

MONTREAL, Oct. 19, 2013 /CNW/ - Here are summaries of today's press releases featuring research presented today at Vascular 2013 in Montreal.

Cutting-edge genetic testing identifies inherited risk for enlarged heart *Genetic blueprinting isolates the key mutations responsible for hereditary dilated cardiomyopathy*

A study presented today at the Canadian Cardiovascular Congress has identified the genetic mutations that account for a significant proportion of cases of familial dilated cardiomyopathy (DCM), a disease affecting thousands of Canadians.

Presented at the Canadian Cardiovascular Congress.

For the full press release, go to <http://vascular2013.ca/en/news.asp>

COMMUNICATION IS THE KEY: Paramedics' weekly drop-in sessions at seniors complex result in fewer EMS calls and saves on costly emergency room visits *Community health awareness delivered by paramedics leads to 32% reduction in EMS calls*

Emergency Medical Service (EMS) staff are accustomed to responding to emergencies. A study presented today at the Canadian Cardiovascular Congress finds they may be able to prevent many emergencies as well, judging by the preliminary success of a pilot project at a Hamilton building for seniors.

Presented at the Canadian Cardiovascular Congress.

For the full press release, go to <http://vascular2013.ca/en/news.asp>

Ontario Stroke Systemsaves hundreds of lives, thousands of hospitalizations, hundreds of millions of dollars *Collaboration of regional stroke networksdeliver s huge gains in lives saved, reduced hospitalizations, reduced costs and improved outcomes*

The collaboration of regional stroke networks across Ontario has led to 16,000 fewer hospitalizations, 1,500 fewer in-hospital deaths, and cost-savings of almost \$600 million in an eight-year period, according to a study presented today at the Canadian Stroke Congress.

Presented at the Canadian Stroke Congress.

For the full press release, go to <http://vascular2013.ca/en/news.asp>

2013 Clinical Practice Guidelines: Tips and Tools to Help You Help Your Patients with Diabetes The internationally acclaimed *2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada (Guidelines)* sets the gold standard in diabetes care and management. However, this 212-page, 38 chapter, evidence-based resource has little value to people living with diabetes if health care teams aren't translating the findings into improved care. Attendees will learn about the five major *Guidelines* themes and what tools are available to support health care providers in their own clinics and patient treatment plans.

Presented at the 16th Annual Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism Professional Conference and Annual Meetings

For the full press release, go to <http://vascular2013.ca/en/news.asp>

My Big, Fat Diet: Carbohydrate Restriction in the Management of Type 2 Diabetes and Related Conditions

The obesity and type 2 diabetes epidemics have been health topics of interest worldwide over the last few years. Prevention measures based on the conventional theory that these epidemics are related to excess calories have failed.

Vancouver's

Dr.

Jay Wortman

and

Alberta's

Dr.

David Lau

will debate the effectiveness of carbohydrate restriction for the management of conditions related to insulin resistance. This session explores carbohydrate restriction as a viable therapy for conditions such as type 2 diabetes and how it should be a first-line therapy.

Presented at the 16th Annual Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism Professional Conference and Annual Meetings

For the full press release, go to <http://vascular2013.ca/en/news.asp>

The P.O.W.E.R. Trial: Physical Activity for Overweight Youth at Risk for Type 2 Diabetes

Little data exists to describe the role of physical activity in the prevention of type 2 diabetes in children. Completed

January 2013

, this community-based exercise trial examined the effects of high versus low intensity exercise training on several risk factors for type 2 diabetes, including liver fat, insulin sensitivity and metabolic syndrome.

Winnipeg

-based clinicians will review outcomes from this important trial study.

Presented at the 16th Annual Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism Professional Conference and Annual Meetings

For the full press release, go to <http://vascular2013.ca/en/news.asp>

Vascular 2013 is a unique, one-time Canadian event bringing four separate scientific meetings together under one roof: the Canadian Cardiovascular Congress, the Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism Professional Conference, the Canadian Stroke Congress and the Canadian Hypertension Congress. www.vascular2013.ca

It is a joint initiative of the Canadian Cardiovascular Society, Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism, the Canadian Stroke Network, the Heart and Stroke Foundation, and Hypertension Canada.

SOURCE Heart and Stroke Foundation