CECILIA BERGH has a degree in Physiotherapy from the Karolinska Institute. She has been working as a physiotherapist since 1998, mainly with a focus on stroke and MS rehabilitation. Cecilia was registered as a PhD student at the Nutrition and Physical Activity Research Center (NUPARC) at Örebro University in 2012, and her research has also been conducted at Clinical Epidemiology and Biostatistics at Örebro University Hospital. Her research interests include the study of life-course exposures relevant to later health and cardiovascular disease.

This thesis examines characteristics in adolescence and adulthood linked with subsequent cardiovascular risk. One area is concerned with physical and psychological characteristics in adolescence, which reflects inherited and acquired elements from childhood, and their association with occurrence and outcome of subsequent stroke and coronary heart disease many years later. Adolescence is described as a developmental stage central for reaching our ‘optimal’ health potential. The second area focuses on severe infections in adulthood and risk of cardiovascular disease. All four papers included in the thesis use a life-course approach to examine risks for cardiovascular disease where exposures significantly pre-date disease onset.

Doctoral Dissertation

Life-course influences on occurrence and outcome for stroke and coronary heart disease

CECILIA BERGH
Medical Science with a specialisation in Medicine