Preface

Our hearty welcome to you all to this 2nd Asian Preventive Cardiology and Cardiac Rehabilitation Conference cum 7th Certificate Course in Cardiac Rehabilitation. Once again, we are able to have collaboration and support of overseas organizations such as Preventive Cardiovascular Nurses Association (PCNA) of the USA and many local organizations including Government, non-government, academic, service organizations as well as patient group to hold this event. Control of risk factors is the target of intervention in prevention and cardiac rehabilitation. Despite of evidence and availability of effective therapy, there is always a gap in reaching these treatment targets well documented in guidelines. We try to bridge the gap by involving every stack holder who has a role to play in heart disease prevention. In depth psychological and behavioral management was also emphasized since knowledge alone will need further action to bring it into practice.

Overseas and local healthcare personnel will present their research and special findings in the free paper and poster sessions. Two best paper awards will be given to the two best oral presentations.

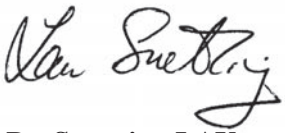
The symposiums will commence with the Heart Foundation Lecture and included topics ranging from primary prevention in schools to rehabilitating patients with coronary heart disease and heart failure; from epidemiology, exercise, control of risk factors to contemporary cardiac care.

Concurrently, there will be the Rotary Heart Health Public Conference consisting of a whole day conference and workshop to enhance the knowledge and skills in self-management of patients and their carers. In collaboration with International Chinese Heart Health Network (ICHHN) and supported by the Jump Rope for Heart, a workshop for teachers and parents on Successful Marketing of Heart-Smart Eating Program in Schools will be held.

Secondary prevention having proven benefits is worth doing despite the difficulties. The 7th Cardiac Rehabilitation Workshop emphasizing on practical and behavioral issues will be conducted to enhance the skill of healthcare workers in organization and running of the programs.

Prevention is better than cure. To achieve management to target in the whole population, we have to educate the public, the healthcare personnel and most important of all, the policy makers to help create an healthy environment and facilitate building up of healthy lifestyle. Let us all join hands to make prevention, the dream of this medical era come true by collaborating to combat the threat of the cardiovascular diseases.

Prof. Chu-pak LAU
Co-Chairman
Executive Committee



Dr. Suet-ting LAU
Co-Chairman
Executive Committee