

PREVENTION

Person-in-charge: Gabriele Guardigli

Location: Palazzo Turchi di Bagno

2 cardiologists

The centre is deeply involved in a large population based programme, taking place both within the clinical cardiology unit as well as the Prevention Centre outside S. Anna Hospital at Palazzo Turchi di Bagno, located in the city centre of Ferrara. The main aim of the centre of Prevention is to calculate (free of charge) the risk chart to all the interested citizens >50 years old. The same is offered to all the relatives visiting patients admitted to clinical cardiology, as they are potentially at genetic risk. In addition, the centre is offering counselling on how to prevent coronary artery diseases. For this reason, a kitchen is available at Palazzo Turchi di Bagno to conduct cookery courses. Equally, several walking courses on the Medieval Walls of Ferrara are available weekly. The Centre of Prevention has made available an application (*in Italian*) named “*Save the heart*” (*Salva Cuore*) which allows self-made risk charts and then, according to the resulting risks, links the participant to the prevention website (<http://www.ferraracittadellaprevenzione.it/>) which provides counselling and useful information to stay healthy. Although the centre is aimed to individuals, it is also available for the patients discharged from the clinical unit who need secondary prevention for cardiovascular diseases. Up to now, more than 20000 individuals have attended the centre. A special programme has also made available for primary schools.

Located in **Turchi di Bagno Palace (Palazzo Turchi di Bagno)**, the Prevention Centre runs a large-population research of the Cardiovascular Resarch Center takes place.



Inside our public health centre



Public Health Resources

A collage of various public health resources. On the left is a large circular logo for 'FERRARA CITTÀ DELLA PREVENZIONE' with text around it: 'UNIVERSITÀ E AZIENDA OSPEDALIERA DONAZIONE ANTONIO FILIPPINI - con il patrocinio del COMUNE DI FERRARA'. In the center is a computer monitor displaying a website with a man's face and the text 'LA PREVENZIONE'. To the left of the monitor is a tablet showing a woman's face. To the right are three smartphones displaying different mobile app screens. Below the monitor is a poster with a child's face and the text 'io, mi voglio bene... e tu?'. To the right of the poster is a graphic with a heart and the text 'Quanto ti vuoi bene?'. Further right is a poster with the text 'CHI SI METTERÀ DA GRANDE LA DECIDE ORA' and another with 'NESSUNO VUOLE ESSERE PIÙ TOSSICO... O UN ALCOLISTA... O UN MAFIOSO... O UN MAFIOSO... O UN MAFIOSO...'. At the bottom right is a graphic with the text 'le ricette del cuore' and 'Pomodori con Fave'. The collage also includes various other informational graphics and logos.