

## Media release

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### Basic information

Name: Hans Christian Brix Nørgaard

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Department of: Clinical Medicine

Main supervisor: Ole Mors

Title of dissertation: "Care coordination as a method to reduce somatic comorbidity and increase life expectancy in schizophrenia"

Date for defence: January 19th 2017 at (time of day): 14.00 Place: Aarhus Universitetshospital, Risskov Auditoriet, indgang 30 Skovagervej 2, 8240 Risskov

#### Media release (Danish)

I et klinisk randomiseret studie med 428 inkluderede individer med skizofreni og overvægt har Hans Christian Brix Nørgaard undersøgt om livsstilsvejledning og care coordination kan reducere risikoen for hjertedødelighed hos denne patientgruppe. Det er kendt viden, at patienter med skizofreni har en markant forøget risiko for tidlig død relateret til livsstilssygdomme, og underbehandling og underdiagnosticering af disse sygdomme. I sit PhD projekt har Hans Christian Brix Nørgaard desuden, ved hjælp af to registerbaserede studier, undersøgt i hvilket omfang individer med skizofreni opsøger og benytter deres praktiserende læge i årene før og i årene efter at skizofreni diagnosen stilles. Samlet set har dette PhD projekt bragt ny viden om den eksisterende behandling af somatiske lidelser for individer med skizofreni, og ny viden der fremadrettet vil kunne bidrage til at optimere denne behandling.

Manchet - indledning - afsluttes med ...et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af XX, der forsvare det d. XX/XX

Pressemeddelelsen - afsluttes med: Forsvaret af ph.d.-projektet er offentligt og finder sted den 19. Januar 2017 kl.14.00 i auditoriet, Aarhus Universitetshospital Risskov, indgang 30, skovagervej2, Risskov. Titlen på projektet er "Care coordination as a link between secondary and primary care. An intervention study to improve physical health for patients with schizophrenia". Yderligere oplysninger: Ph.d.-studerende Hans Christian Brix Nørgaard, e-mail: [hansnr@rm.dk](mailto:hansnr@rm.dk), tlf. 21814051.

#### Media release (English)

In a randomised controlled trial including 428 individuals with schizophrenia and obesity Hans Christian Brix Nørgaard (HCBN) tested if a tailored lifestyle intervention combined with care coordination could reduce the risk of cardiovascular death. Individuals with schizophrenia have a reduced life expectancy due to lifestyle related diseases and undertreatment of these. HCBN further investigated the help-seeking behaviour in general practice for individuals with schizophrenia in the years before and after they were first diagnosed with schizophrenia, this by two register-based studies. This PhD project provides new knowledge on help-seeking behaviour for individuals with schizophrenia and brings new knowledge on how the treatment of somatic illness among this patient group could be improved.

Lead paragraph, ending with: The project was carried out by Hans Christian Brix Nørgaard, who is defending his dissertation on the 19th January 2017.

The media release - ending with: The defence is public and takes place on 19th January 2017 at 14.00 in Aarhus Universitetshospital, Risskov Auditoriet, indgang 30 Skovagervej 2, 8240 Risskov The title of the project is "Care coordination as a link between secondary and primary care. An intervention study to improve physical health for patients with schizophrenia" For more information, please contact PhD student Hans Christian Brix Nørgaard, email:hansnr@rm.dk, Phone +45 21814051

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