



International Chair on  
Cardiometabolic Risk

# Press release

**THE INTERNATIONAL CHAIR ON CARDIOMETABOLIC RISK  
ANNOUNCES THE LAUNCH OF  
THE FIRST AND MOST COMPREHENSIVE WEBSITE  
EXCLUSIVELY DEDICATED TO CARDIOMETABOLIC RISK**

**[www.cardiometabolic-risk.org](http://www.cardiometabolic-risk.org)**

**Québec, September 21<sup>st</sup>, 2007** – With soaring rates of cardiovascular disease and type 2 diabetes around the world, it has become obvious that more needs to be done to better inform both physicians and the public about how these diseases can effectively be prevented. This is now possible thanks to the recently launched website of the International Chair on Cardiometabolic risk at <http://www.cardiometabolic-risk.org>. Top members of the Chair presented further details and relevant background information at a special workshop today during the EASD congress.

According to Jean-Pierre Després, Scientific Director of the International Chair on Cardiometabolic Risk and Director of Research in Cardiology at Laval Hospital Research Center, Université Laval, Québec City, Québec, Canada “the abdominal obesity and type 2 diabetes epidemics have forced the scientific and medical communities to rethink their understanding of modifiable risk factors for cardiovascular disease and find new strategies which can better address the soaring rates of these risk factors worldwide.”

This website uses state-of-the art technology to bring vital and regularly updated information to all stakeholders. Physicians can obtain useful tools for improved risk assessment and patient management as well as a wealth of selected scientific references. Patients and the public at large will be provided with an opportunity to obtain basic information on cardiovascular disease and diabetes as well as a list of the most important lifestyle measures to reduce their cardiometabolic risk.

Hôpital Laval  
Pavillon Marguerite-D'Youville  
4<sup>th</sup> Floor  
2725, chemin Ste-Foy  
Québec  
G1V 4G5  
CANADA



UNIVERSITÉ  
LAVAL



Institut universitaire  
de cardiologie  
et de pneumologie

International Chair  
on Cardiometabolic Risk

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Laval Hospital – University of Laval  
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Although remarkable progress has been made with regard to therapeutic options for traditional risk factors such as smoking, hypertension, LDL-cholesterol, elevated triglycerides and blood sugar levels, there is room for progress with regard to newer risk factors such as abdominal obesity and its associated metabolic complications such as insulin resistance. There is increasing evidence that abdominal obesity as assessed by the presence of an increased waist circumference is far more dangerous and represents an even more important risk factor than the overall obesity assessed by the currently popular body mass index (BMI)<sup>1</sup>. When this additional risk factor is taken into consideration by the proper measurement of their patients' waist sizes, they have now a better means for assessing and managing their patients' cardiometabolic risk.

For this reason, the International Chair on Cardiometabolic Risk has created a specific website to cover this new approach to cardiovascular and metabolic diseases. "The uniqueness of the Chair is the fact that they were able to bring together world renowned experts under a single organization, said Jean-Claude Coubard, its Executive Director. Thanks to this, the site contains video interviews by these members and other world experts from various disciplines including nutrition/lifestyle/exercise physiology, abdominal obesity, lipids, diabetes, hypertension and general cardiology. Diagrams are available to illustrate disease evolution, new imaging techniques, risk assessment data or the impact of physical activity on disease outcome. These elements can be used to train health professionals physicians and other stakeholders about the various components of cardiometabolic risk.

The subject itself will continue to evolve as new research confirms the importance of abdominal obesity and measuring waist circumferences. Repeat visits will be encouraged on different occasions during which the Chair announces new data from medical journals or congresses or engage in new activities which will have an impact on larger audiences.

#### **About the International Chair on Cardiometabolic Risk**

Founded in 2005 at University of Laval, the International Chair on Cardiometabolic Risk is made up of 25 world-renowned international scientists. Their goals are to develop awareness and knowledge around the Cardiometabolic Risk factor in order to improve international patient management. Each year, this group organizes a series of conferences and debates. The chair also intends to provide physicians and patients with various educational materials.

#### **About the Laval Hospital**

Founded in 1918, Laval Hospital, the heart and lung institute of University Laval includes cardiology, pneumology, and the surgical management of obesity departments. The Hospital's expertise includes ambulatory and hospital care, teaching, research, and the evaluation of health technologies.



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#### **About the Laval Hospital Research Centre**

The main goal of the Laval Hospital Research Centre is to slow the obesity epidemic and the progression of cardiac and pulmonary disease through research and prevention. The Laval Hospital Research Centre has focused its development around this vision and aims to become the leading North American research centre in cardiology, pneumology, and obesity.

#### **For further information or requests, please contact:**

Jean-Claude Coubard  
Executive Director International Chair on Cardiometabolic Risk  
Telephone: (418) 656-8711 extension 3183  
Cell phone: (+33) 6 3334 7813  
E-mail : [chair.cardiometabolic-risk@crhl.ulaval.ca](mailto:chair.cardiometabolic-risk@crhl.ulaval.ca)

Linda Pavy  
Burson-Marsteller Agency  
Telephone: (+33) 1 41 86 76 26  
E-mail: [linda.pavy@bm.com](mailto:linda.pavy@bm.com)

#### Reference:

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