



# International Commission on Occupational Health



*Cardiology  
in Occupational Health*

## 9th Webinar-ICOH National Secretary for Perú

### “Strategies for Cardiovascular and Metabolic Diseases Prevention in workers”

**Join us using this link:**

<https://us06web.zoom.us/j/81282885973?pwd=CvPzgAyKKS4wNj4xbWkgqlRGpMA5xJ.1>

Save the date: 22 May 2025 at 12.00 (Perú time) / 18.00 (CET)

#### **SPEAKERS**

- **Dr. Franca Barbic, MD.** Associate Professor of Occupational and Environmental Medicine. Secretary of Scientific Committee of Cardiology in Occupational Health. Department of Biomedical Sciences, Humanitas University, IRCCS Humanitas Research Hospital, Milan, Italy.
- **Prof. Sunil Kumar Joshi,** Head, Department of Community Medicine, Kathmandu Medical College, Nepal / Visiting Professor, University of the West of England, UK/ Country Lead Investigator. Occupational Medicine/Hygiene and Diabetology, alongside a PhD in Public Health and Community Medicine focusing on Injury Prevention and Safety Promotion
- **Dr. Juan Ignacio Rincón (Colombia),** Msc in Safety and Health at work, Msc in Ergonomics, lecturer in undergraduated and post graduated programs in Colombia. Active member of the ICOH SC Epidemiology in Occupational Health (EPICOH).
- **Dr. Mayra Garrafa (Perú),** Job Medicine Specialist. Master in Job Risk Prevention with mention on Safety at work, Industrial Hygiene and Applied Psychosociology. Specialist at Hospital Gregorio Marañón-Spain.

Organized by: ICOH National Secretary for Perú and  
ICOH Scientific Committee of Cardiology in Occupational Health

#### **TOPICS**

- Sleep deprivation and cardio-metabolic risk in workplace: role of the autonomic nervous system and prevention strategies.
- Good practices on Non-Communicable Diseases Prevention and Health Promotion in workers in Nepal
- Ergonomics as a tool for Health Promotion and improving cardiovascular health of workers in work environments
- Cardio-Healthy Workplaces: strategies, challenges and opportunities