

Summer school Teaming up for cardiovascular risk reduction – an integrated approach



Cardiovascular diseases are currently the leading cause of hospitalisation and mortality in both Italy and worldwide. These conditions are responsible for approximately **17.5 million premature deaths globally each year**, a number expected to rise to **23 million by the year 2030**. According to the most recent data, in Italy, **cardio-cerebrovascular diseases**—including myocardial infarction, stroke, and heart failure—account for **35.8 percent of all deaths** (32.5 percent in men and 38.8 percent in women), exceeding **230,000 deaths per year**, many of which occur prematurely, **before the age of 60**. These figures confirm the urgent need to place the **prevention and treatment** of these diseases at the centre of healthcare policies and programmes, adopting a responsible and integrated approach. This is clearly a matter of **global relevance**. To be effective, cardiovascular disease prevention must be **personalised**, assessing the individual as a whole and considering a wide range of factors: personal characteristics, the full clinical picture, lifestyle habits, family and social environment, employment and economic status, psychological and clinical conditions, and genetic background. Within this context, the development of strategies to manage **modifiable risk factors** deserves interdisciplinary attention from a dedicated group of experts.

Now in its **fifth edition**, this Summer School aims to provide international medical students with an **integrated perspective** on prevention and intervention strategies aimed at reducing the risk of **cardiovascular, renal, and metabolic diseases**. The programme will address the following key scientific questions:

1. **How do different risk factors influence vascular biology and contribute to the onset of major cardiovascular events?**
2. **What mechanisms determine the efficacy and safety of pharmacological therapies with respect to both traditional and non-traditional clinical outcomes?**
3. **Which approaches can improve prescribing appropriateness and reduce the overall cost of medical treatment?**

By actively participating in the Summer School, students will acquire new knowledge that will support their academic studies and will later be transferable to **research or clinical practice**.

The programme will take place primarily at the University Hospital of Padua. This location allows for efficient cost management by minimising the use of external facilities.



Educational activities will include:

- **Keynote lectures**
- **Traditional academic lectures**
- **Informal 'Meet the Expert' sessions**
- **Clinical case discussions with a problem-solving approach**
- **A practical session at the Skill Laboratory**
- **A collaborative workshop**
- **Group project presentations by participants**

In addition to the usual question and answer sessions following lectures, teaching staff will engage directly with students to analyse clinical cases using a problem-solving approach. During the **'Meet the Expert' sessions**, students will have the opportunity to engage informally with academics and professionals regarding **career development pathways in various countries**.

In the **final session**, participants will present their group projects before an academic panel comprising four members of the teaching staff. The group judged to have delivered the **most outstanding presentation** will receive a **monetary award of 500 euros**.

Beyond the academic programme, students will also take part in a **guided excursion to Venice**, aimed at showcasing the region's rich historical and artistic heritage. The agenda will also include a **visit to the Museum of Pathological Anatomy** and **three social events**, designed to encourage networking and exchange among participants.

KEY INFO

Dates: 29th June 2026 – 4th July 2026

Target: Master's and PhD students + Junior (bio)medical Residents

Minimum number of participants: 20

Maximum number of participants: 28

Location: Padua

ECTS: 3

Fee: 500 euros per week / 20% fee waiver for students of partner universities / 50% fee waiver for Arqus students (including UNIPD students). A maximum number of waivers might apply.

Contact: summerschool@unipd.it

Application dates: 15th November 2025 – 15th March 2026