



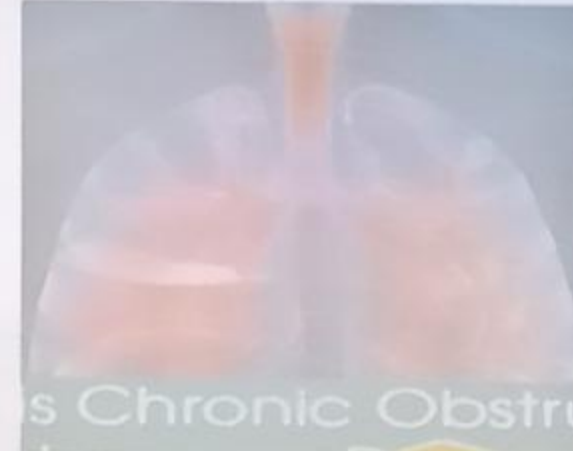
The "Empowered" project: Enhancing self-management of patients with chronic diseases



Heart failure (HF)
patients (N=156)



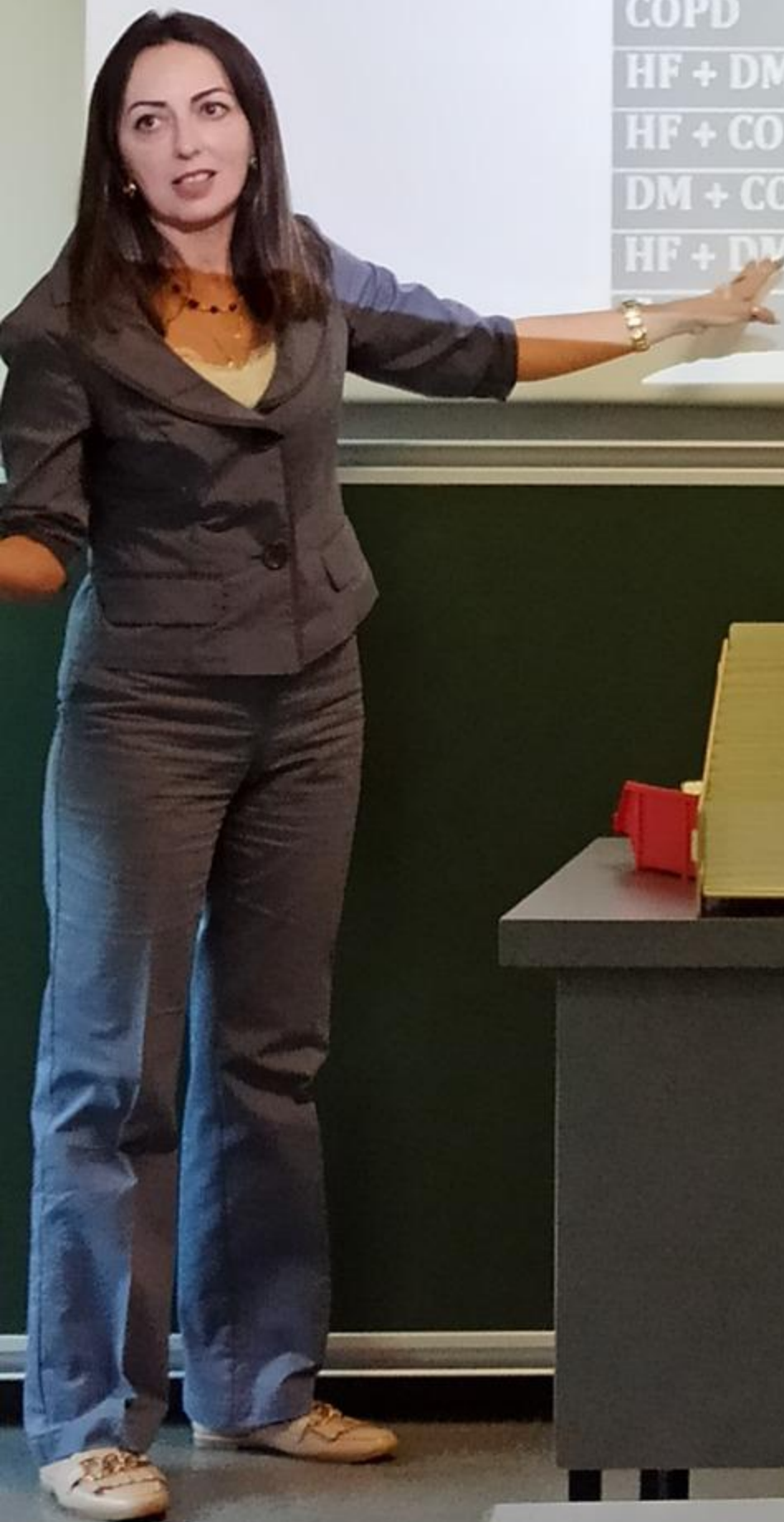
Diabetes mellitus (DM)
patients (n=164)



Chronic obstructive
pulmonary disease (COPD)
patients (N=153)

Comorbidity	n	%
HF	144	30.4
DM	145	30.7
COPD	126	26.6
HF + DM	22	4.7
HF + COPD	10	2.1
DM + COPD	26	5.5
HF + DM + COPD	0	0.0
	473	100.0

Comorbidity (e.g. 2 out of 3
Europeans suffer from at least
2 chronic conditions at
retirement age).



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