



CENTRE DE RECHERCHE  
INSTITUT UNIVERSITAIRE  
DE CARDIOLOGIE  
ET DE PNEUMOLOGIE  
DE QUÉBEC



UNIVERSITÉ  
LAVAL



International Chair on  
Cardiometabolic Risk

AFFILIÉ À  UNIVERSITÉ  
LAVAL

FOR IMMEDIATE RELEASE

## Press release

### 6TH INTERNATIONAL CONGRESS ON CHRONIC SOCIETAL CARDIOMETABOLIC DISEASES: VISCERAL OBESITY, A HIDDEN ENEMY FOR PHYSICAL AND COGNITIVE HEALTH

**Québec City, May 11, 2017** – Building on the success of previous years, the International Congress on Chronic Societal Cardiometabolic Diseases is back for its sixth edition, to be held from May 15 to 17 at the Hotel Le Concorde Québec. This year, 24 experts from all around the world are expected to take stock on visceral fat, this internal and invisible abdominal fat which is the most threatening to health. Indeed, at least 20% of the population with a healthy weight may be at risk of developing chronic diseases due to excess visceral fat.

In addition to diabetes and cardiovascular disease, recent studies indicate that abdominal fat is an important cause of cognitive decline leading to dementia. "With an aging population and data that predict a 70% increase in the number of Canadians affected by dementia in the next 15 years, it is critical to be interested in the cardiometabolic risk factors for this condition and in effective means of prevention and treatment," says Dr. Jean-Pierre Després, Scientific Director of the International Chair on Cardiometabolic Risk, Director of Research in Cardiology at the Québec Heart and Lung Institute Research Centre and Professor at the Faculty of Medicine of Université Laval.

The event will also feature the latest research and innovations on chronic societal cardiometabolic diseases with a particular focus on lifestyle habits, which have a huge impact on the cardiometabolic health of the population. Finally, this edition will conclude with a session on public health, where various population-based initiatives will be presented, including access to an urban environment favourable to health. In this regard, more and more scientists are interested in the impact of the urban environment on the risk of obesity and diabetes.

The congress is jointly organized by the International Chair on Cardiometabolic Risk and the *Réseau de recherche en santé cardiométabolique, diabète et obésité* (CMDO). This meeting, which has become a must, is a testimony to Québec's international leadership in cardiometabolic health.

## **ABOUT THE INSTITUTE**

Annually, 14,598 people are hospitalized and 119,186 visits are made by outpatients. The catchment population is over 2 million people, or approximately 30% of the population of Québec. Affiliated with Université Laval, the establishment relies on the cooperation and dedication of more than 3,000 employees, doctors, professionals, researchers, managers and volunteers to provide care and quality services to clients in hospital and outpatient services. The Institute programs include care and highly specialized services for the treatment of cardiopulmonary diseases and diseases related to obesity. Doctors and health professionals of the Institute have extensive expertise and contribute to advancing the science of medicine. The Institute also has a mission to evaluate technologies and methods of health intervention.

## **ABOUT THE RESEARCH CENTRE**

The Québec Heart and Lung Institute Research Centre is the only centre funded by the Fonds de recherche du Québec – Santé (FRQS) that regroups three research components (cardiology, respirology and obesity-metabolism) deemed to be a priority because of the considerable economic and social impact of their related diseases. Our centre is unique in that our research components perfectly complement the Institute's clinical missions. This enables health professionals and researchers to work in total synergy to the greatest benefit of patients. Since 2000, the personnel went from 268 to 817 employees, including 157 principal investigators.

## **ABOUT THE INTERNATIONAL CHAIR ON CARDIOMETABOLIC RISK**

Launched in 2005 by Université Laval, the International Chair on Cardiometabolic Risk (ICCR) includes 25 internationally recognized experts. All are engaged in promoting knowledge on abdominal obesity and associated cardiometabolic risk, in improving the management of patients and in preventing chronic societal diseases resulting from unhealthy lifestyle habits. The ICCR pursues its mission of studying the causes and consequences of a sedentary lifestyle and of a poor-quality diet, including the overconsumption of sugar-sweetened beverages, which are largely responsible for the epidemic of abdominal obesity, type 2 diabetes and cardiovascular disease. Each year, the ICCR organizes symposia, educational activities and an international congress for the medical community, health professionals and the lay public.

## **ABOUT UNIVERSITÉ LAVAL**

Université Laval, located in the world heritage city of Québec, is the oldest French-language university in North America. One of Canada's top research universities, it is ranked 7th among the country's institutions of higher learning, with a research budget of over \$330 million last year. Université Laval boasts over 3,685 professors, lecturers, and teaching staff who share their knowledge with some 42,500 students, including 13,000 at the graduate level.

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