



Heart to Heart symposium

Major new insights into health differences between Norway and Russia

Russia has one of the world's highest rates of cardiovascular disease mortality, in working age more than seven times higher than in neighbouring Norway.

The Heart to Heart project was set up to acquire new knowledge about these large differences by comparisons between [the 7th survey of the Tromsø Study](#) and the [Know Your Heart Study](#) in Novosibirsk and Arkhangelsk (IPCDR; the International Project on Cardiovascular Disease in Russia).

We use the extensive and comparable data from these studies to identify differences in risk factors, biomarkers and phenotypes that can help explain the big differences in cardiovascular risk between Norway and Russia. We also investigate differences in mental health, kidney disease, physical function, overweight and diabetes, respiratory function, physical activity, health care service and medication use, social inequalities, and more.

Join us in Tromsø October 25-26th 2018 for exciting findings and collaboration opportunities!

Venue: UiT The Arctic University of Norway

Thursday October 25th 2pm–5.30pm

- Health differences in Norway and Russia
- Cardiovascular studies in Russia
- Insights from studying diverse populations
- Heart to Heart: Start of a journey

Friday October 26th 9am–5pm

- Key findings to date (our team of international researchers)
- Break-out groups: Development of new projects (themes based on participant's fields of interest)

The symposium is aimed at researchers at all stages of their career and experience!

[Please register here](#)

Full program and further information can be found on our [website](#) or email: petja.langholz@uit.no

Welcome!

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Heart to Heart: The international collaboration between the Tromsø Study and the International Project on Cardiovascular Disease in Russia Study

