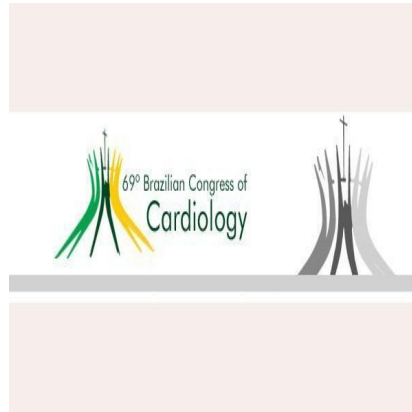




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## **Brazilian Congress of Cardiology: 'Reduce Obesity, Increase Exercise'**



More than 4,000 extra wide seats were made to accommodate Brazil's increasing obese population during the World Cup this year. Obesity affects nearly 20 percent of the population in Brazil and is currently classified as a disability. This and other cardiovascular issues, such as the overuse of technology, was the focus of the Brazilian Congress of Cardiology, a joint event with the European Society of Cardiology (ESC) and the Brazilian Society of Cardiology (BSC), 26-29 September.

The event, held in Brasilia, has highlighted new research and practices in cardiovascular care and included those that underscore the importance of decreasing the rate of obesity and ensuring those with cardiovascular risks, such as hypertension, be educated about heart disease and healthier living. The Congress also presented new diagnostic and therapeutic modalities.

"Technology, evidence and deliberation for clinical decision is one important message that will be deeply debated at the conference, as will Brazilian and international guidelines, and what cardiologists must avoid in their clinical practice," said Professor Angelo A V de Paola, President of the Brazilian Society of Cardiology. "Additionally, in the past 20 years the percentage of men who are overweight in Brazil tripled to around 54 percent. Now, 48 percent of women are overweight and one in three children between the ages of five and nine is overweight. Cardiovascular disease, hypertension and diabetes are increasing at an alarming rate and we will discuss the need for cardiologists to be more proactive about promoting a less sedentary lifestyle and urging patients to following a healthy diet."

Professor Fausto Pinto, President of the ESC, said that low-income populations throughout the world have become dependent on food that is high in carbohydrates, sugars and salt. This change in consumption has led to drastic weight changes in the population of Brazil, and deteriorating cardiovascular health.

"Often people with low incomes choose less expensive foods that are unhealthy," said Prof. Pinto. "In Brazil you have the additional problem of a lack of exercise. Only 15 percent of Brazilian adults are active in their free time. More than 40 percent of Brazilian men and over 50 percent of Brazilian women get insufficient exercise. This combination of lack of exercise, unhealthy, fatty foods and dramatic weight gain is causing a dramatic increase in cardiovascular disease in the country."

Prof. Pinto said the congress will include the latest studies on heart failure, coronary artery disease and interventional cardiology. Key messages from the ESC Congress held earlier this month in Barcelona have also been presented and discussed.

"The most experienced cardiologists in the world have met to discuss the latest developments in cardiovascular

care and this can be put it in the context of the Brazilian population,” said Prof. de Paola. “We look forward to finding ways to combat the problems we have seen in the past few years.”

The BSC is supported by 14 scientific cardiology departments with all subspecialties in cardiology represented. The BSC is an affiliated society of the ESC and has around 13,000 members.

[Source: European Society of Cardiology](#)

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