



ANNUAL REPORT

2021

EpiDoC:Unit
Epidemiology of Chronic Diseases

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About us

Established in March 2016, EpiDoC is a research unit that works in the fields of epidemiology, clinical and outcomes research, 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. We are committed to help patients and vulnerable population groups to improve their health, namely the elderly population.

EpiDoC's core team



Helena Canhão, MD, PhD
Coordinator



Ana Rodrigues, MD, PhD
Group Leader
(Epidemiology of Chronic Diseases and Aging)



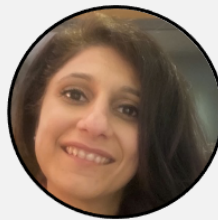
Jaime Branco, MD, PhD
Group Leader
(Rheumatic Diseases and Aging)



Rute Dinis de Sousa, MSc, MBA
Unit Manager



Nuno Mendonça, PhD
Post-Doc Researcher



Saba Abdulghani, PhD
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Sara Dias, PhD
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Senior Statistician



Sofia Jacinto Braga, MSc
PhD Student



Ana Rita Henriques, MSc
Junior Statistician



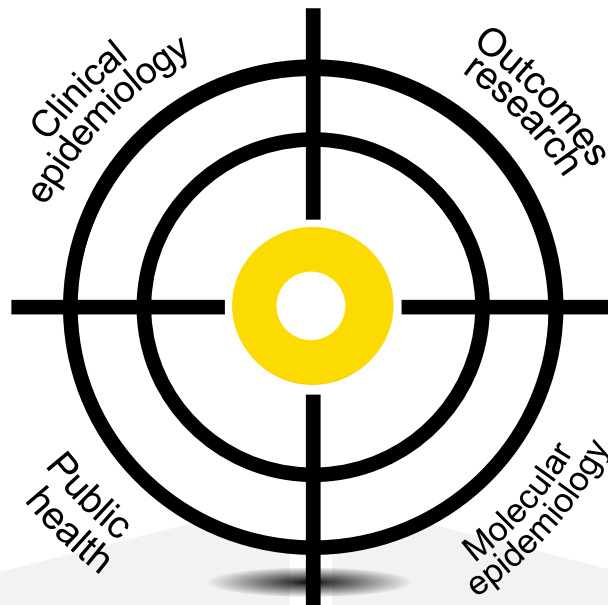
David Lopes, MSc
Junior Statistician



Catarina Nunes da Silva, MSc
Research Assistant

Our research's focus

& expertise



Interventional studies

Using patient-oriented strategies and new information and communication technologies (ICT), like online platforms, apps and interactive TV

Observational studies

Surveys, chronic disease registries, cohorts and managing large health-related databases (e.g., life habits, clinical, socio-economic, quality of life, imaging, and laboratorial data)

The EpiDoC Unit integrates the **Comprehensive Health Research Center (CHRC)**, a research unit scored as Excellent by *Fundação para a Ciência e a Tecnologia (FCT)*. Our unit relies on distinguished researchers and recognized professionals, plus 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 outstanding scientific institutions and technology companies, medical scientific societies, pharmaceutical companies, and other private and public health institutions, including:



These collaborations bring together a wealth of experience in research, product development and scientific validation, chronic disease registries, observational studies and large database management.

Research



Take basic science findings and apply them in clinical trials



Perform population-based observational studies to standardize clinical practice



Develop and test in RW, mobile and TV-based technology to improve lifestyles



Transfer knowledge to change people's lives at community level

what do we do?

Coordination of National and International Research Units/Networks

Coordination of the Comprehensive Health Research Center (CHRC)

The CHRC is a national, centre of excellence for research, training and innovation in health promotion, prevention, treatment, rehabilitation and healthcare services. CHRC provides a unifying environment for innovation and education in public health, lifestyles, nursing, rehabilitation and clinical research. CHRC integrates researchers from NOVA Medical School, National School of Public Health, *Universidade de Évora*, LIGMH, HSEIT and other institutions with distinct backgrounds and skills. CHRC was evaluated by *Fundação para a Ciência e Tecnologia* (FCT) as Excellent and funded with 3.5 million euros up until 2023.

Coordination of the EIP-AHA reference site, Lisbon AHA

Helena Canhão is also the coordinator of a regional consortium promoted by NOVA University, the EIP-AHA reference site, Lisbon AHA. This consortium integrates stakeholders from Academia (UNL, *Instituto Politécnico de Setúbal*, VOH.CoLAB), Public Institutions (*Comissão Coordenadora do Desenvolvimento Regional de Lisboa e Vale do Tejo* and 6 City Councils of the Lisbon metropolitan area), Companies (Glint, *José de Mello Saúde*, PLUX) and non-profit organizations (INATEL, *União das Misericórdias Portuguesas*, AMPMV, *Associação Nacional dos Doentes com Artrite Reumatóide*, Alzheimer Portugal, *Liga Portuguesa Contra as Doenças Reumáticas*, *Plataforma Saúde em Diálogo*) for the development, adoption and scaling up of innovative practices for active and healthy ageing. This work is aligned with the strategic objectives of the European Innovation Partnership on Active and Healthy Ageing (EIP on AHA). The launching event of Lisbon AHA took place at NOVA University's Rectory on March 2, 2020.

Coordination of the Associate Laboratory REAL

Helena Canhão is the coordinator of the Associate Laboratory in Translation and Innovation Towards Global Health (REAL). REAL is a multidisciplinary, multi-institutional and highly collaborative new associated laboratory aiming at advancing translation science and medicine, in a bench-to-bedside approach, discovering and developing new diagnostic tools and treatments and ensuring that proven strategies for disease treatment and prevention are implemented within the community. REAL brings together 3 R&D Units: 1) Comprehensive Health Research Centre (CHRC), classified as excellent by *Fundação para a Ciência e Tecnologia* (FCT); 2) Global Health and Tropical Medicine (GHMT) also classified as excellent by FCT; and Laboratory for Instrumentation, Biomedical Engineering and Radiation Physics (LIBPhys), classified as very good by FCT.

Coordination and participation in research-funded projects

1. **“Personalized therapy for Rheumatic Diseases via machine learning (PREDICT)”**

Coordinated by Instituto Superior Técnico and funded by FCT (PTDC/CCI-CIF/29877/2017) in 240 000 euros. Helena Canhão is the principal investigator at NOVA Medical School.

2. **“Prevention of occupational disorders in public administration based on artificial intelligence (PrevOcupAI)”**

This project is coordinated by NOVA FCT and is funded by FCT DSAIPA/AI/0105/2019 (239 000 euros). Helena Canhão is the principal investigator at NOVA Medical School and will lead the medical tasks of the project.

3. **“Improving Osteoporosis Treatment Adherence using ICTs: The Healthy Bone Program”**

Funded by Amgen USA (150 000 USD). This project is also co-funded by a Research grant from the Portuguese Society of Rheumatology (SPR) / Pfizer (10.000 euros) and another one from CHRC (40 000 euros).

4. “Intelligent frailty pathways for the Portuguese elderly population and impact analysis of the telecare service SNS24 Proximidade Sénior (FrailCare.AI)”

Funded by FCT DSAIPA/DS/0106/2019 (237 000 euros).

5. “Revolutionizing Healthcare: Empowering patients by valuing innovation and promoting entrepreneurship: Patient2Entrepreneurship (P2E)”

Funded by FCT (231 100 euros).

6. “Optimizing the mental health and resilience of older adults that have lost their spouse via blended, online therapy (LEAVES)”

This project is coordinated by Roessingh Research and Development, NL and is funded by Active Assisted Living (AAL) European Funding Programme 2019 (1 490 000 euros). Helena Canhão is the principal investigator at NOVA Medical School and the pilot design study leader.

7. “Impact of Dietary Protein on Disability in ageing Europeans (InDEPENDent)”

Funded by Marie Curie Sklodowska Action H2020 MGA MSCA-IF GA (up to July 2021) in 147 815,00 euros. It is being developed by Nuno Mendonça (MSc, PhD), at NOVA Medical School, under the supervision of Helena Canhão.

8. No + Fracture Portugal Fracture Clinics Network Implementation

Funded by Grand Prize SPR 2018 (50 000 euros).

9. “Investigating the association of fluoride in drinking water in the epidemiology of skeletal ectopic calcifications and bone fragility in Portugal (FLEPIPORT)”

Funded by SPR research grant (7 500 euros).

10. “Osteoarthritis and Adherence to Mediterranean Diet”

Funded by an SPR Research grant (5 000 euros).

11. “DigiAdherence – supporting senior people at home”

Funded by Directorate-General of Health (15 000 euros).

12. “The burden and costs of refractory depression”

Funded by Janssen (42 500 euros).

13. **“PIC 4 COVID-19, Plano Individual de Cuidados”**
A project led by *Universidade de Évora* and funded by FCT's Research 4 COVID Initiative in 30 000 euros. NOVA Medical School is a participating member and represented by Ana Rodrigues, Maria João Gregório, Nuno Mendonça and Rute Dinis de Sousa.
14. **“Prevalence of Psoriatic Arthritis (PsA) and performance evaluation of a PsA screening Questionnaire in the population of Portuguese patients with Psoriasis followed in a Dermatology setting (CheckAP)”**
Funded by Novartis (83 258 euros).
15. **“Using SAXS to investigate the effects of early menopause on the nanostructural properties of osteoporotic bone”, submitted for beam line BL11 - NCD-SWEET.**
16. **“COTIDIANA - Mobile Patient-centered System to Improve Drug Trials and Care of Older-adults with Rheumatic Diseases”**
Funded by the AAL Program (1 920 383 euros) - AAL-2020-7-146-CP.
17. **“Fast Track COVID”**
Funded by P2020 (319 712 euros).
18. **“OSCAR – vOice Screening of CoronA virus”**
Funded by P2020 (382 202 euros).
19. **“My Back – Effectiveness and implementation of a tailored self-management programme to prevent recurrences and disability and promote musculoskeletal health in Low Back Pain patients”**
Funded by FCT (249 689,80 euros) - (ID: PTDC/SAU-SER/7406/2020).
20. **“Patient Innovation4COVID-19”**
Funded by Gulbenkian COVID-19 Digital Solutions' Initiative (10 000 euros).
21. **“Healthcare Innovation and Entrepreneurship for Impact: Creating a Resilient, Safe and Crowd-based Innovation System”**
Funded by FCT (247 745,40 euros).

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Research
projects

26

Articles
published

Publications indexed in PubMed/Medline

1. Costa D, Cruz EB, Silva C, Canhão H, Branco J, Nunes C, Rodrigues AM. (2021) Factors Associated with Clinical and Radiographic Severity in People With Osteoarthritis: A Cross-Sectional Population-Based Study. *Frontiers in Medicine*. 2021 Nov 15;8:773417. doi: 10.3389/fmed.2021.773417.
2. Oliveira Ramos, F.; Rodrigues, A; Magalhães Martins, F.; Melo, A.T.; Aguiar, F.; Brites, L.; Azevedo, S.; et al. (2021) Health-related quality of life and disability in adults with juvenile idiopathic arthritis: comparison with adult-onset rheumatic diseases. *RMD open* (2021): Nov 7(3): e001766 DOI: 10.1136/rmdopen-2021-001766
3. Barcelos A, Lopes DG, Canhão H, da Cunha Branco J, Rodrigues AM. (2021) Multimorbidity is associated with fragility fractures in women 50 years and older: A nationwide cross-sectional study. *Bone Rep*. 2021 Oct 27;15:101139. doi: 10.1016/j.bonr.2021.101139.
4. Sánchez-Maldonado JM, Cáliz R, López-Nevot MÁ, Cabrera-Serrano AJ, Moñiz-Díez A, Canhão H, Ter Horst R, Quartuccio L, Sorensen SB, Glintborg B, Hetland ML, Filipescu I, Pérez-Pampin E, Conesa-Zamora P, Swierkot J, den Broeder AA, De Vita S, Petersen ERB, Li Y, Ferrer MA, Escudero A, Netea MG, Coenen MJH, Andersen V, Fonseca JE, Jurado M, Bogunia-Kubik K, Collantes E, Sainz J. (2021) Validation of GWAS-Identified

Variants for Anti-TNF Drug Response in Rheumatoid Arthritis: A Meta-Analysis of Two Large Cohorts. Front Immunol. 2021 Oct 27;12:672255. doi: 10.3389/fimmu.2021.672255

5. Costa D, Rodrigues AM, Cruz EB et al. (2021) Driving factors for the utilisation of healthcare services by people with osteoarthritis in Portugal: results from a nationwide population-based study. BMC Health Serv Res 21, 1022, 2021. doi: 10.1186/s12913-021-07045-4
6. Charepe N, Gonçalves J., Juliano, AM et al. (2021) COVID-19 mRNA vaccine and antibody response in lactating women: a prospective cohort study. BMC Pregnancy Childbirth 21, 632, 2021. doi: 10.1186/s12884-021-04051-6
7. Gomes LA, Gregório MJ, Iakovleva TA, Sousa RDd, Bessant J, Oliveira P, Branco JC, Canhão H, Rodrigues AM (2021) A Home-Based eHealth Intervention for an Older Adult Population with Food Insecurity: Feasibility and Acceptability Study. J Med Internet Res 2021;23(8):e26871 doi: 10.2196/26871. PMID: 34463638
8. Ruth T, Mendonça N, Muru-Lanning M, MacDonell S, Robinson L, and Kerse N (2021) Dietary Protein Intake and Transition between the Frailty States in Octogenarians Living in New Zealand. Nutrients13, no. 8: 2843. doi: 10.3390/nu13082843
9. Gouveia C, Duarte M, Norte S, Arcangelo J, Pinto M, Correia C, Simões MJ, Canhão H, Tavares D (2021) Kingella kingae Displaced S. aureus as the Most Common Cause of Acute Septic Arthritis in Children of All Ages, The Pediatric Infectious Disease Journal: July 2021 - Volume 40 - Issue 7 - p 623-627. doi: 10.1097/INF.0000000000003105
10. Barata C, Rodrigues AM, Canhão H, Vinga S, Carvalho AM. (2021) Predicting Biologic Therapy Outcome of Patients With Spondyloarthritis: Joint Models for Longitudinal and Survival Analysis. JMIR Med Inform 2021 Jul 30;9(7):e26823. doi: 10.2196/26823.PMID: 34328435
11. Lourida I, Boer JMA, Teh R, Kerse N, Mendonça N, Rolleston A, Sette S, Tapanainen H, Turrini A, Virtanen SM, Visser M, and Jagger C (2021) Association of Daily Physical Activity and Sedentary Behaviour with Protein Intake Patterns in Older Adults: A Multi-Study Analysis across Five Countries. Nutrients 13, no. 8: 2574. 2021 Jul. doi: 10.3390/nu13082574
12. Ni Lochlainn M, Cox NJ, Wilson T, Hayhoe RPG, Ramsay SE, Granic A, Isanejad M, Roberts HC, Wilson D, Welch C, Hurst C, Atkins JL, Mendonça N, Horner K, Tuttiett ER,

- Morgan Y, Heslop P, Williams EA, Steves CJ, Greig C, Draper J, Corish CA, Welch A, Witham MD, Sayer AA, Robinson S (2021) Nutrition and Frailty: Opportunities for Prevention and Treatment. *Nutrients*. 2021; 13(7):2349. doi: 10.3390/nu13072349
13. Mendonça N, Hengeveld LM, Visser M, Presse N, Canhão H, Simonsick EM, Kritchevsky SB, Newman AB, Gaudreau P, Jagger C (2021) Low protein intake, physical activity, and physical function in European and North American community-dwelling older adults: a pooled analysis of four longitudinal ageing cohorts. *Am J Clin Nutr*. 2021 Jul 1;114(1):29-41. doi: 10.1093/ajcn/nqab051.PMID: 33829238
 14. Cruz, M.; Rodrigues, A.M.; Dias, S.; Sepriano, A.; Canhão, H.; Gouveia, N.; Ramiro, S.; Branco, J.C. (2021) Obesity and diabetes are associated with disability in women with hand osteoarthritis. Results from the EpiReumaPt nationwide study. *Acta reumatológica portuguesa* 2021; 46(3): pp.208-217. <http://europepmc.org/abstract/med/34626463>.
 15. Lopes DG, Henriques AR, Santos-Dias M, Nunes-da-Silva C, Gonçalves J, de Sousa RD, Abdulghani S, Eletério J, Braga SJ, Soares H, Branco JC, Canhão H, Rodrigues AM (2021) Staff SARS-CoV-2 Seroprevalence and Mental Health as Key Factors in University Response to COVID-19 Pandemic. *Front Public Health*. 2021 Jun 16;9:689919. doi: 10.3389/fpubh.2021.689919. eCollection 2021.PMID: 34222187
 16. Costa, D.; Cruz, E.B.; Rodrigues, A.M.; Gonçalves-Bradley, D.; Gomes, L.A.; Donato, H.; Nunes, C. (2021) Models of care for patients with knee osteoarthritis in primary healthcare: a scoping review protocol. *BMJ open* (2021): 11(6): e045358 DOI: 10.1136/bmjopen-2020-045358
 17. Carmona-Fernandes D, Barreira SC, Leonardo N, Casimiro RI, Castro AM, Santos PO, Fernandes AN, Cortes-Figueiredo F, Gonçalves CA, Cruz R, Fernandes ML, Ivo M, Pedro LM, Canhão H, Fonseca JE, Santos MJ (2021) Atherosclerosis and Bone Loss in Humans-Results From Deceased Donors and From Patients Submitted to Carotid Endarterectomy. *Front Med (Lausanne)*. 2021 May 20;8:672496. doi: 10.3389/fmed.2021.672496. eCollection 2021.PMID: 34095177
 18. Paiva T, Reis C, Feliciano A, Canas-Simião H, Machado MA, Gaspar T, Tomé G, Branquinho C, Silva MR, Ramiro L, Gaspar S, Bentes C, Sampaio F, Pinho L, Pereira C, Carreiro A, Moreira S, Luzeiro I, Pimentel J, Videira G, Fonseca J, Bernarda A, Vaz Castro J, Rebocho S, Almondes K, Canhão H, Matos MG (2021) Sleep and Awakening Quality during COVID-19 Confinement: Complexity and Relevance for Health and Behavior. *Int J*

Environ Res Public Health. 2021 Mar 28;18(7):3506. doi: 10.3390/ijerph18073506.PMID: 33800607

19. Jacinto MJ, Oliveira P, Canhão H (2021) Innovations Developed by Patients and Informal Caregivers for Needs Associated to Rheumatic Diseases. Front Med (Lausanne). 2021 Mar 16;8:647388. doi: 10.3389/fmed.2021.647388. eCollection 2021.PMID: 33796544
20. Canhão H (2021) Publishing Public Health-Related Papers: Contribution to Knowledge and Population Care. Port J Public Health. February 11, 2021. doi: 10.1159/000515027
21. Da Silva Domingues V, Rodrigues AM, Dias SS, Delgado L, Barkoudah E, Branco J, Canhão H (2021) Increased short-term risk of cardiovascular events in inflammatory rheumatic diseases: results from a population-based cohort. Rheumatol Int. 2021 Feb;41(2):311-318. doi: 10.1007/s00296-020-04754-7. Epub 2021 Jan 3.PMID: 33388968
22. Santos EJF, Duarte C, Ferreira RJO, Pinto AM, Moreira A, Vaz C, Branco CA, Mateus E, Canhão H, Campos I, Barbosa I, Fonseca JE, da Silva JC, Mourão MH, Costa R, da Silva JAP (2021) Portuguese multidisciplinary recommendations for non-pharmacological and non-surgical interventions in patients with rheumatoid arthritis. Acta Reumatol Port. 2021 Jan-Mar;46(1):40-54.PMID: 33820895
23. Rodrigues AM, Romeu JC, Canas da Silva J, Tavares-Costa J, Faustino A, Vaz C, Pereira da Silva JA, Canhão H (2021) Osteoporosis management during the COVID-19 pandemic - Position paper. Acta Reumatol Port. 2021 Jan-Mar;46(1):55-57.PMID: 33820898
24. Canhão H, Rodrigues AM, Dinis de Sousa R, Mourão AF, Branco JC (2021) EpiDoC Unit - a clinical research unit open to the rheumatology community. Acta Reumatol Port. 2021 Apr 1;46(Jan-Mar):5-6.PMID: 33820390
25. Neto A; Mourão AF; Oliveira-Ramos F; Campanilho-Marques R; Estanqueiro P; Salgado M; Guedes M; Piotto D; Emi Aikawa N; Melo Gomes J; Cabral M; Conde M; Figueira R; Santos MJ; Eurico Fonseca J; Terreri MT; Canhão H (2021) Association of body mass index with Juvenile Idiopathic Arthritis disease activity: a Portuguese and Brazilian collaborative analysis. Acta Reumatol Port. 2021 Jan-Mar;46(1):7-14.
26. Domingues, V.S.; Rodrigues, A.M.; Dias, S.; Delgado, L.; Barkoudah, E.; Branco, J.; Canhão, H. (2021) Increased short-term risk of cardiovascular events in inflammatory

rheumatic diseases: results from a population-based cohort. *Rheumatology International* (2021): 41: pp.311-318 <https://doi.org/10.1007/s00296-020-04754-7>.

Books and book chapters

- “A Mão”. Edited by Francisco d’Oliveira Martins, Helena Canhão and Jaime Cunha Branco. By the Book, December 2021.

Conference by invitation

- “Implicações da Telessaúde nos Cuidados de Reumatologia” Rodrigues AM. XXIV Fórum de Apoio ao Doente Reumático, Liga Portuguesa contra as Doenças Reumáticas, 2ª sessão, 13 novembro 2021, Live Streaming.
- “Introdução de dados no Reuma.pt – casos práticos” Rodrigues AM. CPR XXIII Congresso Português de Reumatologia, 13-16 outubro de 2021, Algarve, Portugal.

Most common research topics



chronic
diseases



aging



nutrition



mental
health



health
innovation

Conferences' Communications – oral presentations

- Braga S, de Sousa RD, Nunes-da-Silva C, Tinazzi I, Canhão H, Rodrigues AM (2021) “Linguistic and cultural adaptation of the EARP Questionnaire to European Portuguese”. SPDV Reunião da Primavera 2021. July 9, 2021.

Conferences' Communications – posters

- Costa, D, Canhão, H, Rodrigues, AM, Nunes, C, Cruz, E, Branco, J (2021) “Healthcare use among people with knee osteoarthritis is driven by social determinants - results from a cross-sectional nationwide study”. OARSI 2021 Virtual World Congress. April 30, 2021.

Participation in scientific committees and research networks

Helena Canhão

- Member of the Scientific Council of the NOVA Medical School.
- Coordinator of the Lisbon AHA - Reference Center for Active and Healthy Aging of the EIP-AHA (The European Innovation Partnership on Active and Healthy Aging) since 2019.
- Coordinator of the “Ageing” Group at NOVA Saúde – *Universidade NOVA de Lisboa*.
- Coordinator of the Associate Laboratory REAL (Associated Laboratory in Translation and Innovation Towards Global Health) since 2021.
- Member of the Presidents Committee of the European League Against Rheumatism (EULAR).
- Member of the Coordinating Committee of the Study Group of Systemic Rheumatic Diseases (GEDRESIS), Portuguese Society of Rheumatology.
- Project Leader and Chief Medical Officer of the “Patient-Innovation Project”, a platform for the dissemination of healthcare solutions created by patients and caregivers.

Ana Rodrigues

- Member of the organizing committee of the Lisbon AHA - Reference Center for Active and Healthy Aging of the EIP-AHA (The European Innovation Partnership on Active and Healthy Aging) since 2019.
- Member of the Associate Laboratory REAL (Associated Laboratory in Translation and Innovation Towards Global Health) since 2021.
- Advisory Member of the Technical Commission on Vaccination against COVID-19 of the General Health Directorate - working group on vaccination in immunosuppressed patients since 2021.
- Member of the Scientific Committee of the European Network of Registries on Spondyloarthritis (EuroSpA) since 2020.
- Member of the Scientific Committee of the European Rheumatoid Arthritis and JAK Inhibitors Registry Project (JAK-POT).
- Scientific Coordinator of CHAIN Biobank – NMS Research since 2018.
- Member of the EULAR Epidemiology and Health Services Study Group from 2018 to 2021.
- Rapporteur of the Osteoporosis and Other Metabolic Bone Diseases Study Group (GEODOM) since 2018.
- Member of EUMUNET (Emerging EULAR Network) of the European Alliance of Associations for Rheumatology (EULAR) since 2012.
- Member of the Pediatric Rheumatology Working Group of the Portuguese Society of Rheumatology since 2010.
- Member of the European Calcified Tissue Society since 2009.

Participation in meetings' organization

- Organization of the LEAVES Plenary Meeting. September 21-22, 2021. Lisbon, Portugal.
- Organization of the 2nd Summit of the Comprehensive Health Research Center (CHRC). November 18, 2021. Online event.

Participation in conferences/meetings

- 1st General Assembly Meeting of the COTIDIANA project. November 15-16, 2021. Porto, Portugal.
- LEAVES Plenary Meeting. September 21-22, 2021. Lisbon, Portugal.
- XXIV Fórum de Apoio ao Doente Reumático, Liga Portuguesa contra as Doenças Reumáticas, 2^a sessão, 13 novembro 2021, Live Streaming.
- CPR XXIII Congresso Português de Reumatologia, 13-16 outubro de 2021, Algarve, Portugal.
- SPDV Reunião de Primavera de 2021, 9 de julho de 2021. Aveiro, Portugal.

Participation in other research-related processes

Helena Canhão

- Vice-president of the Portuguese League Against Rheumatic Diseases (LPCDR)
- Member of the Advisory Board of the National Association of Patients with Rheumatoid Arthritis (ANDAR).
- Member of the Working Groups of Pediatric Rheumatology, Rheumatoid Arthritis (GEAR) and Metabolic Bone Diseases (GEODOM), Portuguese Society of Rheumatology.
- Member of the following working groups from EULAR: 1) Taskforce on Remote Care, 2) Taskforce on targeted therapies in patients with inflammatory arthritides, 3) Epidemiology Standing Committee.

Ana Rodrigues

- Vice-President of the Portuguese Society of Rheumatology since 2020.
- Member of the Coordinating and Scientific Committee of the National Registry of Rheumatic Patients (Reuma.pt) since 2018.
- Member of the Portuguese Epidemiology Association since 2016.

- Member of EUMUNET (Emerging EULAR Network) of the European Alliance of Associations for Rheumatology (EULAR) since 2012.
- Member of the Pediatric Rheumatology Working Group of the Portuguese Society of Rheumatology since 2010.
- Member of the European Calcified Tissue Society since 2009.

Teaching

EpiDoC's coordinator, group leaders, manager and post-doc researcher are responsible for teaching **undergraduate** and **post-graduate** students on the topics:



Epidemiology



Clinical
research



Project
management

20

PhD
students

4

MSc.
students

Pedagogic coordination

Helena Canhão

- Coordinator of the curricular unit "Epidemiology for Clinical Research" - Doctorate in Medicine (1st year) - NOVA Medical School, *Universidade NOVA de Lisboa*.
- Coordinator of the curricular unit "Populations' Health" - Doctorate in Health Sciences (2nd year) - NOVA Medical School, *Universidade NOVA de Lisboa*.
- Coordinated with Pedro Aguiar for the Master's Degree in Epidemiology, Biostatistics and Health Research (EPIBIS) - National School of Public Health and NOVA Medical School, *Universidade NOVA de Lisboa*.
- Coordinator of the curricular unit "The elderly patient" - Integrated Master's Degree in Medicine (4th year) - NOVA Medical School, *Universidade NOVA de Lisboa*.
- Coordinator of the curricular unit "Epidemiology" – Specialization Course in Hospital Administration – National School of Public Health
- Coordinator of the curricular unit "Research Methodologies in Public Health 1" – Specialization Course in Public Health – National School of Public Health
- Coordinator of the curricular unit "Musculoskeletal system" – Post-Graduate School of NOVA Medical School

Ana Rodrigues

- Coordinator of the curricular unit "Epidemiology" - Master's Degree in Epidemiology, Biostatistics and Health Research (EPIBIS) - National School of Public Health and NOVA Medical School, *Universidade NOVA de Lisboa*.
- Coordinator of the curricular unit "Epidemiology and Methods in Clinical Research" – Master's in Management of Clinical Research (MEGIC) – NOVA Medical School, NOVA Information Management School and Aveiro University.

Participation in teaching

Post-graduate teaching

Helena Canhão

- "Epidemiology for Clinical Research" - Doctorate in Medicine (1st year) - NOVA Medical School, *Universidade NOVA de Lisboa*.
- "Populations' Health" - Doctorate in Health Sciences (2nd year) - NOVA Medical School, *Universidade NOVA de Lisboa*.
- "Epidemiology" - Master's Degree in Epidemiology, Biostatistics and Health Research (EPIBIS) - National School of Public Health and NOVA Medical School, *Universidade NOVA de Lisboa*.
- "Epidemiology and Methods in Clinical Research" – Master's in Management of Clinical Research (MEGIC) – NOVA Medical School, NOVA Information Management School and Aveiro University.
- "Research Methodologies in Public Health" - Specialization Course in Public Health (CESP) - National School of Public Health (ENSP-NOVA).
- "Scientific Thinking and Research" - Doctorate in Medicine (1st year) - NOVA Medical School.
- "Clinical Trials: Methodology" - Doctorate in Medicine (1st year) - NOVA Medical School.
- "Epidemiology Seminars, Quantitative Studies" - Doctorate in Public Health - National School of Public Health (ENSP-NOVA).

Ana Rodrigues

- "Epidemiology" - Master's Degree in Epidemiology, Biostatistics and Health Research (EPIBIS) - National School of Public Health and NOVA Medical School, *Universidade NOVA de Lisboa*.
- "Epidemiology and Methods in Clinical Research" – Master's in Management of Clinical Research (MEGIC) – NOVA Medical School, NOVA Information Management School and Aveiro University.

- "Populations' Health" - Doctorate in Health Sciences (2nd year) - NOVA Medical School, *Universidade NOVA de Lisboa*.
- "Médicocirúrgicas 1"- Rheumatology curricular unit and internship " Integrated Master's Degree in Medicine (4th year) - NOVA Medical School.

Rute Dinis de Sousa

- Post-graduate course on Management of Health-related Projects - *Instituto Superior de Psicologia Aplicada (ISPA)*.

Pre-graduate teaching

Ana Rodrigues

- Nutritional Epidemiology - Bachelor's Degree in Nutrition Science (2nd year) - NOVA Medical School.

Nuno Mendonça

- Nutritional Epidemiology - Bachelor's Degree in Nutrition Science (2nd year) - NOVA Medical School.

Supervision activities

Post-doc supervision

1. Nuno Mendonça (MSc, PhD), NMS – “Impact of Dietary Protein on Disability in ageing Europeans (InDEPENDent)” – funded by Marie Curie Sklodowska Action H2020 MGA MSCA-IF GA. Supervision by Helena Canhão (up to Jul 2021).

PhD supervision

1. Anabela Barcelos – “FREDA – FractuREs Decision-mAking: Are Portuguese women with fragility fractures actively involved in their health decision-making process” - Doctoral Program in Public Health – National School of Public Health. Supervision by Ana M. Rodrigues and Sónia Dias.
2. Cláudia Vaz Pessoa – “Impact of the implementation of biosimilars for the treatment of different rheumatic diseases perceived by the patients and by society (repercussion upon Patient Reported Outcomes and economic costs)” – Doctoral Program in Medicine – *Universidade da Beira Interior*. Supervision by Helena Canhão and Luis Taborda Barata.
3. Cristina Henriques – “Systemic lupus erythematosus in children – what can we learn more?” – NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Helena Canhão.
4. Cristina Ponte - “The role of ultrasound as a predictor of disease activity and response to therapy in Giant Cell Arteritis” – Doctoral Program in Medicine – Faculty of Medicine, *Universidade de Lisboa*. Supervision by Helena Canhão, João Eurico Fonseca and Rashid Luqmani (Oxford University).
5. Daniela Costa – “Hip and Knee Osteoarthritis in Portugal: characterization of the population, current management and outcomes” - Doctoral Program in Public Health – National School of Public Health, *Universidade NOVA de Lisboa*. Supervision by Ana M. Rodrigues, Eduardo Cruz and Carla Nunes.
6. Rute Dinis de Sousa – “Predicting depression in adult Portuguese population: development and validation of a prognostic model” - Doctoral Program in Health Sciences – NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Ana Rodrigues, Helena Canhão and José Miguel Caldas de Almeida.
7. Diogo Ribeiro – “Epidemiology of Menière’s disease” – Doctoral Program in Biomedical Sciences – Faculty of Medicine, *Universidade de Lisboa*. Supervision by Helena Canhão, João Paço. and Cristina Carocha

8. Helena Santos Cabrita Carneiro – “Spondylarthropaties - burden and costs” – Doctoral Program in Medicine – NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Helena Canhão and Fernando Pimentel Santos.
9. Inês Caetano Santos – “Oral health care as determinants of oral health, general health and quality of life” – Doctoral Program in Health Sciences – NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Helena Canhão.
10. João Madruga Dias – “Optimization of diagnosis in Rheumatoid Arthritis using referral criteria and a diagnostic algorithm including musculoskeletal ultrasonography” – Doctoral Program in Medicine – NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Helena Canhão.
11. Kelli Destri – “The burden of obesity on the consumption of health services and loss of productivity in Europe and Portugal” – International Doctoral Program in Global Public Health - National School of Public Health, *Universidade NOVA de Lisboa*. Supervision by Ana M. Rodrigues, Maria João Gregório and Joana Alves.
12. Luís Castelo Branco – “Comparison of effectiveness in anti-pd1 checkpoint inhibitors in the treatment of non-small cell lung cancer” – Doctoral Program in Public Health – National School of Public Health, *Universidade NOVA de Lisboa*. Supervision by Helena Canhão and Ahmad Awada (Jules Bordet Cancer Institute Brussels, Belgium).
13. Luís Miguel Gomes – “A stratified model of care to reduce disability of patients with low back pain in the primary healthcare: cost-effectiveness and optimization of minimal” - Doctoral Program in Health Sciences – NOVA Medical School. Supervision by Helena Canhão, Ana M. Rodrigues and Eduardo Cruz.
14. Maria João Aleixo – “Opportunistic infections amongst immunosuppressant patients” – NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Helena Canhão.
15. Mariana Lemos – “A stratified model of care to reduce disability of patients with low back pain in primary healthcare” - Doctoral Program in Medicine – NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Bruno Heleno and Ana M. Rodrigues.
16. Miguel Marques Ferreira - “Fatores associados e preditivos da Evolução da Funcionalidade e de Resiliência Física em idosos residentes na comunidade em Portugal” - Doctoral Program in Medicine - NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Helena Canhão.

17. Rita Oliveira – “Assessing pain management of non-inflammatory rheumatic diseases: osteoarthritis, fibromyalgia and low back pain” – Doctoral Program in Biomedicine – NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Helena Canhão and João Paço.
18. Vasco Romão – “Synovial pathobiology and patient stratification in rheumatoid arthritis (SynPathRA)” – Faculty of Medicine, *Universidade de Lisboa*. Supervision by Helena Canhão and Joao Eurico Fonseca.
19. Giogia Perri - "Selenium and musculoskeletal ageing" - PhD CIMA Musculoskeletal Ageing, Institute of Cellular Medicine, Newcastle University. Supervision by Nuno Mendonça, Tom Hill, John Mathers, and Jennifer Walsh.
20. Sarah Hakeem - "Vitamin D status and Biomarkers of Functional Health and Ageing in Very-Old Adults: Analysis of the Newcastle 85+ Study" - PhD Food and Health, Population Health Institute, Newcastle University. Supervision by Nuno Mendonça, Tom Hill, Terry Aspray.

Master’s supervision

1. Clara Salvador Ferreira - “Prevalence of functional limitations in Portuguese older adults and its association with high protein foods: an EpiDoC database analysis” - Master's in Human Nutrition and Metabolism - NOVA Medical School, *Universidade NOVA de Lisboa*. Supervision by Ana Rodrigues and Nuno Mendonça.
2. Rubén Santos Viegas - “Development of a Model of the Spinal Vertebral bodies based on X-RAY Images”. – Master’s in Biomedical Engineering – Faculty of Science and Technology, *Universidade NOVA de Lisboa*. Supervision by Ricardo Vigário and Ana Rodrigues.
3. Duarte Bernardo – “*Caracterização de alterações morfológicas dos corpos vertebrais da coluna com base em perturbações a um modelo adaptativo*” - Master’s in Biomedical Engineering – Faculty of Science and Technology, *Universidade NOVA de Lisboa*. Supervision by Ricardo Vigário and Ana Rodrigues.
4. Vanessa Lopes – “Self-reported Diabetes in Portugal and its association with health-related quality of life and medical resources consumption using a nationwide prospective

cohort” - Master’s in Biomedical Engineering – Faculty of Science and Technology, *Universidade NOVA de Lisboa*. Supervision by Ana Rodrigues and Marilia Antunes.

Participation in jury committees

PhD Thesis Defense Jury

Helena Canhão

- Natália Sofia Correia Duarte – “Osteoarthritis and Fit & Strong! program in the Portuguese context” – Doctoral Program in Biomedical Sciences – Universidade do Porto. April 2021

Ana Rodrigues

- Liliane Isabel Ribeiro Morais - “Modelling Extended Summer Mortality in Lisbon - Portugal: Contribution to a Local Public Health Promotion Strategy” - *Programa Doutoral FCT Saúde Ambiental* (EnviHealth&Co) - Faculdade de Medicina, Universidade de Lisboa. June 17, 2021.

Master Thesis Defense Jury

Ana Rodrigues

- Clara Salvador Ferreira - “Prevalence of functional limitations in Portuguese older adults and its association with high protein foods: an EpiDoC database analysis” - Master's in Human Nutrition and metabolism - NOVA Medical School, Universidade NOVA de Lisboa. March 5, 2021.
- Beatriz Costa Vieira - “Body image satisfaction and experimental pressure pain sensitivity in a cohort of 13-year-old adolescents” - Integrated Master's in Medicine - Faculdade de Medicina, Universidade do Porto. March 5, 2021.

- Ana Rita Lopes Borges Martins - "Dynamic Bayesian networks for clinical decision support on ankylosing spondylitis patients under biological therapies" - Master's Degree in Biomedical Engineering - Instituto Superior Técnico, Universidade de Lisboa. July 15, 2021.
- Ema Mariana Figueiredo Salvador – “Relatório de estágio curricular em coordenação de ensaios clínicos: a pertinência dos clinical trial nurses” – Master in Management of Clinical Research (MEGIC) – NOVA Medical School, NOVA Information Management School and Aveiro University. December 7, 2021.

Habilitation thesis defence jury

Helena Canhão

- Fernando Manuel Pimentel dos Santos - Habilitation in Medicine - NOVA Medical School, Universidade NOVA de Lisboa. February 18-19, 2021.

Jury of applications

Helena Canhão

- A jury of Applications for NOVA Medical School's Doctoral Program in Health Sciences.
- A jury of Applications from NOVA National School of Public Health and NOVA Medical School's Doctoral Program Global Public Health.
- A jury of PhD Applications for the Comprehensive Health Research Centre (CHRC).
- A jury of Applications for EpiDoC Unit and Patient Innovation.
- A jury in CHRC's call for a financial advisor.

Administrative and academic management

Helena Canhão

- Member of the Board of *Universidade NOVA de Lisboa*.

- Member of the Board of NOVA Medical School, *Universidade NOVA de Lisboa*.
- Member of the Selection and Evaluation Jury of Applications for the PhD in Health Sciences, 2nd Edition.
- Member of the Curricular Coordination Committee of *Universidade NOVA de Lisboa*.
- Coordinator of the Comprehensive Health Research Centre (CHRC), an FCT-funded Research Unit.
- Coordinator of the FCT-funded REAL Associated Laboratory.
- Chairman of the Advisory Board of Value for Health CoLAB.
- Member of the Advisory Board. Tagus Academic Network for Knowledge (TagusTank). José Mello Saúde – NOVA Medical School, *Universidade NOVA de Lisboa*.

Ana Rodrigues

- Member of CEDOC's Executive Committee.
- Member of the Executive Committee and Representative of the Thematic Lines of the Comprehensive Health Research Centre (CHRC), an FCT-funded Research Unit.
- Member of the Curricular Coordination Committee of *Universidade NOVA de Lisboa*.
- Scientific Coordinator of CHAIN Biobank – NMS Research since 2018.

Outside the university

Assistance in the preparation and development of research designs

Share with the community access to all newly generated knowledge

Clinical activity at public and private hospitals

Scientific societies and associations

- Helena Canhão is a Member of the Scientific Board of *Maratona da Saúde*.
- Ana Rodrigues is a Member of the Portuguese Epidemiology Association.

Services to the community

Helena Canhão

- President-elect of the Portuguese Society of Rheumatology.
- Member of the EULAR Task Force on remote care.
- Helena Canhão talked about the New Clinical Development Models for the 2020 Decade. AMPIF Webinar - Reputation of Pharmaceutical Industry: Advances and Limitations. January 21, 2021.
- Helena Canhão gave a 5-minute pitch on how social innovation could advance the agenda of Horizon Europe, the EU Framework Program for Research and Innovation Mission. Her mission was "Conquering Cancer: Mission Possible". March 24, 2021.

Ana Rodrigues

- Vice-president of the Portuguese Society of Rheumatology
- Coordinator of the National Registry of Rheumatic Patients (Reuma.pt) since 2018.

Nuno Mendonça

- Nuno Mendonça, alongside Saba Abdulghani and Marta Marques participated in FIC.A – International Festival of Science 2021. They spoke at a round table about the citizen's role in health sciences. Oeiras, October 14, 2021.

Consulting

- Helena Canhão was a Jury in the Tender Procedure for a Senior Graduate Rheumatology Assistant in Centro Hospitalar Universitário Lisboa Norte, May 7, 2020. Lisbon, Portugal.
- Helena Canhão was a Jury in the Tender Procedure for a Senior Graduate Rheumatology Assistant in Centro Hospitalar Universitário Lisboa Norte - Hospital de Santa Maria. July 17, 2020. Lisbon, Portugal.
- Ana Rodrigues and Helena Canhão participated in Novartis Advisory Board Meeting on Psoriatic Arthritis and referral. November 6, 2020. Peniche, Portugal.

Media

- Helena Canhão wrote an article titled "Doenças reumáticas: como atenuar a dor e aliviar os sintomas?". SAPO Lifestyle. January 6, 2021. Available at: <https://lifestyle.sapo.pt/saude/saude-e-medicina/artigos/doencas-reumaticas-como-atenuar-a-dor-e-aliviar-os-sintomas>
- Helena Canhão gave an interview on the coronavirus pandemic and its impact on rheumatic diseases "Pandemia está a fazer aumentar doenças reumáticas". Saúde Online. January 11, 2021. Available at <https://saudeonline.pt/pandemia-esta-a-fazer-aumentar-doencas-reumaticas/>
- Helena Canhão gave an interview about the urgent need for a national program for rheumatic diseases "Reumatologistas alertam para a urgência de programa nacional para as doenças reumáticas". SIC Notícias. January 11, 2021. Available at <https://sicnoticias.pt/saude-e-bem-estar/2021-01-11-Reumatologistas-alertam-para-a-urgencia-de-programa-nacional-para-as-doencas-reumaticas>
- Helena Canhão gave an interview about the urgent need for a national program for rheumatic diseases "Doenças reumáticas afetadas pela pandemia". TVI 24. Diário da Manhã. January 12, 2021. Available at <https://tvi24.iol.pt/videos/diario-da-manha-12-de-janeiro-de-2021/5ffd7bcb0cf245b9a97307c7>

- Helena Canhão was on the 2nd part of the show "Portugal em Directo" to talk about rheumatic diseases in children. January 18, 2021. Available at <https://www.rtp.pt/play/p8156/e518638/portugal-em-direto/897818>
- Marta Marques was at "Noite24" to talk about behaviour science's role in the pandemic's management, following the open letter sent to the Government and the President. TVI24. January 25, 2021. Available at: <https://tviplayer.iol.pt/programa/noite-24/5f5ea33a0cf27cb7ea218f19/video/600f5d570cf289c41a8f9a93> (min. 60)
- Marta Marques's intervention at "Noite24" about behaviour science's role in the pandemic's management, was featured in ESPECIAL 24. TVI24. January 16, 2021. Available at: <https://tvi24.iol.pt/videos/sociedade/adequar-a-mensagem-a-populacao-cientistas-comportamentais-querem-ajudar-a-travar-a-pandemia/600fefa40cf289c41a8fa7b0>
- Helena Canhão gave a written interview about COVID-19-related immunity. The article titled "Menos de metade dos infetados mantêm anticorpos ao fim de dez meses" was published in Saúde Online on February 17, 2021. The article is available at https://saudeonline.pt/menos-de-metade-dos-infetados-mantem-anticorpos-ao-fim-de-dez-meses/?utm_medium=PushNotificiation&utm_source=OneSignal&utm_campaign=OneSignal
- Helena Canhão gave a written interview about COVID-19-related immunity. The article titled "Menos de metade dos infetados mantêm anticorpos ao fim de nove, dez meses" was published in Saúde Online on February 17, 2021. The article is available at https://expresso.pt/coronavirus/2021-02-17-Menos-de-metade-das-pessoas-infetadas-com-covid-19-mantem-anticorpos-ao-fim-de-nove-dez-meses?utm_content=Mais%20ciÃªncia%20e%20muita%20paciÃªncia&utm_medium=newsletter&utm_campaign=e780eb52ce&utm_source=expresso-expressomatinal
- Helena Canhão and Jaime Cunha Branco wrote an opinion article titled " Idosos confinados – para que a emenda não venha pior que o soneto". Expresso. March 9, 2021. The article is available at <https://expresso.pt/opiniao/2021-03-09-Idosos-confinados--para-que-a-emenda-nao-venha-pior-que-o-soneto-27c18dfb>
- Helena Canhão participated in the talk: What consultations should a woman have throughout her life? Casa Feliz. SIC. March 11, 2021. Video available at

<https://sic.pt/Programas/casa-feliz/videos/2021-03-11-Consultorio-feminino-Quais-as-consultas-que-a-mulher-deve-ter-ao-longo-da-vida->

- Ana Rodrigues gave an interview about the importance of vitamin D in rheumatic diseases – [Programa Bom Dia Portugal. RTP.](#)
- Ana Rodrigues - [Dia Mundial da Osteoporose – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão - [Dia Mundial da Osteoporose – Programa A Nossa Tarde. RTP.](#)
- Helena Canhão - [Dia Mundial da Osteoporose – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão - [Artrose – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão – [Dia mundial do Síndrome de Sjögren – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão - [Osteoporose – Programa A Nossa Tarde. RTP.](#)
- Helena Canhão - [LES - Lúpus Eritematoso Sistémico – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão - [Como as doenças reumáticas afetam os membros inferiores \(pés e pernas\) – Programa Sociedade Civil. RTP.](#)
- Helena Canhão - [Dia Nacional do Doente com Artrite Reumatoide – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão - [Lupus e Covid-19 – Programa Portugal em Direto. RTP.](#)
- Helena Canhão - [As mulheres são as mais afetadas com Doenças Reumáticas – Programa Bom Dia Portugal. RTP.](#)
- Ana Rodrigues - [Osteoporose – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão - [Artrite Psoriática – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão - [Reumatologia tem contribuição importante na recuperação de doentes Covid-19 – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão - [Confinamento pela Covid-19 tem impacto negativo nas Doenças Reumáticas – Programa Bom Dia Portugal. RTP.](#)
- Helena Canhão - [O impacto da pandemia nas doenças reumáticas – Programa Portugal em Direto. RTP.](#)
- Helena Canhão - [Dia Mundial da Saúde da Mulher – Esta Manhã. TVI.](#)
- Helena Canhão - [Os efeitos do confinamento em doentes como Osteoporose – Jornal da Uma. TVI.](#)
- Helena Canhão - [As doenças reumáticas na pandemia – Diário da Manhã. TVI.](#)
- [Consultório feminino: Quais as consultas que a mulher deve ter ao longo da vida? SIC.](#)

- “Prof. Doutora Helena Canhão – A Evolução como Mote de Vida”. *FRONTAL*. May 10, 2021. The article is available at <https://revistafrontal.com/investigacao/prof-doutora-helena-canhao-a-evolucao-como-mote-de-vida/>

Clinical Activity

EpiDoC’s coordinator, **Helena Canhão**, is also a Senior Consultant of Rheumatology at *Hospital Santo António dos Capuchos* of *Centro Hospitalar Lisboa Central* and Hospital CUF Tejo.

Ana Rodrigues, our group leader of Epidemiology of Chronic Diseases and Aging, is the head of the Rheumatology Unit at *Hospital de Santo Espírito da Ilha Terceira*, Azores. She is also a member of the committee of drugs and pharmacy of Terceira Hospital and head of the Osteoporosis working group of the Portuguese Society of Rheumatology.

Jaime Branco, the Director of NOVA Medical School, EpiDoC’s Rheumatic Diseases and Ageing group leader and the head of the Rheumatology Service at *Hospital Egas Moniz, Centro Hospitalar de Lisboa Ocidental*, EPE. He is responsible for the Rheumatology Department at CUF Descobertas Hospital since 2002.

