



FONDAZIONE  
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MENARINI

Press Release

## **Italian Experts in London for an International Workshop on Cardiovascular Diseases**

**London, 5 May 2016** – The world's top experts in cardiology are meeting in London on occasion of the 'Treatment of Cardiovascular Disease in 2016 - Confronting "Real Life" Challenges' International Workshop. The event, organised by the Cardiovascular and Cell Sciences Research Institute of St George's University of London, with the support of the Fondazione Internazionale Menarini, is scheduled for 5 to 7 May 2016.

All the sessions are led by clinicians of international standing, several of whom Italian, and address different aspects of cardiology.

One of the main themes at the meeting is chronic stable angina, the most common manifestation of cardiac ischemia in Western countries, where it is responsible for reduction of quality of life and a growing mortality rate. 'The pathogenesis of angina is complex and often entails coronary-artery stenoses which reduce the capacity of the coronary arteries or limit delivery of blood to the myocardium,' explains Carlos Kaski, Director of the Institute of Cardiovascular and Cell Sciences at St George's University of London. 'Even coronary microcirculation can play an important role in the onset of angina. Treatment of this condition calls for a multifactorial approach combining lifestyle changes, aggressive management to reduce the modifiable risk factors for coronary artery disease, an appropriate pharmacological therapy and, if necessary, even revascularisation of the myocardium.' A number of different anti-angina drugs which could determine efficacious control of symptoms has been introduced; these new drugs have a specific mechanism

of action and fewer side-effects than the treatment products previously available.

'The aim in treatment of chronic stable angina is not only to limit the symptoms but also to reduce ischemic damage and improve the long-term prognosis by inhibiting the progression of the atherosclerosis and its clinical sequelae. Treatment of stable angina should, ideally, be tailored to the needs of each single patient on the basis of the nature and the severity of the symptoms, the risk factors, co-morbidities and the patient's opinions,' Kaski concludes.

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