CVD is the leading cause of premature mortality and disability-adjusted life years (DALYs) in Europe resulting in over 4 million deaths each year.

The World Health Organisation (WHO) estimates that CVD is the largest disease burden on Europe, accounting for 27% of all disability adjusted life years (DALYs). It also impacts healthcare budgets across Europe.

Primary healthcare professionals can play a key role in encouraging positive diet and lifestyle changes as a first step in the management of dyslipidaemia and the prevention of cardiovascular disease.
DietattheHeart.com has been developed in collaboration with leading experts to enhance primary healthcare professionals understanding of the role of diet in the management of dyslipidaemia and prevention of cardiovascular disease. The 2.0 version has been updated and broadened to provide extensive information about the role of diet in dyslipidaemia management.

The tutorial includes detailed advice on the role of dietary fats, dietary fibres, and foods with added plant sterols/stanols in actively reducing cholesterol levels, and their place in the current nutritional guidelines.

DietattheHeart.com is endorsed by the EAS and can provide in-depth learning or simply act as a refresher or helpful reference point.

Go to www.DietattheHeart.com to find out more and test your knowledge.