

Chair in Epidemiology  
and Clinical Research

2016  
activity report



UNIVERSIDADE  
**NOVA**  
DE LISBOA

**NOVA**  
MEDICAL  
SCHOOL  
FACULDADE  
DE CIÊNCIAS  
MÉDICAS

**cedoc**  
CHRONIC  
DISEASES  
NOVA  
MEDICAL SCHOOL



**EpiDoCUnit**  
Epidemiology of Chronic Diseases

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# 1. introduction

## 1.1. main interests

We started by proposing and establishing a new unit located at Chronic Diseases Research Center (CEDOC), NOVA Medical School (NMS) of Lisbon – EpiDoC Unit, Epidemiology of Chronic Diseases (<http://cedoc.unl.pt/epidocunit/>), which constitutes the adequate framework to support the activities related with this “Chair”. The activities were developed with the human and financial resources managed through the Unit, by the team members and associated collaborations.

EpiDoC Unit is an epidemiology, clinical and outcomes research unit aiming at providing scientific information of excellence, gathering health and diseases issues and covering clinical, social, economic and human aspects of chronic non-communicable diseases. The research unit has also experience in developing, testing and applying innovative forms of measuring health condition and conducting interventional studies through new information and communication technologies (ICT) such as online platforms, apps and interactive TV, using patient oriented strategies.

This Unit has expertise in surveys, chronic disease registries, observational studies and management of large databases including demographic, life habits, clinical, pharmacological, socio-economic, labor, quality of life, imaging, genetics and laboratorial data. We have been made long term investment in a population based longitudinal cohort with imaging and blood samples.

EpiDoC is also committed to help patients and vulnerable population groups to improve their health, namely in health promotion of elderly. We are pioneer on promoting educational and training strategies using information and communications technology (internet, apps and smart TV tools).

Our aim is to contribute to patient empowerment, to reduce inequities in health and to provide evidence for public health policies targeting elderly people.

In this context, we work in close collaboration with CEDOC’s basic and translational research units and with pharmacoeconomics and health economics researchers at ENSP, Centro Médico Universitário de Lisboa’s (CMUL) affiliated hospitals and primary care centers and other schools like Faculdade de Ciências e Tecnologia, Instituto de Higiene e Medicina Tropical and Instituto de Tecnologia Química e Biológica.

The main activities of the joint unit of NOVA Medical School and National School of Public Health, EpiDoC Unit, are:

➤ Research:

- Clinical investigation of chronic non-communicable diseases;
- Design, implementation and development of epidemiological and clinical studies (observational and interventional);
- Support of internal and external researchers to carry out research projects;
- Creation and validation of technological tools for collecting data, intervention and health promotion;
- Empowerment of vulnerable population groups (i.e. the elderly, the chronically ill) to improve their health;
- Development and support of EpiDoC cohort, with wide dissemination and communication of health data that it generates and its impact on health policies.

➤ Training and educational activities:

- Education and training in epidemiology and clinical research: this unit allows researchers (fellows, trainees, pre- and post-graduate students, doctoral and postdoctoral students, etc.) to access database information and facilities including education and training in clinical research, epidemiology and cohort study design; dataset cleaning, analysis and interpretation.
- The Chair is responsible for teaching undergraduate medical students at NMS and post-graduate students at NMS and ENSP in fields of Epidemiology and Clinical Research in established courses and by creating new ones. The Unit endorses mentorship, regular seminars, scientific courses and hands-on workshops to assure high quality research training.

Teaching and training strategies, using information and communication technologies (ICT, internet, online information, applications for smartphones and smart TV) for easy access and distribution, namely teaching programs and promotion of healthy life styles broadcasted on national TV, to the general population and special vulnerable groups;

➤ Services to the scientific community:

EpiDoC gives assistance with the preparation and development of research designs: conceptualize the research problem, develop protocols, study design selection, study setting, exposure definition and measurement, outcome definition and measurement, covariate and data sources selection, study size and power calculations. We can cover large, diverse, defined populations selected for a disease, condition or procedure; to capture complete clinical information about this population over time, including longitudinal information on clinical care, changes in clinical characteristics and conditions, and assessment of clinical care services and outcomes in health.

➤ Clinical Research Communication and Diffusion:

The “Chair” and EpiDoC Unit are fully committed in sharing and giving open access to all generated knowledge and advancements. Main results are announced in academic health-related publications and websites, as well as in specialized peer-review journals. Our results have been and will be published in scientific journals from different research fields such as epidemiology, health economy, public health and medicine. Other dissemination activities include a website, flyers, as well as the organization of different events and conferences.

➤ Networking and Collaborations:

EpiDoC Unit relies on distinguished researchers and recognized professionals as well as on national and international collaborations, from the most diverse scientific and technological areas (medicine, psychology, nutrition, engineering, innovation, management, computer science, statistics, etc.) as well as with outstanding scientific institutions and technology companies, medical scientific societies, pharmaceutical companies and other private and public health institutions (NOVA Medical School, Escola Nacional de Saúde Pública, CATOLICA Lisbon School of Business and Economics, Instituto de Saúde Pública da Universidade do Porto, Sociedade Portuguesa de Reumatologia, Liga Portuguesa Contra as Doenças Reumáticas, Direção-Geral da Saúde, Administração Central dos Serviços de Saúde, NTNU – Trondheim, Norway, University of Stavanger – Stavanger, Norway, Harvard Medical School – Boston, USA, Microsoft Portugal, Innowave etc.). These collaborations bring together a wealth of experience in research, product development and scientific validation, chronic disease registries, observational studies and management of large databases (including a wide range of data: demographic, lifestyle, clinical, pharmacological, socio-economic, labor, quality of life and laboratory data). It is also highlighted by the evidence given in the conduction of health intervention studies through the new information and communication technologies.

## 1.2. team

<i>Helena Canhão</i>	<i>PI</i>
<i>Jaime Cunha Branco</i>	Co-PI
<i>Ana Rodrigues</i>	Scientific head
<i>Sara Simões Dias</i>	Senior statistician
<i>Rute Dinis de Sousa</i>	Unit manager
<i>Maria João Gregório</i>	Researcher
<i>Mónica Eusebio</i>	Junior statistician
<i>Ricardo Morganho</i>	Research assistant
<i>Pedro Silva</i>	Research assistant
<i>Mónica Fernandes</i>	Research assistant
<i>Marta Ribeiro</i>	Research assistant

<i>Filipe Pantoja</i>	Research assistant
<i>Rita Afonso</i>	Research assistant
<i>Tomás Matos Pires</i>	Research assistant
<i>Sofia Durão</i>	Research assistant
<i>Luísa Silva</i>	Research assistant
<i>Carina Nunes</i>	Research assistant
<i>Cristina Cruz</i>	Research assistant
<i>Pedro Barata</i>	Research assistant
<i>Filipe Henriques</i>	Research assistant

## 2. major achievements

2016 was very relevant for EpiDoC Unit since it was finally settled in NMS and gained its place in the scope of clinical research in CEDOC, with national visibility.

Project Saúde.Come – Promoting Food Security was successfully concluded (achieving 100% of goals and outputs and executing 93% of the budget).

Other significant numbers are 27 published papers and 4 submitted (average of 2.6 paper/month); 13 oral presentations; 42 references in the national media; and finally, 1 PhD thesis concluded, 2 ongoing and 3 master theses ongoing.

## 3. activity report

### 3.1. teaching

#### 3.1.1. Courses and classes

- 1) Curso de Metodologias de Investigação Clínica – 10th Oct to 21st Oct 2016, directed to physicians, a joint organization NMS and ENSP, monthly seminars until June 2017.
- 2) Longitudinal Studies Course – NOVA Doctoral School, Nov 2016.
- 3) CU Methods of Clinical Research (optional) – pre-graduated medical students NMS. 2016/2017
- 4) CU Epidemiology – Post graduated Course of Specialization in Hospital Administration. 2016/2017

- 5) CU Methods of Investigation in Public Health – Post graduated Health Public Doctors.  
2016/2017
- 6) Participations in classes and seminars in different CU and Courses – NMS and ENSP.

### *3.1.2. Post-graduated students*

- PhD Thesis

Nélia Gouveia (MSc), NMS concluded

Ana Rodrigues (MD), FMUL – “Linking wnt pathway with bone mineralization, mechanical properties and fracture risk in osteoporosis”

Pedro Laires (MSc) – Health economics, FMUL, scheduled – “The impact of rheumatic diseases on early retirement”.

- Master Thesis

Frederico Baptista, Physiotherapist, is developing his master on “Evaluation of effectiveness of the lifestyle modification program in the physical fitness of the elderly”, using the intervention pilot study with elderly (WP3\_idosos).

Inês Babo, Nutritionist, is developing her master on “Validation study of the PREDIMED questionnaire for the Portuguese population”.

Rute Dinis de Sousa, Psychologist, is developing her master on anxiety and depression in the Portuguese older adults, using EpiDoC 2 cohort.

- Advanced Training

Aleksandra Blazica, for 1 month. She was particularly involved in WP3\_elderly data on perceptions and expectations towards technology intervention in health.

Mariana Trindade, for 3 months. She participated in the medical appointments of elderly participants for WP3\_elderly.

## **3.2. research**

### *3.2.1. Projects*

- 1) Saúde.Come – Promoting Food Security (Helena Canhão et al) – funded by EEA Grants
- 2) Subchondral bone markers as predictors of knee osteoarthritis progression and treatment response - the BiOA Project. (Alexandre Sepriano et al) – ongoing.
- 3) CoReumaPt\_Osteoporose (mulheres com 65 anos de idade): CTOPRA – development and validation of a new imageology method to predict osteoporotic fractures (Ana Rodrigues, et al) funded by Research grant SPR/Pfizer
- 4) The socioeconomic burden of low back pain in the Portuguese population: an epidemiological population-based study (Nélia Gouveia et al)
- 5) The Impact of Rheumatic Diseases on Early Retirement (Pedro Laires, Miguel Gouveia, et al).
- 6) Anxiety, depression and quality of health-related life: a comparative study of individuals with and without self-reported rheumatic disease (Sónia Gonçalves et al) – ongoing.
- 7) Influence of the mtDNA haplogroups in the progression of osteoarthritis in different geographic populations (Francisco Javier Blanco et al) – ongoing.
- 8) Regional variation and determinants of vitamin D status in Portugal (José Pereira da Silva et al) – ongoing.
- 9) Relationship between serum vitamin D and oral health in the elderly (Artur Miler, José Pereira da Silva, et al) – ongoing.
- 10) The patient innovation process and drivers of adoption: the case for improving solution availability (Leid Zejnilovic, Pedro Oliveira et al)
- 11) Performance of rheumatoid arthritis disease activity instruments in distinct populations - a comparative study upon METEOR (Helena Canhão et al) – ongoing – funded by METEOR
- 12) Vitamin D, sun exposure, dairy consumption, bone mineral density and fracture occurrence in Portugal and its regions (Cátia Duarte et al) – ongoing.
- 13) Psychological conditions in the adherence and impact of a multicomponent intervention for older adults with osteoarthritis (Natália Duarte et al) – ongoing.
- 14) Risk of fragility fractures and falls in the Portuguese diabetic population (Sofia Furtado et al) – ongoing – funded by Research grant SPR
- 15) Assessing pain management of non-inflammatory rheumatic diseases: osteoarthritis, fibromyalgia and low back pain (Helena Canhão et al) – ongoing – funded by Research grant SPR
- 16) ReumaHEART - a Portuguese population based study (Vital Domingues et al) – ongoing – funded by Research grant SPR and Research grant SPR/Pfizer (4.700€)
- 17) Impact of different Community-Based interventions in a range of very different European countries (Giuseppe Liotta et al) – ongoing.
- 18) The impact of a lifestyle changing program through an interactive TV application on the muscle strength of food-insecure elderly: A quasi experimental study design (Frederico Baptista et al) – ongoing
- 19) Anxiety and depression in Portuguese elderly – determinants and impacts (Rute de Sousa et al) – ongoing – funded by Research grant SPR



- 20) Improvement osteoporosis treatment adherence and reduction of falls using ICTs- the Healthy Bone TV app program (Ana Rodrigues et al) – ongoing – funded by Research grant SPR/Pfizer
- 21) PAASPORT – Prevalence, patient characteristics and patient’s quality of life – understanding the impact associated to psoriatic arthritis and ankylosing spondylitis in Portugal (Helena Canhão et al)– ongoing – funded by Novartis

### 3.2.2. Books

In preparation “Viver com saúde – depois dos 60 anos”.

### 3.2.3. Papers

- 1) André B, Canhão H, Espnes GA, Ferreira Rodrigues AM, Gregorio MJ, Nguyen C, Sousa R, Grønning K.(2016) Is there an association between food patterns and life satisfaction among Norway's inhabitants ages 65 years and older? *Appetite*. 2016 Dec 14. pii: S0195-6663(16)30931-X. doi: 10.1016/j.appet.2016.12.016. [Epub ahead of print]
- 2) Iannone F, Courvoisier DS, Gottenberg JE, Hernandez MV, Lie E, Canhão H, Pavelka K, Hetland ML, Turesson C, Mariette X, Choquette D, Finckh A.(2016) Body mass does not impact the clinical response to intravenous abatacept in patients with rheumatoid arthritis. Analysis from the "pan-European registry collaboration for abatacept (PANABA). *Clin Rheumatol*. 2016 Dec 14. [Epub ahead of print]
- 3) Cui J, Diogo D, Stahl EA, Canhao H, Mariette X, Greenberg JD, Okada Y, Pappas DA, Fulton RS, Tak PP, Nurmohamed MT, Lee A, Larson DE, Kurreeman F, Deluca TL, O'Laughlin M, Fronick CC, Fulton LL, Mardis ER, van der Horst-Bruinsma IE, Wolbink GJ, Gregersen PK, Kremer JM, Crusius JB, de Vries N, Huizinga TW, Fonseca JE, Miceli-Richard C, Karlson EW, Coenen MJ, Barton A, Plenge RM, Raychaudhuri S. (2016) The role of rare protein-coding variants to anti-TNF treatment response in rheumatoid arthritis. *Arthritis Rheumatol*. 2016 Oct 27. doi: 10.1002/art.39966. PMID: 27788309
- 4) Sepriano A, Ramiro S, van der Heijde D, Ávila-Ribeiro P, Fonseca R, Borges J, Teixeira L, Carvalho P, Cerqueira M, Neves J, Meirinhos T, Barcelos A, Sequeira G, Salvador MJ, Canas da Silva JA, Santos H, Bernardes M, Vieira-Sousa E, Canhão H, Branco JC, Pimentel-Santos F, Landewé R. (2016) Effect of comedication with conventional synthetic DMARDs on TNF inhibitors-retention in patients with spondyloarthritis: A prospective cohort. *Arthritis Rheumatol*. 2016 Jun 6. doi: 10.1002/art.39772. [Epub ahead of print]

- 5) Santos MJ, Conde M, Mourão AF, Ramos FO, Cabral M, Brito I, Ramos MP, Marques RC, Gomes SM, Guedes M, Gonçalves MJ, Estanqueiro P, Zilhão C, Rodrigues M, Henriques C, Salgado M, Canhão H, Fonseca JE, Gomes JM. (2016) 2016 update of the Portuguese recommendations for the use of biological therapies in children and adolescents with Juvenile Idiopathic Arthritis. *Acta Reumatol Port.* 2016 Jul-Sep;41(3):194-212.
- 6) Rodrigues AM, Branco JC, Canhão H. (2016) Do rheumatologists have a role in health promotion among elderly? *Acta Reumatol Port.* 2016 Jul-Sep;41(3):181-182.
- 7) Oliveira-Ramos F, Eusébio M, M Martins F, Mourão AF, Furtado C, Campanilho-Marques R, Cordeiro I, Ferreira J, Cerqueira M, Figueira R, Brito I, Canhão H, Santos MJ, Melo-Gomes JA, Fonseca JE. (2016) Juvenile idiopathic arthritis in adulthood: fulfilment of classification criteria for adult rheumatic diseases, long-term outcomes and predictors of inactive disease, functional status and damage. *RMD Open.* 2016 Sep 22;2(2):e000304. eCollection 2016.
- 8) Marques A, Rodrigues AM, Romeu JC, Ruano A, Barbosa AP, Simões E, Águas F, Canhão H, Alves JD, Lucas R, Branco JC, Laíns J, Mascarenhas M, Simões S, Tavares V, Lourenço O, da Silva JA. (2016) Multidisciplinary Portuguese recommendations on DXA request and indication to treat in the prevention of fragility fractures. *Acta Reumatol Port.* 2016 Oct 18. [Epub ahead of print]
- 9) Castro AM, Fernandes DC, Rodrigues AM, Pedro LM, Santos MJ, Canhão H, Fonseca JE. (2016) Incidence and predictors of cardiovascular events in a cohort of patients with rheumatoid arthritis. *Acta Reumatol Port.* 2016 Jul-Sep;41(3):213-219.
- 10) Reis C, Mestre C, Canhão H, Gradwell D, Paiva T. (2016) Sleep complaints and fatigue of airline pilots. *Sleep Sci.* 2016 Apr-Jun;9(2):73-7. doi: 10.1016/j.slsci.2016.05.003. Epub 2016 May 31.
- 11) Reis C, Mestre C, Canhão H, Gradwell D, Paiva T. (2016) Sleep and Fatigue Differences in the Two Most Common Types of Commercial Flight Operations. *Aerosp Med Hum Perform.* 2016 Sep;87(9):811-5. doi: 10.3357/AMHP.4629.2016.
- 12) Laires PA, Gouveia M, Canhão H, Branco JC. (2016) The economic impact of early retirement attributed to rheumatic diseases: results from a nationwide population-based epidemiologic study. *Public Health.* 2016 Aug 12. pii: S0033-3506(16)30162-7. doi: 10.1016/j.puhe.2016.07.004. [Epub ahead of print]
- 13) - Ferreira PL, Gonçalves SP, Ferreira LN, Pereira LN, Antunes P, Gouveia N, Rodrigues A, Canhão H, Branco J. (2016) Assessing quality of life of self-reported rheumatic patients. *Rheumatol Int.* 2016 Jul 4. [Epub ahead of print]

- 14) Mercer LK, Askling J, Raaschou P, Dixon WG, Dreyer L, Hetland ML, Strangfeld A, Zink A, Mariette X, Finckh A, Canhao H, Iannone F, Zavada J, Morel J, Gottenberg JE, Hyrich KL, Listing J. (2016) Risk of invasive melanoma in patients with rheumatoid arthritis treated with biologics: results from a collaborative project of 11 European biologic registers. *Ann Rheum Dis*. 2016 Jun 15. pii: annrheumdis-2016-209285. doi: 10.1136/annrheumdis-2016-209285. [Epub ahead of print] PMID: 27307502
- 15) J Santos M, Canhão H, Faustino A, Fonseca JE. (2016) Reuma.pt - case study. *Acta Med Port*. 2016 Feb;29(2):83-4. doi: 10.20344/amp.7243. Epub 2016 Feb 29. No abstract available. PMID: 27234945
- 16) Gouveia N, Rodrigues A, Ramiro S, Eusébio M, Machado PM, Canhão H, Branco JC. 2016. The Use of Analgesic and Other Pain-Relief Drugs to Manage Chronic Low Back Pain: Results from a National Survey. *Pain Pract*. 2016 May 21. doi: 10.1111/papr.12455. [Epub ahead of print]
- 17) Sousa S, Gonçalves MJ, Inês LS, Eugénio G, Jesus D, Fernandes S, Terroso G, Romão VC, Cerqueira M, Raposo A, Couto M, Nero P, Sequeira G, Nóvoa T, Melo Gomes JA, da Silva JC, Costa L, Macieira C, Silva C, Silva JA, Canhão H, Santos MJ. (2016) Clinical features and long-term outcomes of systemic lupus erythematosus: comparative data of childhood, adult and late-onset disease in a national register. *Rheumatol Int*. 2016 Mar 15. [Epub ahead of print] PMID: 26979603
- 18) Chatzidionysiou K, Lie E, Nasonov E, Lukina G, Hetland ML, Tarp U, Ancuta I, Pavelka K, Nordström DC, Gabay C, Canhão H, Tomsic M, van Riel PL, Gomez-Reino J, Kvien TK, van Vollenhoven RF. (2016) Rheumatic Diseases Portuguese Register. Effectiveness of two different doses of rituximab for the treatment of rheumatoid arthritis in an international cohort: data from the CERERRA collaboration. *Arthritis Res Ther*. 2016 Feb 16;18:50. doi: 10.1186/s13075-016-0951-z. PMID: 26883119
- 19) Branco JC, Rodrigues AM, Gouveia N, Eusébio M, Ramiro S, Machado PM, da Costa LP, Mourão AF, Silva I, Laires P, Sepriano A, Araújo F, Gonçalves S, Coelho PS, Tavares V, Cerol J, Mendes JM, Carmona L, Canhão H; EpiReumaPt study group (2016) Prevalence of rheumatic and musculoskeletal diseases and their impact on health-related quality of life, physical function and mental health in Portugal: results from EpiReumaPt- a national health survey. *RMD Open*. 2(1):e000166. doi: 10.1136/rmdopen-2015-000166. eCollection 2016.
- 20) Gottenberg JE, Courvoisier DS, Hernandez MV, Iannone F, Lie E, Canhão H, Pavelka K, Hetland ML, Turesson C, Mariette X, Finckh A. (2016) Rheumatoid factor and anti-citrullinated protein antibody positivity are associated with a better effectiveness of abatacept: Results from the Pan-European registry analysis. *Arthritis Rheumatol*. 2016 Jan 27. doi: 10.1002/art.39595. [Epub ahead of print] PMID: 26815727

- 21) Araujo GR, Fujimura PT, Vaz ER, Silva TA, Rodovalho VR, Britto-Madurro AG, Madurro JM, Fonseca JE, Silva CH, Santos PS, Mourão AF, Canhão H, Goulart LR, Gonçalves J, Ueira-Vieira C. (2016) A novel reactive epitope-based antigen targeted by serum autoantibodies in oligoarticular and polyarticular juvenile idiopathic arthritis and development of an electrochemical biosensor. *Immunobiology*. 2016 May;221(5):634-40. doi: 10.1016/j.imbio.2016.01.006. Epub 2016 Jan 15. PMID: 26806845
- 22) Perpétuo IP, Raposeiro R, Caetano-Lopes J, Vieira-Sousa E, Campanilho-Marques R, Ponte C, Canhão H, Ainola M, Fonseca JE. (2016) Effect of Tumor Necrosis Factor Inhibitor Therapy on Osteoclasts Precursors in Ankylosing Spondylitis. *PLoS One*. 2015 Dec 16;10(12):e0144655. doi: 10.1371/journal.pone.0144655. eCollection 2015. PMID: 26674064
- 23) Mourão AF, Santos MJ, Melo Gomes JA, Martins FM, Mendonça SC, Oliveira Ramos F, Fernandes S, Salgado M, Guedes M, Carvalho S, Costa JA, Brito I, Duarte C, Furtado C, Lopes A, Rodrigues A, Sequeira G, Branco JC, Fonseca JE, Canhão H. (2016) Effectiveness and long-term retention of anti-tumour necrosis factor treatment in juvenile and adult patients with juvenile idiopathic arthritis: data from Reuma.pt. *Rheumatology (Oxford)*. 2016 Apr;55(4):697-703. doi: 10.1093/rheumatology/kev398. Epub 2015 Dec 15
- 24) Castro AM, Fernandes DC, Rodrigues AM, Pedro LM, Santos MJ, Canhão H, Fonseca JE. (2016) Incidence and predictors of cardiovascular events over a period of 5 years in a cohort of patients with rheumatoid arthritis. *Acta Reumatol Port*. 2016 Apr 3. [Epub ahead of print] PMID: 27682808
- 25) Gouveia N, Rodrigues A, Eusébio M, Ramiro S, Machado P, Canhão H, Branco JC. (2016) Prevalence and social burden of active chronic low back pain in the adult Portuguese population: results from a national survey. *Rheumatol Int*. 2016 Feb;36(2):183-97. doi: 10.1007/s00296-015-3398-7
- 26) Walker UA, Jaeger VK, Chatzidionysiou K, Hetland ML, Hauge EM, Pavelka K, Nordström DC, Canhão H, Tomšič M, van Vollenhoven R, Gabay C. (2016) Rituximab done: what's next in rheumatoid arthritis? A European observational longitudinal study assessing the effectiveness of biologics after rituximab treatment in rheumatoid arthritis. *Rheumatology (Oxford)*. 2016 Feb;55(2):230-6. doi: 10.1093/rheumatology/kev297. Epub 2015 Aug 27. PMID: 26316581
- 27) Gabay C, Riek M, Hetland ML, Hauge EM, Pavelka K, Tomšič M, Canhao H, Chatzidionysiou K, Lukina G, Nordström DC, Lie E, Ancuta I, Hernández MV, van Riel PL, van Vollenhoven R, Kvien TK. (2016) Effectiveness of tocilizumab with and without synthetic disease-modifying antirheumatic drugs in rheumatoid arthritis: results from a European collaborative study. *Ann Rheum Dis*. 2016 Jul;75(7):1336-42.

*submitted*

- 28) Dietary patterns and its association with socioeconomic factors, lifestyles behaviours and health status in Portugal: results from EpiDoC cohort\_ submitted to Public Health Nutrition
- 29) Home-based intervention program to reduce food insecurity in elderly using a TV app – the study protocol of the randomized controlled trial Saúde.Come Senior\_submitted to JMIR Research Protocols
- 30) Family meals and disordered eating in adolescence: The mediating role of depression and diet.\_submitted to Child: Care, Health & Development - Account Created in Manuscript Central
- 31) How does parents' perception of food insecurity impacts on adolescents' nutritional status, diet, and psychological wellbeing?\_submitted to Child: Care, Health & Development

#### 3.2.4. Posters

- 1) *"Dietary patterns and its association with socioeconomic factors, lifestyles behaviours and health status in Portugal: results from EpiDoC cohort"* at XXXIV Reunião Científica da SEE and XI Congresso da APE – Seville, Spain, 14th September 2016
- 2) *"The use of analgesic and other pain relief drugs to manage chronic low back pain – results from a national survey"*  
Gouveia N, Rodrigues AM, Ramiro S, Eusébio M, Machado P, Canhão H, Branco JC. XVIII Congresso Português de Reumatologia. Vilamoura, 4-7 maio, 2016.
- 3) *"Years of working life lost caused by osteoarthritis in Portugal – Analysis from the EpiReumaPt study"*  
Laires PA, Gouveia M, Canhão H, Rodrigues AM, Gouveia N, Eusébio M, Branco JC. XVIII Congresso Português de Reumatologia. Vilamoura, 4-7 maio, 2016.
- 4) *"Self-reported rheumatic diseases and early retirement in Portugal – Analysis from the EpiReumaPt study"*  
Laires PA, Gouveia M, Canhão H, Rodrigues AM, Gouveia N, Eusébio M, Branco JC. XVIII Congresso Português de Reumatologia. Vilamoura, 4-7 maio, 2016.

5) *"A clinical study to examine thresholds of joint space width and joint space area for identification of knee osteoarthritis"*

Ljugar R, Branco JC, Canhão H, Rodrigues AM, Gouveia N, Norman B, Haftner T, Hladuvka J, Mai MBT, Fahleitner A, Dimai HP, Nehrer S. XVIII Congresso Português de Reumatologia. Vilamoura, 4-7 maio, 2016.

6) *"Regional analysis of indirect costs of early retirement due to rheumatic diseases in Portugal – results from the EpiReumaPt study"*

Laires PA, Gouveia M, Canhão H, Rodrigues AM, Gouveia N, Eusébio M, Branco JC. XVIII Congresso Português de Reumatologia. Vilamoura, 4-7 maio, 2016.

7) *"Costs of early retirement caused by rheumatic diseases in Portugal – analysis from the EpiReumatPt study"*

Laires PA, Gouveia M, Canhão H, Rodrigues AM, Gouveia N, Eusébio M, Branco JC. XVIII Congresso Português de Reumatologia. Vilamoura, 4-7 maio, 2016.

8) *"The burden of spondyloarthritis – PAASPORT a population-based study"*

Canhão H, Rodrigues AM, Eusébio M, Gouveia N, Soua R, Dias SS, Branco JC. ISPOR 20<sup>th</sup> Annual European Congress to be held. 4-8 novembro, Glasgow, 2016.

9) *"EpiDoC cohort: a Portuguese based cohort."*

Dias SS, Rodrigues A, de Sousa RD, Gregório MJ, Branco JC, Canhão H. XXXIV Reunión Anual de la Sociedad Española de Epidemiología (SEE) e XI Congresso da Associação Portuguesa de Epidemiologia (APE); Sevilha, Espanha, 14-16 setembro 2016.

### 3.2.5. Communications and seminars

1) "Is TV really a devil?" Ageing well with technology – at AAL Forum 2016, in St Gallen, Switzerland, 27th September 2016 (seminar)

2) "Promoting healthy lifestyles and literacy in health using ICTs" at Health Promotion Research – an International Forum in Trondheim, Norway, 28th September 2016 (seminar)

3) "Dietary patterns and its association with socioeconomic factors, lifestyles behaviours and health status in Portugal: results from EpiDoC cohort" at Health

Promotion Research – an International Forum in Trondheim, Norway 29th September 2016 (oral communication)

- 4) “Intervention program on diet and physical activity to reduce food-insecurity in elderly – a study protocol” at Advancing Food Insecurity Research in Toronto, Canada 17th November 2016 (oral communication)
- 5) “Segurança alimentar: experiência e realidade portuguesa” at 2º Seminário Internacional de Segurança Alimentar e Nutricional in Brasília, Brazil, 28th September 2016 (oral communication)
- 6) Festival das Leguminosas; Educational and motivational tool for the promotion of healthy lifestyles in the elderly; 16<sup>th</sup> October 2016; Lisbon
- 7) Health Innovation Day, Microsoft; Telemedicina e monitorização remota de doentes; 23<sup>rd</sup> November 2016; Lisbon (oral communication)
- 8) Challenges in the Management of patients with multi-morbidities, School of Pharmacy of the University of Lisbon; 21<sup>st</sup> November 2016; Lisbon (oral communication)
- 9) Partilhar a inovação, Ministério defesa nacional; Inovação em alimentação e saúde; 4<sup>th</sup> November 2016; Lisbon (oral communication)
- 10) III Jornadas Científicas NOVA saúde – NMS | CMUL | ENSP; 16<sup>th</sup> September 2016; Lisbon (oral communication)
- 11) Reunião Anual, Ordem dos Médicos; Estudos longitudinais de seguimento; 28<sup>th</sup> October 2016; Coimbra (oral communication)
- 12) Defesa Roadshow; Partilhar Inovação; 3<sup>rd</sup> October 2016; Lisbon (oral communication)

### *3.2.6. Prizes and awards*

Prémio Grünenthal Dor

Prémio Dr. Assunção Teixeira

### 3.3. other activities

#### 3.3.1. Calls

- 1) Assunção Teixeira 2016
- 2) Bial 2016
- 3) H2020 - BONES
- 4) BPI 2016
- 5) H2020 - Co-creation 2016
- 6) European health award 2016
- 7) Janssen 2016
- 8) Pfizer 2016
- 9) MSD 2016
- 10) P2020 - SPLIT
- 11) EVERIS 2016

### 4. in the media



- . [Quem consome mais carne e pouca fruta revela mais sintomas](#)
- . [Grupo de investigadores desenvolve aplicação televisiva para idosos](#)



- . [Jornal da Uma](#)
- . [Um quinto das famílias em insegurança alimentar](#)
- . [Discurso Direto](#)
- . [Idosos mexem-se pouco, comem mal, fumam e bebem](#)



- . [Cerca de 20% dos portugueses não têm acesso a uma alimentação saudável](#)
- . [Estudo revela que idosos portugueses têm pouca qualidade de vida](#)
- . [Dois em cada três idosos em Portugal são sedentários](#)



- . [Cerca de 20% da população portuguesa está em situação de insegurança alimentar](#)





. Uma em cada cinco famílias sem alimentação saudável por razões económicas

**PTJornal**

. Uma em cada cinco famílias portuguesas em insegurança alimentar

. Idosos portugueses são os mais sedentários e com piores hábitos alimentares

**Fátima MISSIONARIA**  
OUTRA VISÃO DO MUNDO

. Portugueses com medo de não ter o que comer

**TV RÁDIO NOTÍCIAS**

. Noticiário das 07h00 - mins: 2,45'-5,02'

**ANTENA 1**

. Antena Aberta – Enrevista 'Direto'

. Famílias sem acesso a uma alimentação saudável

. Um quarto dos portugueses com mais de 60 anos vive sozinho e com pouca qualidade de vida

**OBSERVADOR**

. Uma em cada cinco famílias sem acesso ou com medo de não ter acesso a comida saudável

**Público**

. Um quinto das famílias não tem acesso a uma alimentação saudável

**Expresso**

. Uma em cada cinco famílias portuguesas em insegurança alimentar

**SAPO**

. Uma em cada cinco famílias portuguesas em insegurança alimentar - estudo

. Uma em cada cinco famílias vive em situação de insegurança alimentar

. Dois terços dos idosos em Portugal são sedentários

. DOIS TERÇOS DOS IDOSOS EM PORTUGAL SÃO SEDENTÁRIOS

**d dinheiro vivo**

. Uma em cada cinco famílias em insegurança alimentar

**SAÚDE ONLINE**

. Uma em cada cinco famílias portuguesas não tem acesso a uma alimentação saudável

**CORREIO da manhã**

. Uma em cada cinco famílias portuguesas em insegurança alimentar - Estudo

**Diário de Notícias**

. Uma em cada cinco famílias portuguesas está em insegurança alimentar

. Dois terços dos idosos em Portugal são sedentários/a>

. Dois terços dos idosos em Portugal são sedentários/a>

**AP.**

. Uma em cada cinco famílias portuguesas não tem acesso a uma alimentação saudável

. Saúde.come: Uma vida saudável depois dos 60 anos

**VF comunicação**

. Uma em cada cinco famílias portuguesas não tem acesso a uma alimentação saudável

**Jornal i**

. Idosos com mais de 65 anos têm em média três doenças crónicas



. Idosos com mais de 65 anos têm em média três doenças crónicas

**TEMPOMEDICINAONLINE**

. Viver com Saúde depois dos 60 anos



. Dois terços dos idosos em Portugal são sedentários



. Investigação: Dois terços dos idosos em Portugal são sedentários

. Saúde.come lança manual para uma vida saudável depois dos 60 anos

**PAÍSAOMINUTO**

. Dois terços dos idosos em Portugal são sedentários

**família cristã**

. Idosos têm «estilo de vida menos saudável»

**ROINESXXI**

. VIVER COM SAÚDE NA IDADE SÉNIOR