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Sommario/riassunto	How does body mass affect a failing heart? Body mass extremes and weight-related disorders such as diabetes are known to accelerate the progression of chronic heart failure, but much remains to be learned about the underlying mechanisms of this frightening disease, especially in overweight people. Twelve international research groups across Europe and Russia are investigating the matter together, and they do not plan for their work to remain theoretical. The team aims to develop tailored therapies to overcome the current one-size-fits-all approach to treatment and also hopes to improve the patients' quality of life. SICA-HF, an outstanding example of programme-level cooperation with research partners abroad, was brought to life as the result of a joint initiative between the EU and the Russian Federation. [abstract tratto dalla pubblicazione]