

## Curriculum Vitae

**Seppo Lehto** MD, PhD, FESC, Cardiologist

Adjunct Professor, University of Eastern Finland, Chief of Health Services Varkaus Hospital, Unit of Kuopio University Hospital, Finland

Email: [seppo.lehto@varkaus.fi](mailto:seppo.lehto@varkaus.fi)



**National CVD Prevention  
Coordinator for Finland**

---

### Short CV

I studied medicine at the University of Eastern Finland (1980-1986). I completed my specialist degree in Internal Medicine in 1994 as well as in Cardiology 2002, Kuopio University Hospital, University of Eastern Finland. My PhD thesis was entitled "Predictors of atherosclerotic vascular disease in patients with non-insulin-dependent diabetes mellitus".

I was appointed Adjunct Professor of Internal Medicine in 1997, Professor of Internal Medicine in 1997-1998. I have 20 years clinical experience as an internist, a clinical cardiologist and administration. In 2008 I got Master of Business Administration (MBA) degree in I got in 2008.

My special interest is in prevention of cardiovascular disease (CVD), cardiovascular epidemiology and Type 2 diabetes. I have been involved in Finnish epidemiological studies from their outset, including serving as an investigator in the Kuopio Center MONICA project and its Finnish continuation, the FINAMI Study.

I have served as a member of the End Point Committee and Investigator in the Scandinavian Simvastatin Survival Study (4S), Trim, Merit-HF and Field studies.

I have been national coordinator and investigator in several EuroHeart Surveys, including Heart Failure I-II, Valvular Diseases and Atrial Fibrillation.

I was investigator in the first EUROASPIRE Study in Finland 1995-1996. Since 1999, I have been principal investigator in EUROASPIRE studies in Finland.

I have chaired the Prevention and Cardiac Rehabilitation nucleus of the Finnish Cardiac Society since 2014. My current role is acting as Chief of Health Services in Varkaus Hospital. Scientific field planning program of prevention of type 2 diabetes in our area is my current special interest.

## Selected publications

1. Haffner SM, **Lehto S**, Rönnemaa T, Pyörälä K, Laakso M. Mortality from coronary heart disease in subjects with and without prior myocardial infarction. *N Engl J Med* 339:229-234, 1998
2. De Bacquer D, Dallongeville J, Kotseva K, Cooney MT, Pajak A, Deckers JW, Mayer O, Vanuzzo D, **Lehto S**, Fras Z, Ostor E, Ambrosio GB, De Backer G, Wood D, Keil U, Sans S, Graham I, Pyörälä K. Residual risk of cardiovascular mortality in patients with coronary heart disease: The EUROASPIRE Risk Categories. *Int J Cardiol*. 2013 Sep 30;168(2):910-4
3. Lammintausta A, Airaksinen JK, Immonen-Räihä P, Torppa J, Kesäniemi AY, Ketonen M, Koukkunen H, Kärjä-Koskenkari P, **Lehto S**, Salomaa V; FINAMI Study Group. Prognosis of acute coronary events is worse in patients living alone: the FINAMI myocardial infarction register. *Eur J Prev Cardiol*. 2013 Jan 30.
4. Salomaa V, Havulinna AS, Koukkunen H, Kärjä-Koskenkari P, Pietilä A, Mustonen J, Ketonen M, Lehtonen A, Immonen-Räihä P, **Lehto S**, Airaksinen J, Kesäniemi YA. Aging of the population may not lead to an increase in the numbers of acute coronary events: a community surveillance study and modelled forecast of the future. *Heart*. 2013 Jul;99(13):954-9
5. Erkkilä AT, Schwab US, **Lehto S**, de Mello VD, Kangas AJ, Soininen P, Ala-Korpela M, Uusitupa MI. [Effect of fatty and lean fish intake on lipoprotein subclasses in subjects with coronary heart disease: a controlled trial](#). *J Clin Lipidol*. 2014 Jan-Feb;8(1):126-33.
6. Simula S, Vanninen E, **Lehto S**, Hedman A, Pajunen P, Syväne M, Hartikainen J. [Heart rate variability associates with asymptomatic coronary atherosclerosis](#). *Clin Auton Res*. 2014 Feb;24(1):31-7.
7. Lehto HR, Lehto S, Havulinna AS, Salomaa V. [Does the clinical spectrum of incident cardiovascular disease differ between men and women?](#) *Eur J Prev Cardiol*. 2014 Aug;21(8):964-71.
8. Lammintausta A, Airaksinen JK, Immonen-Räihä P, Torppa J, Kesäniemi AY, Ketonen M, Koukkunen H, Kärjä-Koskenkari P, Lehto S, Salomaa V; FINAMI Study Group. [Prognosis of acute coronary events is worse in patients living alone: the FINAMI myocardial infarction register](#). *Eur J Prev Cardiol*. 2014 Aug;21(8):989-96.
9. Vepsäläinen T, Laakso M, **Lehto S**, Juutilainen A, Airaksinen J, Rönnemaa T. [BMC Prolonged P wave duration predicts stroke mortality among type 2 diabetic patients with prevalent non-major macrovascular disease](#). *Cardiovasc Disord*. 2014 Nov 25;14:168.
10. Kotseva K, De Bacquer D, Jennings C, Gyberg V, De Backer G, Rydén L, Bruthans J, Cifkova R, Deckers JW, De Sutter J, Fras Z, Graham I, Keber I, **Lehto S**, Moore D, Pajak A, Wood D. [Adverse Lifestyle Trends Counter Improvements in Cardiovascular Risk Factor Management in Coronary Patients](#). EUROASPIRE Investigators, Amouyel P. *J Am Coll Cardiol*. 2015 Oct 6;66(14):1634-6
11. Kotseva K, De Bacquer D, Jennings C, Gyberg V, De Backer G, Rydén L, Amouyel P, Bruthans J, Cifkova R, Deckers JW, De Sutter J, Fras Z, Graham I, Keber I, **Lehto S**, Moore D, Pajak A, Wood D; EUROASPIRE Investigators. [Time Trends in Lifestyle, Risk Factor Control, and Use of Evidence-Based Medications in Patients With Coronary Heart Disease in Europe: Results From 3 EUROASPIRE Surveys, 1999-2013](#). *Glob Heart*. 2016 Mar 16. S2211-8160.
12. Wood D, De Bacquer D, De Backer G, Rydén L, Jennings C, Gyberg V, Amouyel P, Bruthans J, Castro Conde A, Cifková R, Deckers JW, De Sutter J, Dilic M, Dolzhenko M, Erglis A, Fras Z, Gaita D, Gotcheva N, Goudevenos J, Heuschmann P, Laucevicius A, **Lehto S**, Lovic D, Miličić D, Moore D, Nicolaidis E, Oganov R, Pajak A, Pogosova N, Reiner Z, Stagmo M, Störk S, Tokgözoğlu L, Vulic D; EUROASPIRE Investigators. [EUROASPIRE IV: A European Society of Cardiology survey on the lifestyle, risk factor and therapeutic management of coronary patients from 24 European countries](#). *Eur J Prev Cardiol*. 2016 Apr;23(6):636-48.
13. Piironen M, Ukkola O, Huikuri H, Havulinna AS, Koukkunen H, Mustonen J, Ketonen M, **Lehto S**, Airaksinen J, Antero Kesäniemi Y, Salomaa V. Trends in long-term prognosis after acute coronary syndrome. [Eur J Prev Cardiol](#). 2017 Feb;24(3):274-280. doi: 10.1177/2047487316679522. Epub 2016 Nov 19
14. Koukkunen H, Havulinna AS, **Lehto S**, Ketonen M, Mustonen J, Airaksinen JK, Ukkola O, Kesäniemi YA, Salomaa V; FINAMI Study Group. [Case fatality of acute coronary events is improving even among elderly patients; the FINAMI study 1995-2012](#). *Ann Med*. 2018 Feb;50(1):35-45. doi: 10.1080/07853890.2017.1382713. Epub 2017 Oct 3.