

Risk of Cardiovascular Disease and Abdominal Aortic Aneurysm in Varese

ROcAV STUDY

10 years of cardiovascular insights

Recruitment

2013-2016

Re-examination

2021-2022

Follow-up

2013-2024

Biobanking

Serum & Plasma



Screening for aortic aneurysm
Cost-effective in smokers



Adherence to Med Diet
Reduces arterial stiffness



Manual vs. non-manual workers
Have more atherosclerosis for same level of risk factors



Biomarkers
Circulating bile acids are markers of diabetes



Air pollution
Reduces immune response to COVID-19 vaccine



Healthy Lifestyles & physical activity
Mitigates the harmful effects of air pollution on cardiovascular risk

Credit: DG Welfare, Regione Lombardia; Servizi Demografici Comune di Varese; ATS Insubria; ASST dei Sette Laghi

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