

COSA FA BENE AL CUORE?

Emozioni, sonno, attività fisica e alimentazione



INCONTRO CON IL PUBBLICO

13 FEBBRAIO 2020 ore 17.30

Sala Convegni "Giovanni Ancarani", **Auxologico San Luca**, Piazzale Brescia 20, Milano

IL SONNO

Dott.ssa Carolina Lombardi

Responsabile Centro di Medicina del Sonno

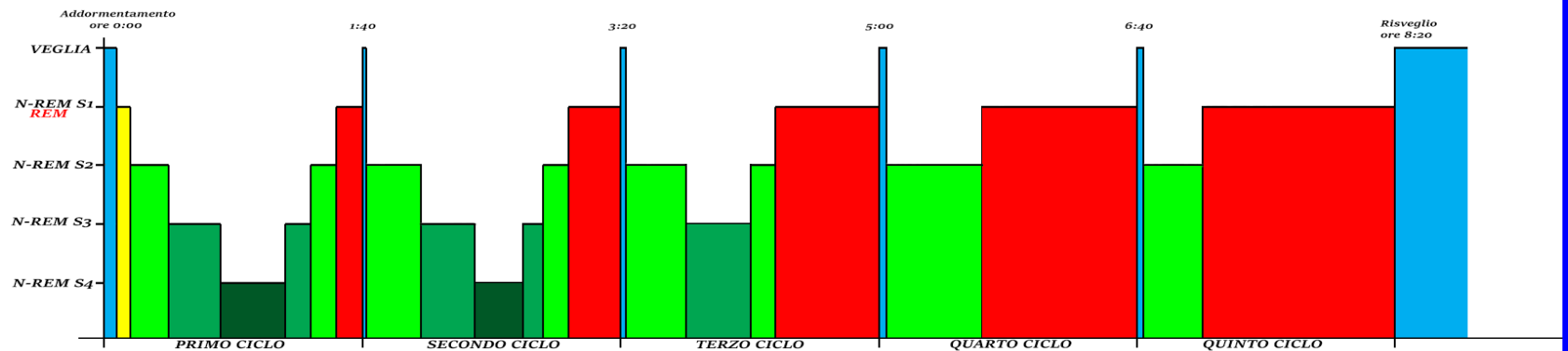
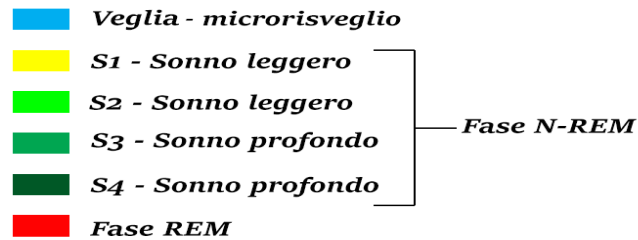
Dipartimento di Cardiologia,
Ospedale San Luca,
Istituto Auxologico Italiano, IRCCS

Università Milano Bicocca



CICLI DEL SONNO

LEGENDA:

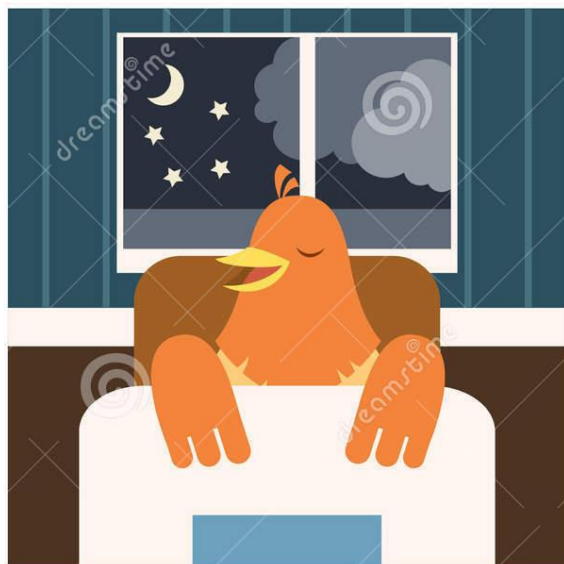
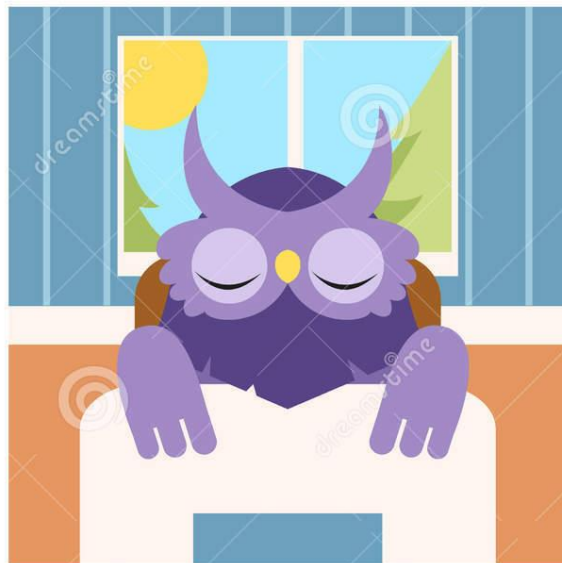




Il ritmo circadiano è il complesso meccanismo che regola i ritmi biologici degli esseri viventi in sintonia con l'ambiente, che si compie all'incirca ogni 24 ore.

Il termine “circadiano”, coniato da Franz Halberg, deriva dal latino circa diem e significa appunto “intorno al giorno”.





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A cosa serve il sonno?

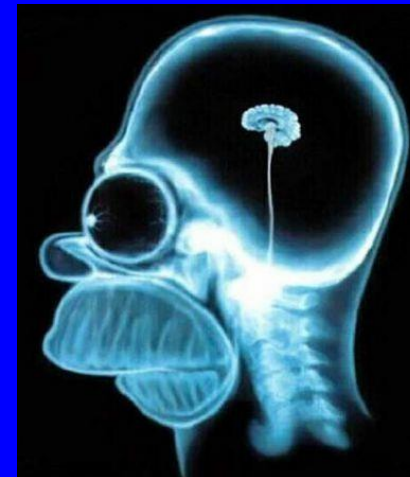
e sul sistema
immunitario.



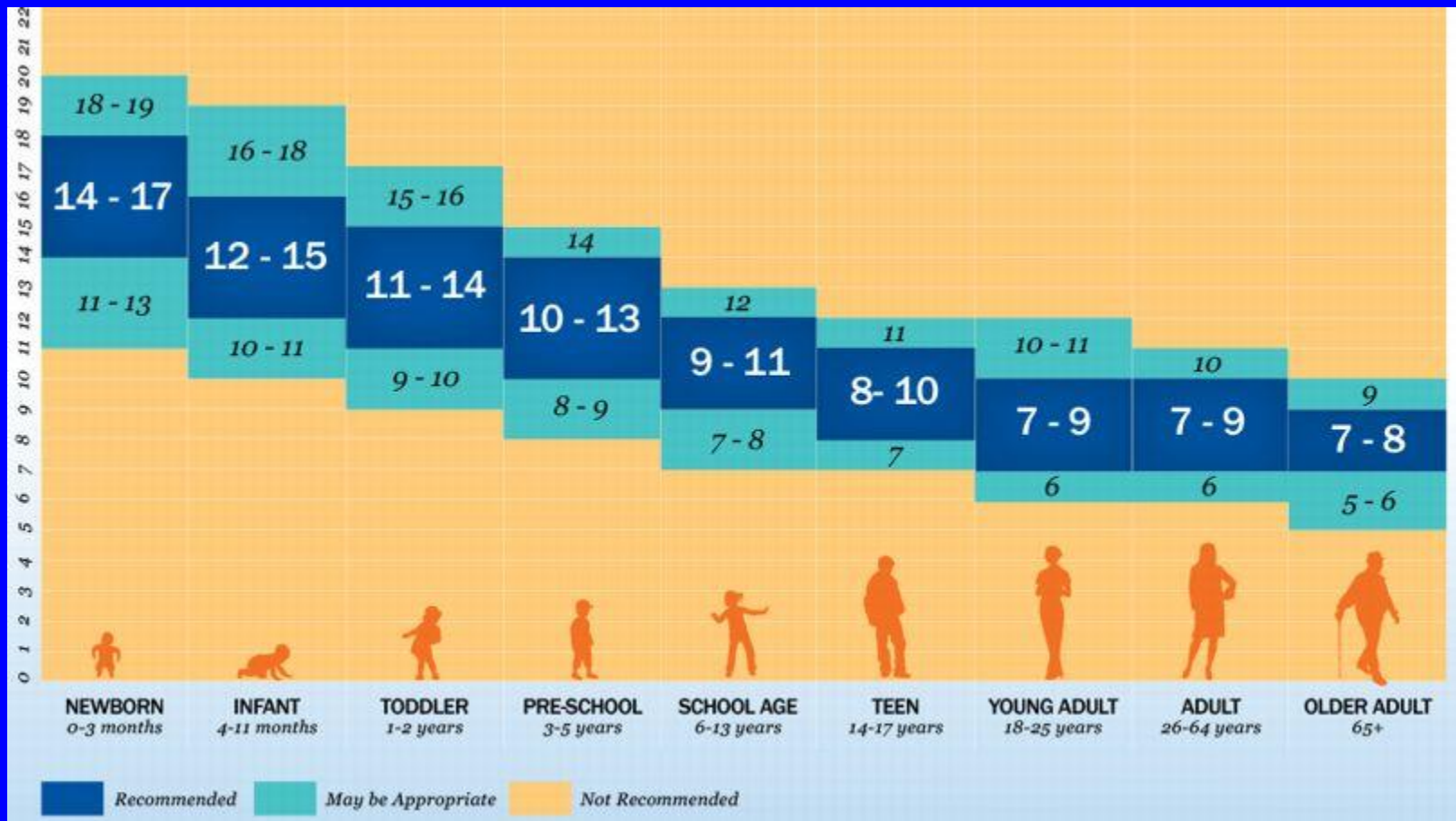
di riparazione tissutale

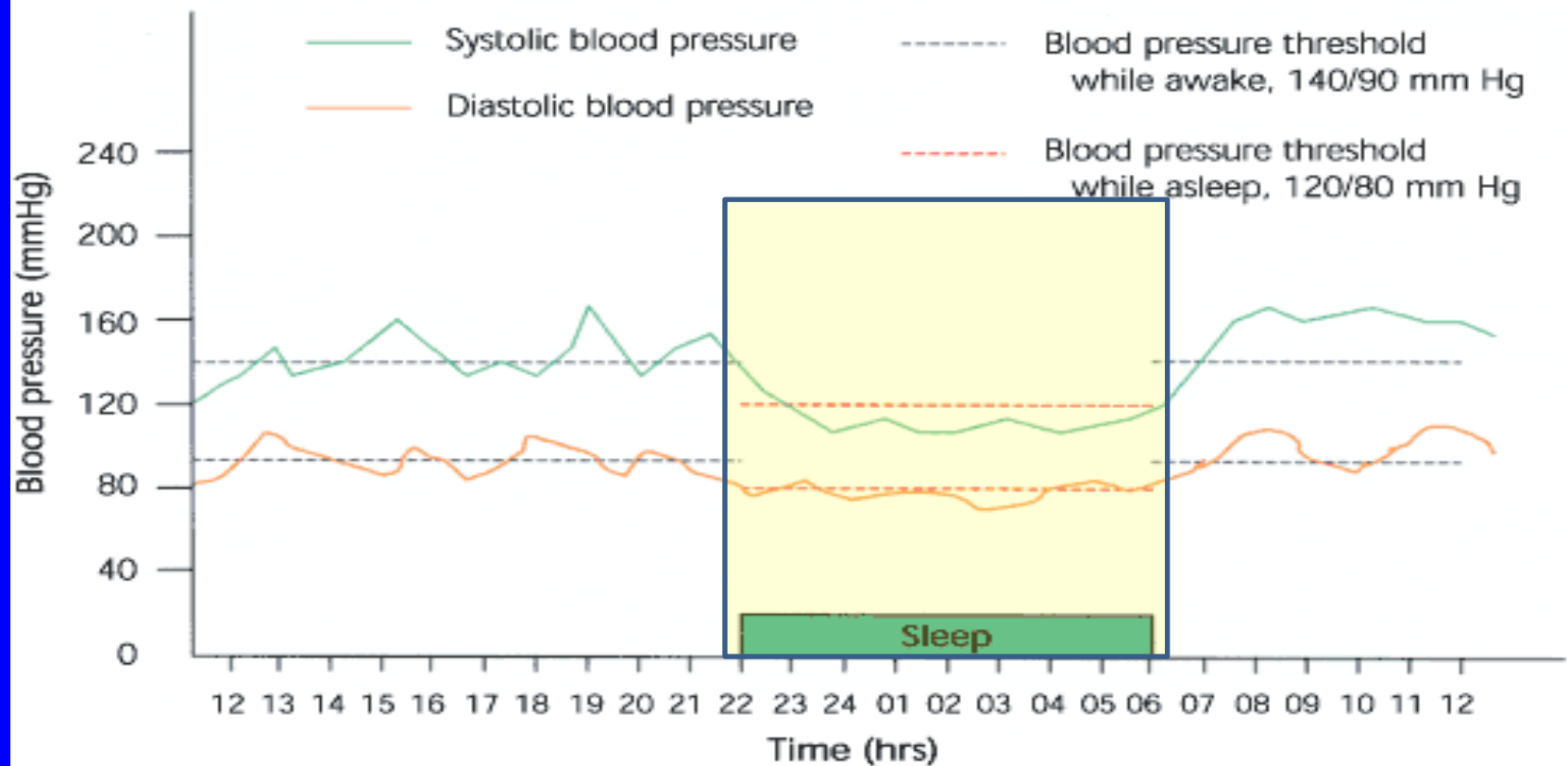


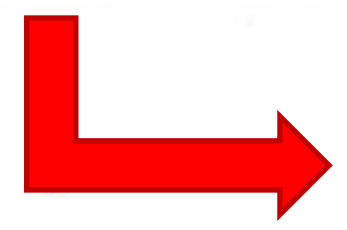
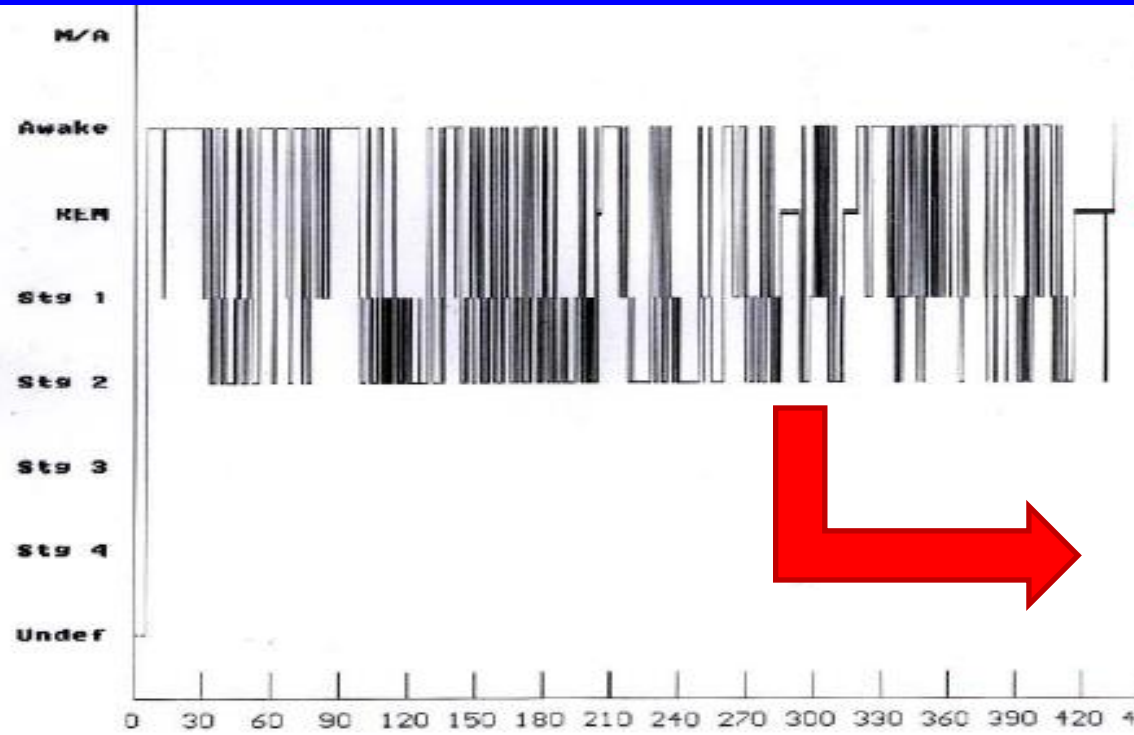
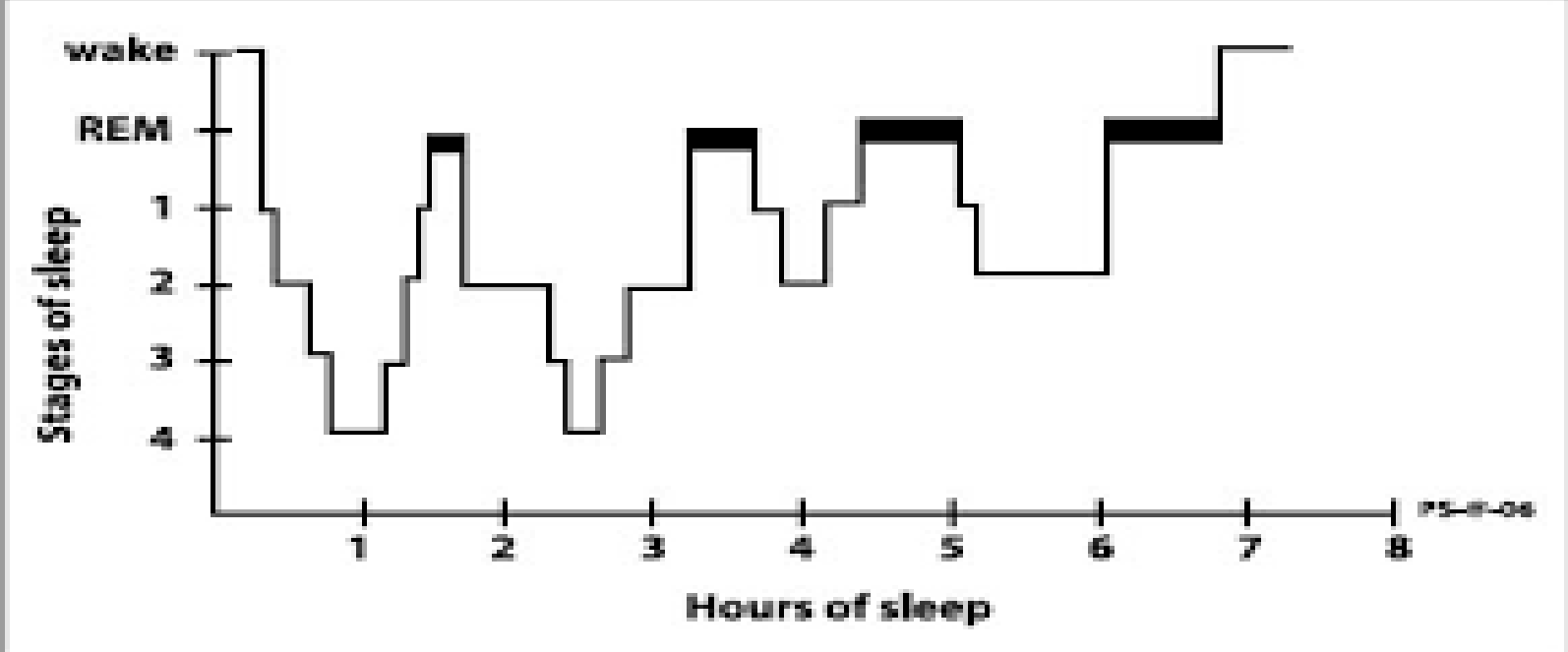
il sonno implicato nel mantenimento della plasticità
sinaptica alla base di funzioni come l'apprendimento e la
memoria



ETA'









SLEEP DEPRIVATION



Ho talmente
tanto sonno
arretrato che
faccio i sogni
in lire.

Pippa Forever

Your Body On... SLEEP DEPRIVATION

COGNITIVE FUNCTION

Poor memory;
difficulty with con-
centration, learning,
and problem solving.

IMMUNE SYSTEM

Increased likelihood
of getting sick;
slower recovery and
healing times

APPETITE & METABOLISM

Appetite increases;
metabolism slows.
Increased risk for
overeating, obesity,
and diabetes.

SKIN

Accelerates the
effects of aging

MOOD

Increased irritability;
risk for emotional
disorders, anxiety,
and depression

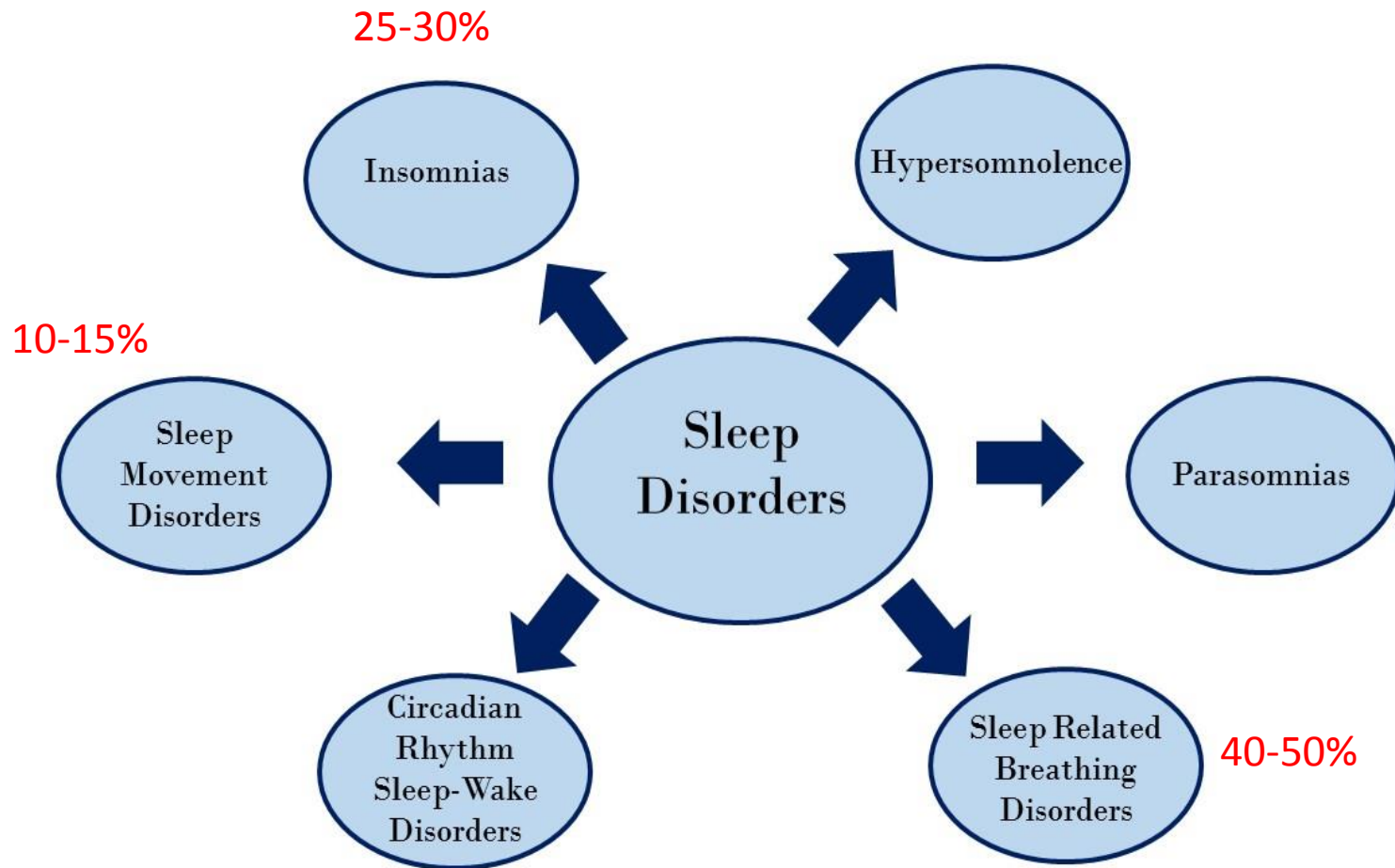
HEART HEALTH

Greater risk for high-
blood pressure, ath-
erosclerosis, stroke,
and heart failure

CANCER RISK

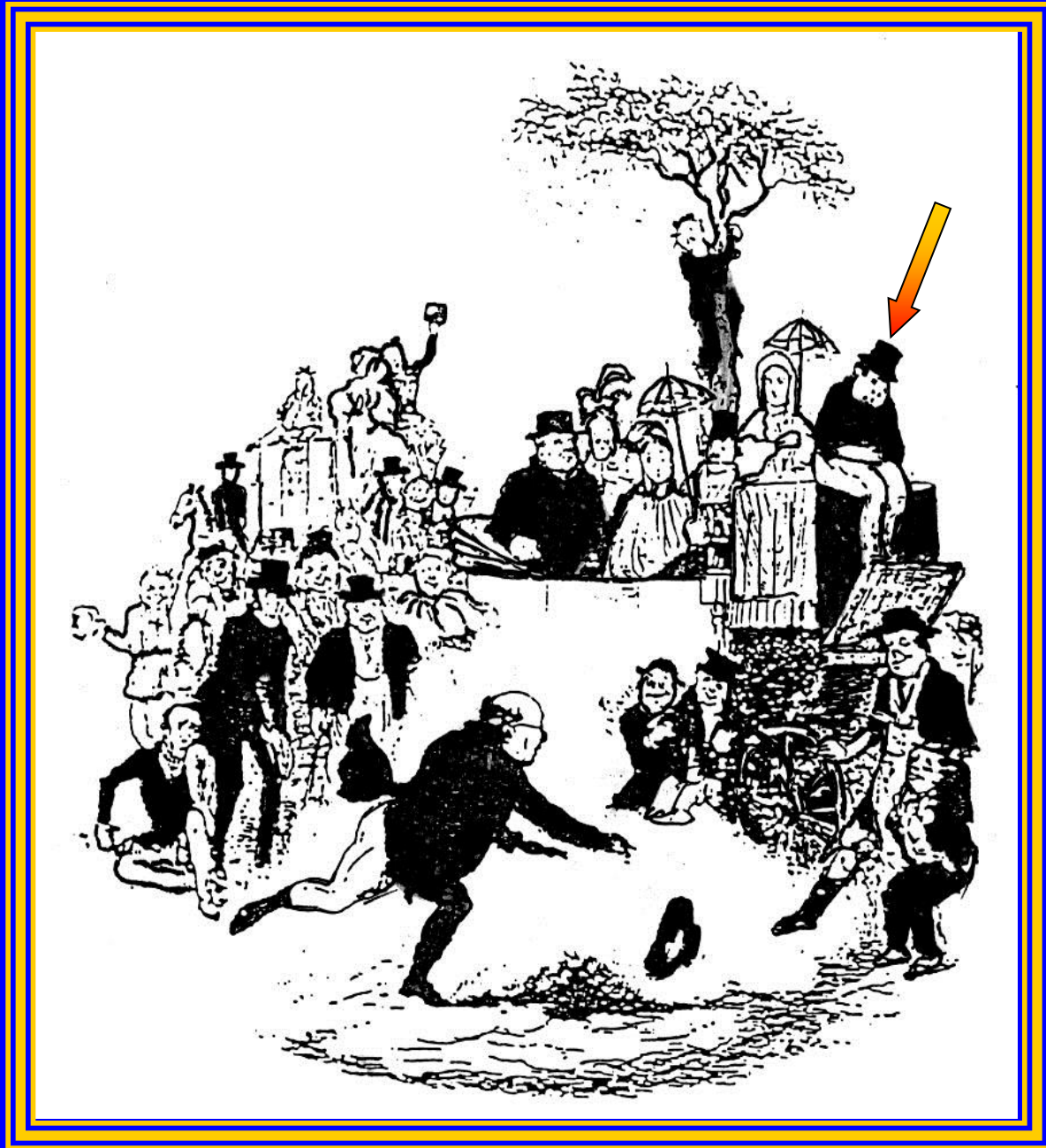
Associated with
increased rates of
breast, prostate, and
colorectal cancer

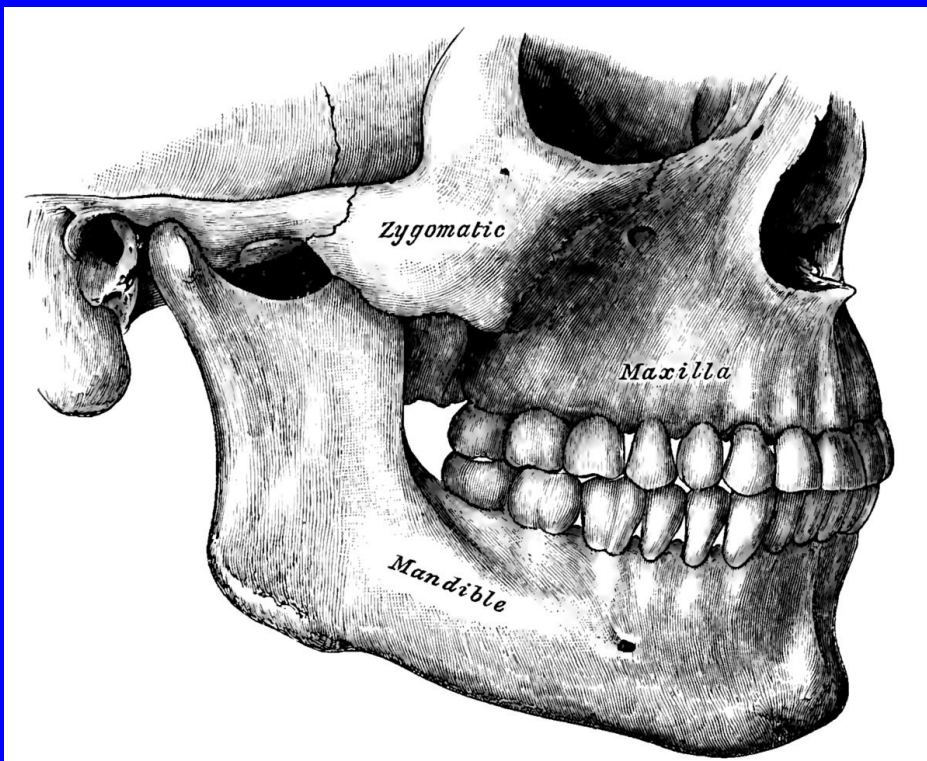
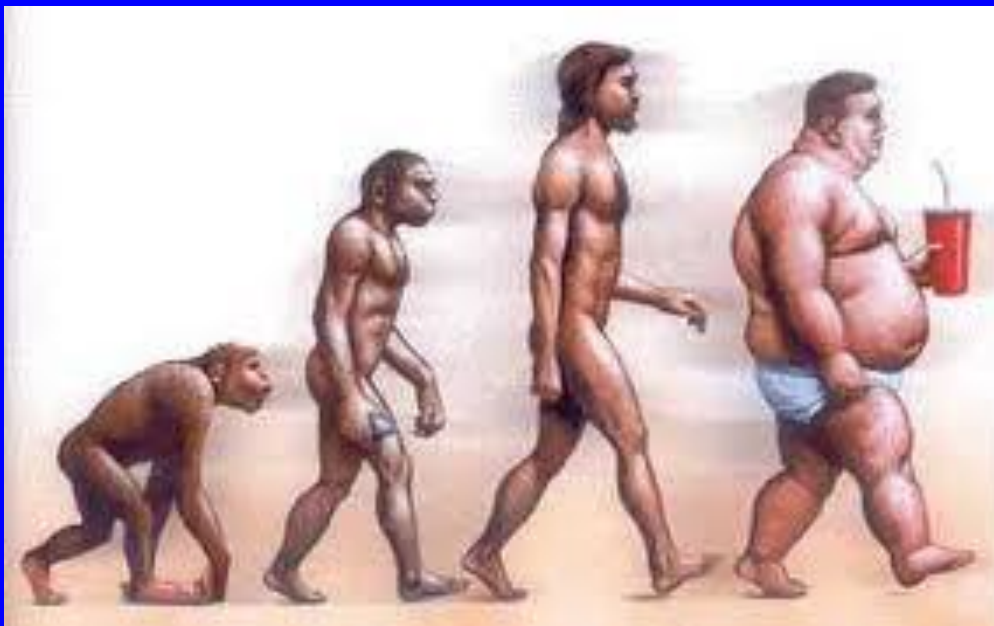
SLEEP DISORDERS

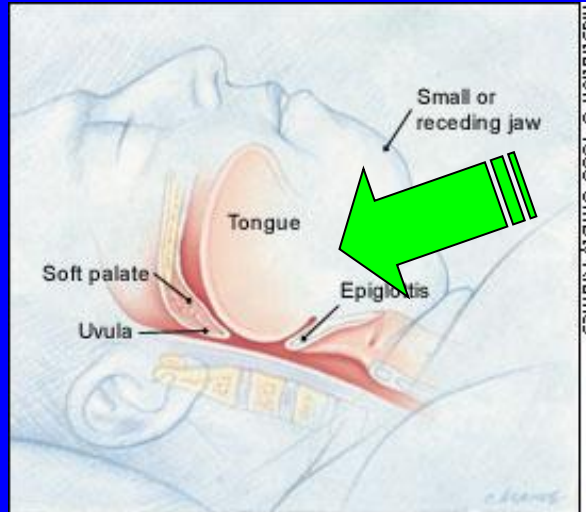
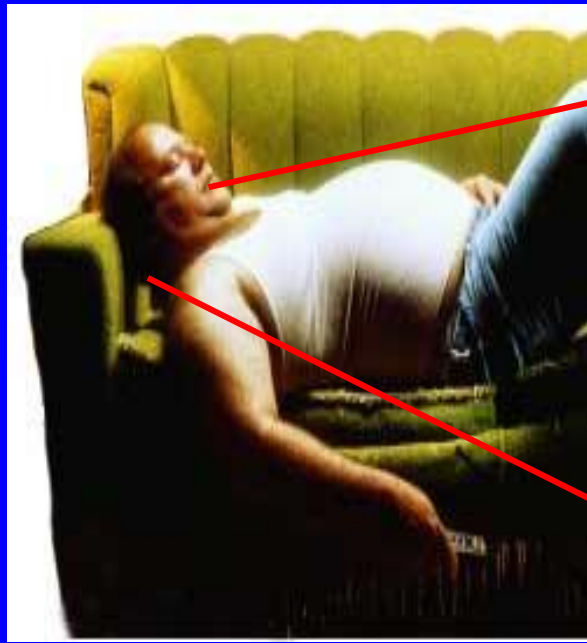


"The Posthumous Papers of the Pickwick Club"

Charles Dickens 1836







- ↓ Ossigeno
- ↑ Anidride carbonica
- ↓↑ Pressione arteriosa
- ↓↑ Frequenza cardiaca





HYPERTENSION



HEART DISEASE



**DEMENTIA
STROKE**

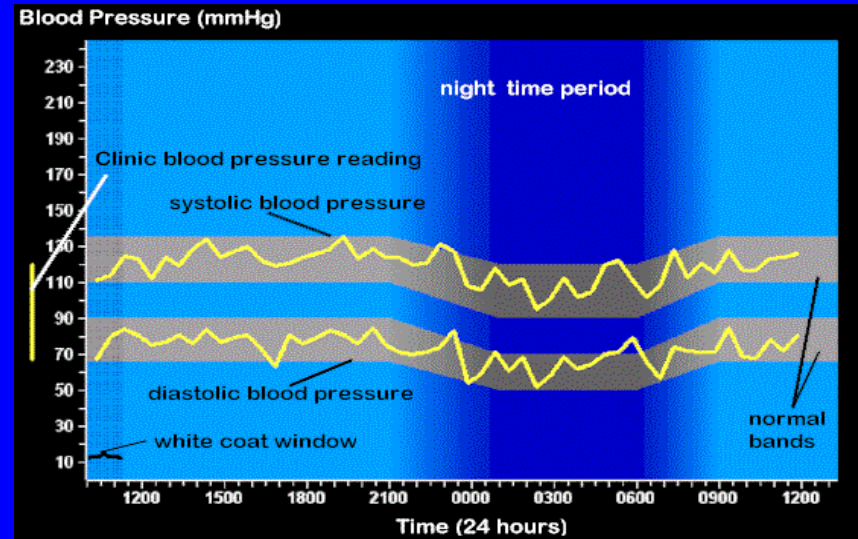
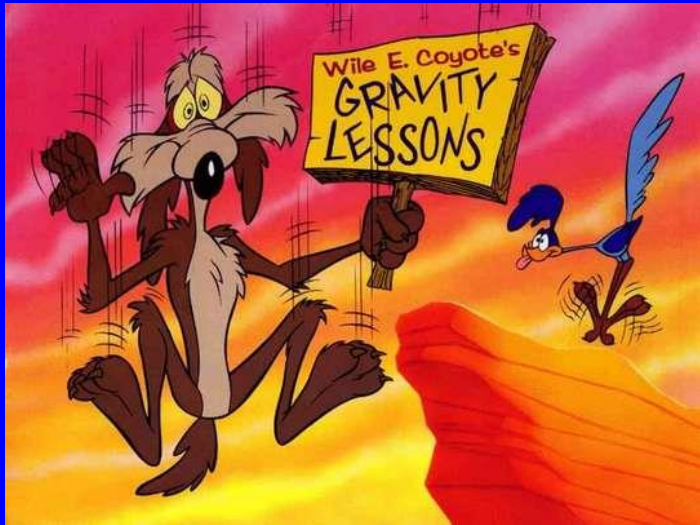


TYPE 2 DIABETES



LIPID PROBLEMS

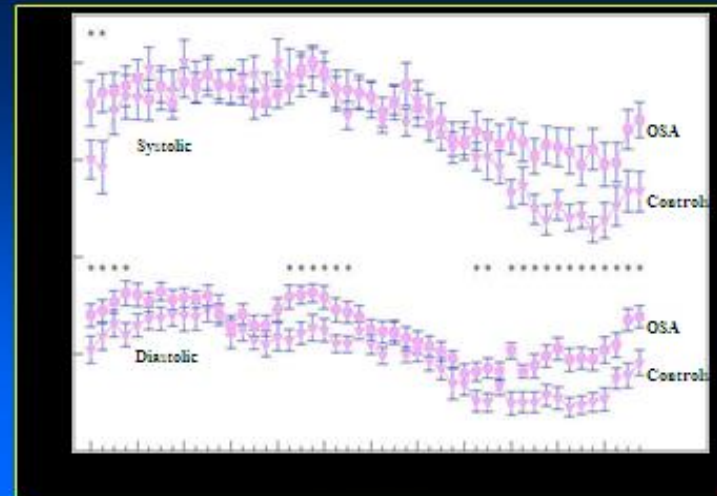
NON DIPPING



OSA



Ambulatory BP Profiles for Sleep Apnoea Subjects (n = 45) compared to Closely Matched Control Subjects (n = 45)



Davies et al., Thorax 2000; 55: 736-740

REVIEW SERIES

Obstructive sleep apnea syndrome as a cause of resistant hypertension

Gianfranco Parati^{1,2}, Juan Eugenio Ochoa^{2,3}, Grzegorz Bilo², Paola Mattaliano^{2,3}, Paolo Salvi², Kazuomi Kario⁴ and Carolina Lombardi²



Masked hypertension in obstructive sleep apnea syndrome

Jean-Philippe Baguet^{a,b}, Patrick Lévy^{c,d}, Gilles Barone-Rochette^a,
Renaud Tamisier^{c,d}, Hélène Pierre^a, Marie Peeters^{c,d}, Jean-Michel Mallion^a
and Jean-Louis Pépin^{c,d}

UNTREATED PATIENTS



Sustained
Hypertension

Masked
Hypertension

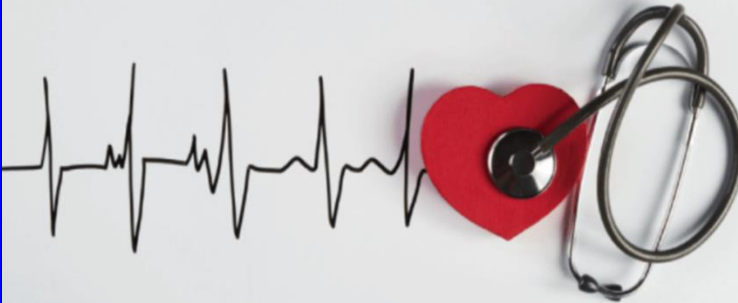
135/85

24h Ambulatory Pressure

Home BP

Arrhythmias

Arrhythmia - Abnormal Heart Rhythms



OSA

**Congestive
Cardiac
Failure**

Hypertension

Stroke

Heart failure and sleep disorders

Gianfranco Parati¹⁻³, Carolina Lombardi^{1,2}, Francesco Castagna^{1,2,4}, Paola Mattaliano^{1,2}, Pasquale Perrone Filardi⁵ and Piergiuseppe Agostoni^{6,7} on behalf of the Italian Society of Cardiology (SIC) Working Group on Heart Failure members

NATURE REVIEWS | CARDIOLOGY

VOLUME 13 | JULY 2016 |

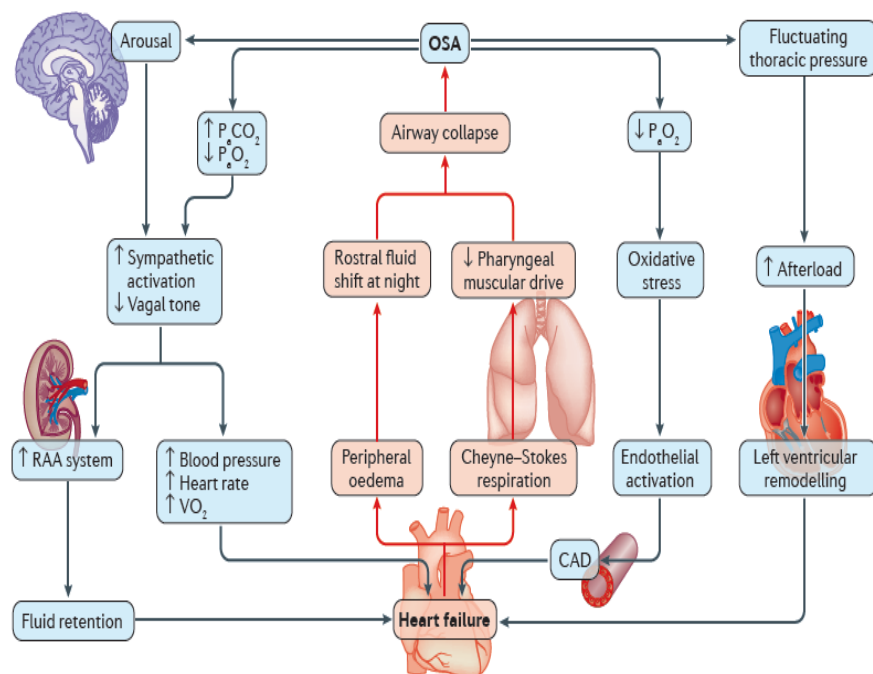


Figure 2 | **Relationship between obstructive sleep apnoea (OSA) and heart failure.** Schematic representation of the mutual interactions between OSA and heart failure. CAD, coronary artery disease; P_aCO₂, arterial partial pressure of CO₂; P_aO₂, arterial partial pressure of O₂; RAA, renin-angiotensin-aldosterone; VO₂, oxygen consumption rate.

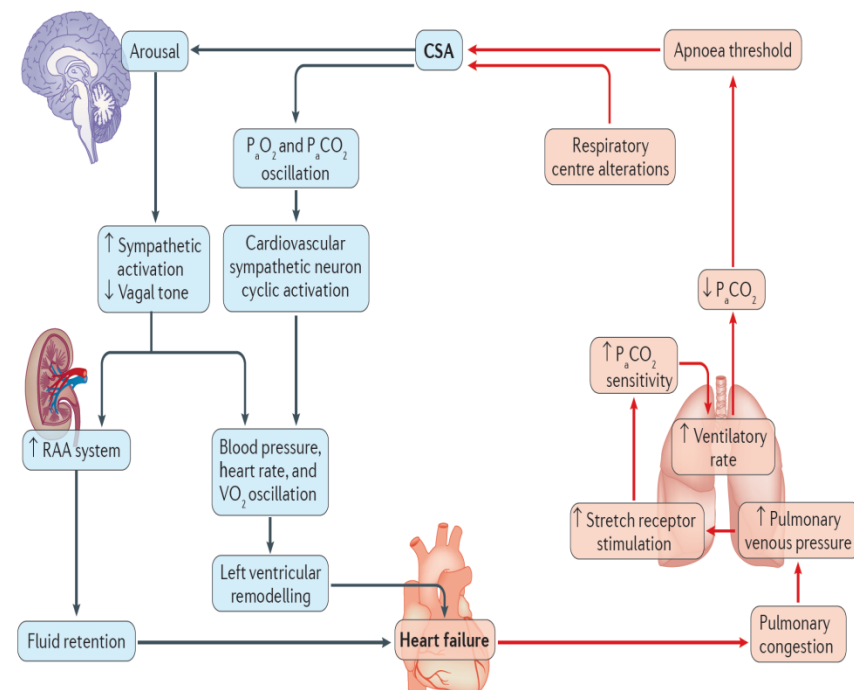
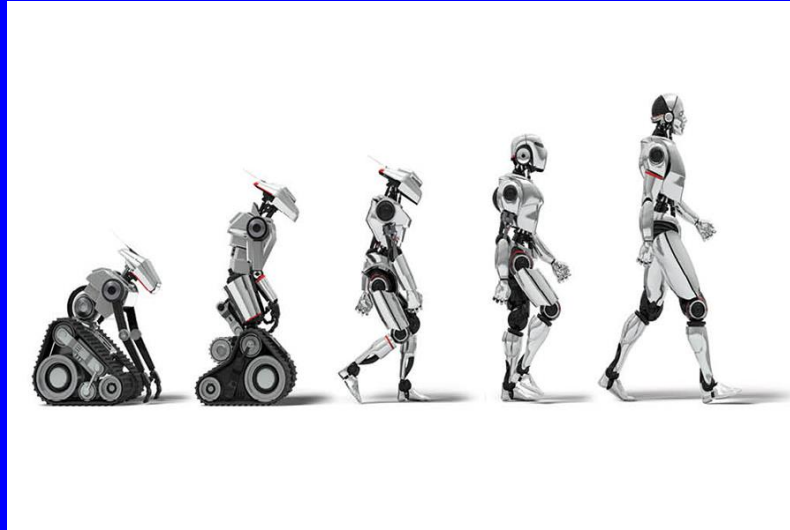
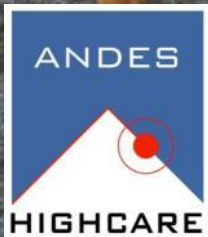


Figure 3 | **Relationship between central sleep apnoea (CSA) and heart failure.** Schematic representation of the mutual interaction between CSA and heart failure. P_aCO₂, arterial partial pressure of CO₂; P_aO₂, arterial pressure partial of O₂; RAA, renin-angiotensin-aldosterone; VO₂, oxygen consumption rate.

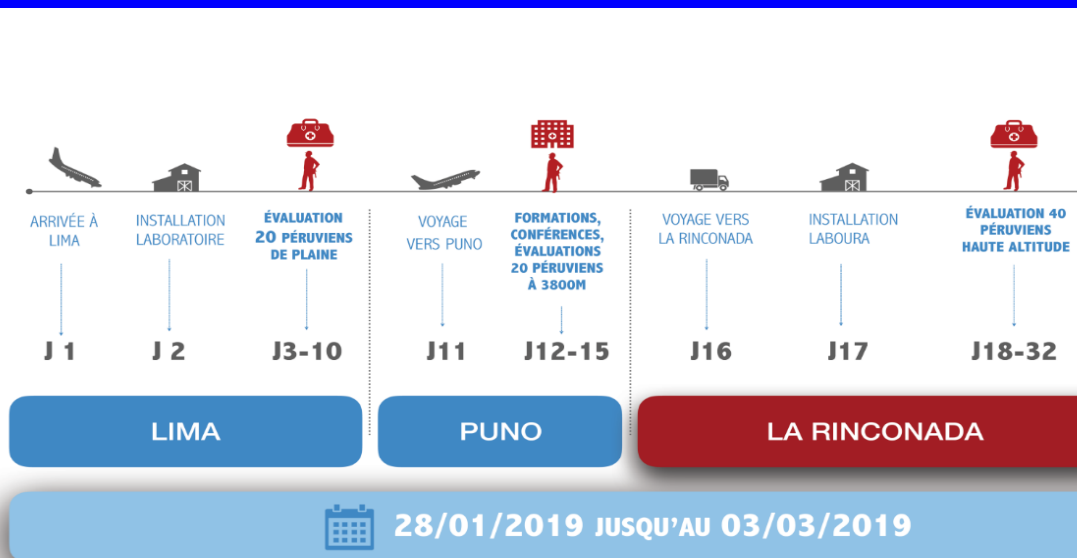


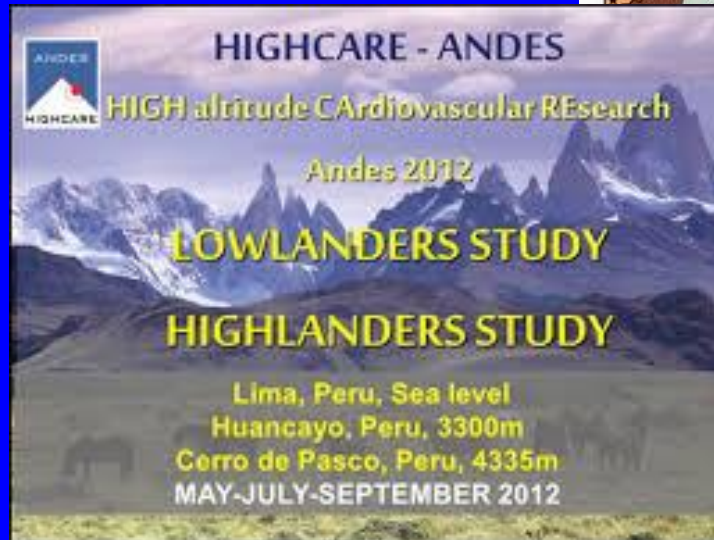
The HIGHCARE team

HIGHCARE HIMALAYA
HIGHCARE ALPS
HIGHCARE ANDES



www.highcareprojects.eu





MAI BANALIZZARE!!!



«SLEEP TEAM»

Prof. Parati Gianfranco



Dott.ssa Mattaliano

Dott.ssa Laccu

Dott. Pengo

Dott.ssa Perger



Students and fellows:

Davide

Valentina

Federica



TNFP

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- Francesca Gregorini
- Anna Motta
- Valeria De Stefano



Ing. Faini Andrea

Ing. Castiglioni Paolo



THANK YOU FOR YOUR ATTENTION



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