

## **Dr Saverio Stranges**



### **Short Biography**

Dr. Stranges is an Associate Clinical Professor of Cardiovascular Epidemiology in the Division of Health Sciences at University of Warwick, where he has been since August 2006. Dr. Stranges is originally from Italy, where he completed his medical school, and specialty training in Preventive Medicine. Thereafter, he moved to the US (2002-06) to carry out post-doctoral work in Cardiovascular Epidemiology. Dr. Stranges started his academic career as an Assistant Professor in the Department of Social and Preventive Medicine in the School of Public Health at the State University of New York in Buffalo.

His research primarily focuses on the epidemiology and prevention of cardiovascular disease and type 2 diabetes. A specific line of research Dr Stranges has been pursuing in recent years focuses on the health implications of sleep disturbances. For example, Dr Stranges has led a series of studies on the cardiovascular and metabolic effects of sleep disturbances from the Whitehall II Study in the UK and the Western New York Health Study in the US, as well as on the burden of sleep problems in developing countries (WHO-INDEPTH). Throughout his career, Dr Stranges has been involved in several international collaborative epidemiologic projects and secondary data analyses, and has published extensively in the area of chronic disease. Among the others: Nutritional Prevention of Cancer Trial, Western New York Health Study, and National Health and Nutrition Examination Survey (NHANES), USA; National Diet and Nutrition Survey (NDNS) and Whitehall II Study, UK; EPIC Study and Olivetti Heart Study, Italy; WHO-INDEPTH.

### **Abstract**

Sleep disorders represent an unmet public health problem, affecting large segments of the population, especially older adults, with substantial costs to society. Furthermore, reduced sleep duration and poor sleep quality are associated with adverse health outcomes in later life including reduced longevity, cardiovascular disease, psychiatric co-morbidities and lower health-related quality of life. However, whether these relationships are causal remains uncertain owing to the possibility of bidirectional associations and reverse causation, particularly in an ageing population.

The seminar will provide a general overview concerning the growing body of evidence on the public health implications of sleep disturbances across different populations worldwide, as well as on some controversial issues and specific challenges in this area of research. Moreover, relevant scientific literature, including Dr Stranges's own work, will be discussed with regard to the cardiovascular and metabolic effects of sleep disturbances.