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Software tool accurately estimates risk of hear disease

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University of Granada researchers have developed a software tool that makes a accurate estimation of the risk that a person has to suffer a heart disease. In a this software tool allows the performance of massive risk estimations, i.e. it helestimating the risk that a specific population group has of suffering a heart cor The researchers employed a sample including 3 000 patients.

Heart conditions increasingly affect working age population, which can make inloss potential years of work and productivity.

Understanding the risk for heart conditions by simultaneously using different eq a key factor in heart disease prevention, which would reduce health spending i short and long term.

An Integrated Model

According to the researchers, "during the last decade, the approaches to cardi disease prevention have evolved from isolated interventions on modifiable risk f an integral model of intervention strategies based on previous risk quantificatio stratification."

One of the factors enabling this change is the increasing availability of tools for quantification and stratification of the risk of suffering a cardiovascular disease tools evaluate a set of individual characteristics, the so-called risk factors. Thi framework of the study conducted at the University of Granada and recently p in the *Journal of Evaluation in Clinical Practice*.

In the field of epidemiologic studies aimed at predicting cardiovascular risk, a st mathematical models had been developed in previous studies in the USA. The p these models was to provide an estimation of the risk of suffering a cardiovasc event in the short term, i.e. 5-10 years, by assessing exposure to risk factors. University of Granada researchers used this model in their study.

The researchers performed a comparative study of the behavior of different eq applied to a group of "at-risk" patients referred to an Endocrinology Service fro primary care center in Granada, Spain. Risk factors were obesity, high blood pre diabetes and lipid profile alterations.

Source: University of Granada

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