebrations on her iPhone and, sure enough, there's her nonna, a tiny woman in a very stylish hat, dancing to chart music in the middle of a throng of young, throbbing Italians. It's like a scene from *Cocoon*.

Gravina, 95, married a toyboy in her seventies, after they met at their local dance club. (Her first husband died young) As the years passed, her second husband developed Alzheimer's. After he died, Gravina picked herself up and kick-started her social life. Most of her friends are in their fifties and sixties. "She says she doesn't want to hang out with

the boring oldies," says her granddaughter. During the long, summer evenings, the nonagenarian joins her neighbours on the benches in the piazza, chatting till well after midnight. She never goes out without her lipstick. Her nails are painted purple.

"What advice do I have for others? Who knows? Dance, have fun, enjoy yourself."

Contrary to Maisel's observations, none of the over-nineties I meet is overweight. Most claim to have modest appetites, enjoying lots of local produce in moderation, much of which they grow themselves. They have fresh milk and biscuits for breakfast, a main meal at lunch and a very light dinner, usually made up of the leftovers from lunch. There's lots of fresh fish and vegetables, very little meat, and not as much pasta as you'd think.

Obviously, there's wine. It's as important for Giuseppe Luongo, 97 in June, as his beloved westerns. He loves a good cowboy film – "Keeps the brain active" – and a glass of red with lunch. He has lived in Caracas, fought at Tripoli. He's the oldest man in the nearby village of Cuccaro (pop. 580), having inherited the title from his brother, who recently died at 103.

I watch him scale three flights of stairs to welcome me to his home, overlooking the monastery and the olive grove. When a chair materialises for him at the top, he insists I take it, he prefers to stand.

His advice is, "Don't get drunk. But a small glass a day doesn't do any harm." He eats

'CERTAINLY, AN ACTIVE SEX LIFE IS PART OF BEING HEALTHY, RIGHT?'

Continues on page 45

The Times Magazine 33

Cilento-Alburnums and Diano Valley National Park



- Coastal and mountainous sub-region
- 150 km on south of Naples
- UNESCO World Heritage Site



A new Hotspots of Centenarians

A Blue Zone:

- Average life expectancy of **92 years for women** (Italian average: 84) and **85 years for men** (Italian average: 79)
- Life expectancy is **even higher than Okinawa**, the most well-studied Centenarian Hotspot

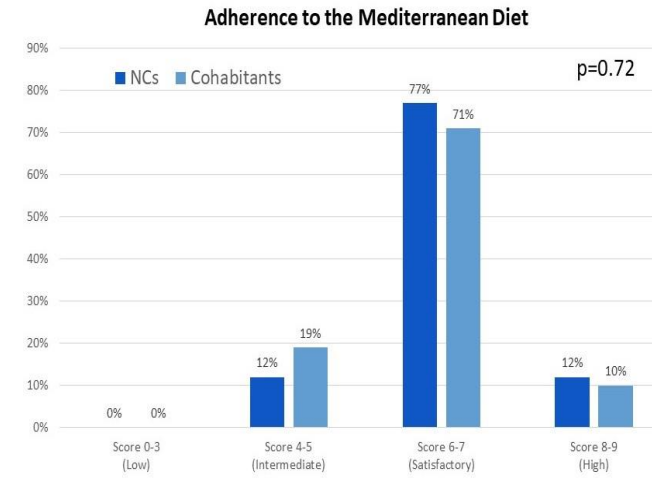


- Cilento with its healthy aging population represents a **good example of geographic area to be studied** for survival predictors and factors related to environment/ lifestyle

Home visiting



Cardiovascular health of nonagenarians and centenarians in southern Italy: a cross-sectional, home-based pilot study of longevity



Conclusions: NCs in the Cilento region have a healthy metabolic profile and a low prevalence of clinical cardiovascular disease.

There was a remarkable low prevalence of reported symptoms or signs of heart failure in the NC cohort, other than peripheral edema.

This suggests that the NCs in our study are a hardy group – either slow to experience discomfort, or disinclined to report it.

“We have previously shown in this same cohort that positivity – including traits such as resilience and optimism – as a prominent characteristic among the NCs .”

Mixed-methods quantitative–qualitative study of 29 nonagenarians and centenarians in rural Southern Italy: focus on positive psychological traits

Anna Scelzo,¹ Salvatore Di Somma,² Paola Antonini,³ Lori P. Montross,^{4,5}
Nicholas Schork,^{4,5,6,7} David Brenner⁸ and Dilip V. Jeste^{4,9,10}

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¹⁰Sam and Rose Stein Institute for Research on Aging, University of California San Diego, USA

Conclusions: Exceptional longevity was characterized by a balance between acceptance of and grit to overcome adversities along with a positive attitude and close ties to family, religion, and land, providing purpose in life.



SAPIENZA
UNIVERSITÀ DI ROMA



UC San Diego
HEALTH SCIENCES
Sam and Rose Stein Institute
for Research on Aging



**Who is the healthy aging person here?
He is 97 years old ,does everyday 30 min bike ,and wants donate
his heart for transplant..when entually will die..**



Physical Activity

Table 2. Activity of Daily Living (ADL) Results in Nonagenarians/Centenarians (NCs)

| Score | All subjects | Women | Men |
|-------|--------------|-------|-----|
| 0-2 | 6 | 5 | 1 |
| 3-4 | 5 | 4 | 1 |
| 5-6 | 15 | 7 | 8 |

ADL Score in NCs; higher values represent greater independence

Thank you for your attention!

Heart Failure: rendez-vous with the future



The future is being a senior without disabilities

INCONTRO ANNUALE "GIORNATA MONDIALE DEL CUORE" - ROMA, 29 SETTEMBRE 2017
REGIONE LAZIO - PIAZZA ODERICO DA PORDENONE, 15 - SALA TIRRENO

www.associazioneaisc.org

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THANK YOU FOR THE ATTENTION!!!

*“The patient is the heart of the initiative”
And a Mentor for young doctors*

