



Vascular Health Promotion Project and Vascular Dementia Prevention in China

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In the past several decades, for their high mortality and morbidity rate, CHD (coronary heart disease), stroke, dementia, atherosclerotic nephropathy and peripheral vascular disease have been remaining as the hot point in the world governments and academic circles. With the enhancing cognitive level of these diseases, now we have known that the overall clinical progression of human arterial tree damage is the core link to bring about various important organ dysfunction (above-mentioned), not until it damages one's life. Therefore, early vascular disease detection and evaluation system promotion and vascular medicine emerge as new academic field. From June, 2004, Chinese Ministry of Health approved to implement early vascular disease technique popularization project (Chinese vascular health project), as one of the national health 10-years plans. I was the director of the project and our country was the first one that putting forward the idea of vascular disease early detection system in the world, and meanwhile we organized the first guideline of vascular disease early detection technology (first report) among the world in 2005, and updated it in 2011. The guideline was promoted nationwide since then. During 2004-2010, we have spread this technology system to medical institution in cities and counties all around our country. We established the first clinical diagnosis and treatment center of vascular medicine, vascular medical center in Peking University Shougang Hospital, in China April in 2010, and established a new model of comprehensive prevention and control of vascular disease by close cooperation of tertiary hospitals, secondary hospitals and community health service centers. We were the first to set up course of vascular medicine on behalf of Peking University Health Science Center in the domestic medical colleges and universities in 2011 and vascular exploring course as public course of Peking University was formally established in the comprehensive university in China in 2014. In order to promote the research and development of vascular medicine, enhance the academic exchanges, promote the control efforts of vascular disease, the Chinese International Congress of Vascular Medicine (CCVM) has been successfully held for 12 years since 2004. The congress aims to provide a high level academic exchanges on vascular medicine by cooperating with the International Society for Vascular Health (ISVH), and American Society of Hypertension (ASH). CCVM has become an international comprehensive academic congress which include

the hot topic of academic communication, continuing professional development, the training of community health service workers and medical college and postgraduate students education. CCVM widely made the development of vascular medicine. We are looking forward to spreading our experience about the early vascular disease detection system to all over the world, and accelerating the work of population of vascular disease prevention and screening the high risk population with sub-clinical vascular alternations. We will try our efforts to pay more attention on public policy and public education, to execute practically the early-stage vascular prevention in full scale and really achieve early detection, early prevention and early treatment, thus the incidence, mortality of vascular disease could go down, especially for the vascular dementia, though Alzheimer-type and vascular dementia, the two most common forms of dementia, are considered separate conditions with different risk factors, autopsy studies showed that about 45% of older subjects with clinical diagnosis of Alzheimer-type dementia had cerebrovascular pathology. Additionally, older subjects with vascular damage require less severe "neurodegenerative pathology" typical of Alzheimer's disease to produce the same amount of cognitive impairment.

To date, dementia is not a curable disease. Cultural and scientific efforts are in place to show that dementia is preventable, before its onset and with regards to the rate of cognitive decline over its natural history. Only by vascular health protection and early vascular disease detection and regression could truly relieve the burdens by the vascular events for the personal, family and the society, therefore the health status of the whole nation will be improved. This is not just good for saving the life, but also beneficial in save a great deal of medical expenses for the nation.

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