

# The Impact of Treatment / Lifestyle Since 1980 on the death Rate from Cardiovascular Disease

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**You don't have  
to be a statistic**



# Challenging Health Beliefs

- ‘When your number is up that’s it’
- ‘Tablets have side effects and are best avoided’
- ‘My Father lived to 85 and smoked like a trooper’
- ‘How about the cyclist who collapsed on his bike?’
- ‘It’s all in the genes – there is nothing you can do about it’

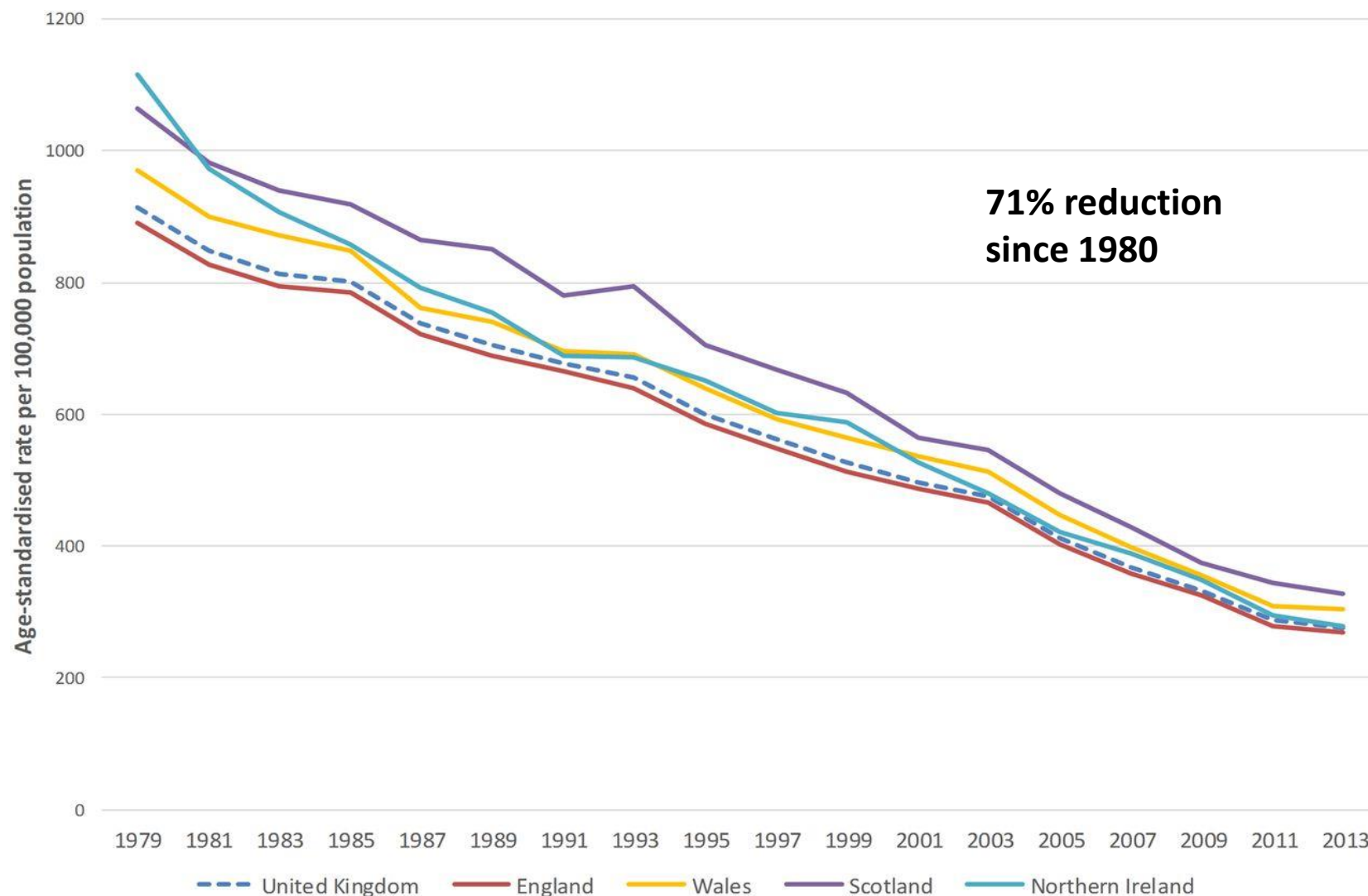
# Really ?

- There is some truth in all the above statements
- However .....
- Since 1980 in the UK there has been a 70% reduction in death from stroke and heart disease
- Half of this is due to prevention (lifestyle change and medication) and half to improved earlier more effective treatment

# Fall in Death Rates (Mortality Trends)

- Why is this happening ?
- Better control of blood pressure with more patient and doctor awareness and better medication
- Ongoing focus on lifestyle, diet, weight, exercise – especially stopping smoking
- Large rise in use of statins not just in those with heart disease but those at risk of it

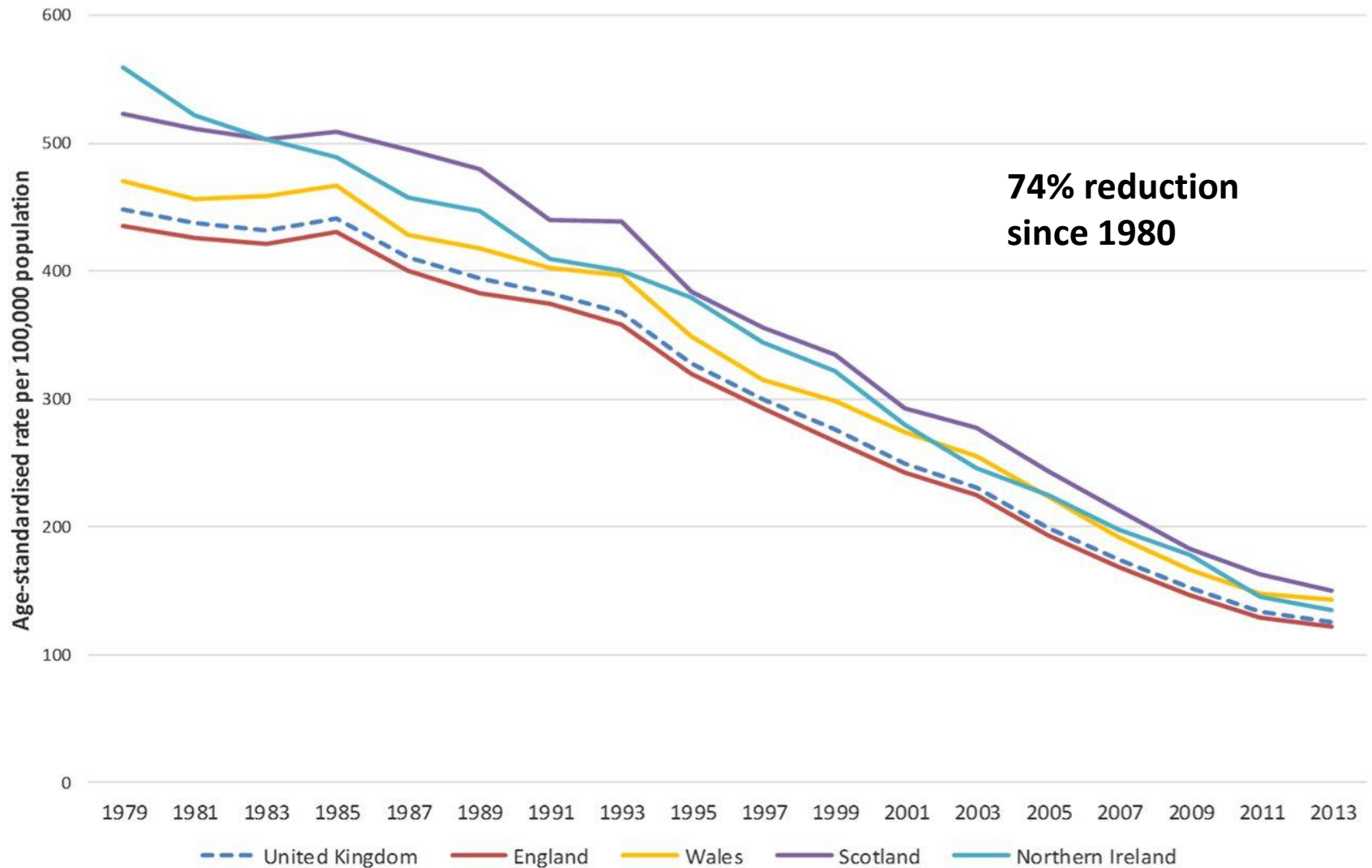
# Age-standardised death rates per 100 000 from cardiovascular disease, all ages, UK and England, Wales, Scotland, Northern Ireland, 1979–2013.



Prachi Bhatnagar et al. *Heart* doi:10.1136/heartjnl-2016-309573

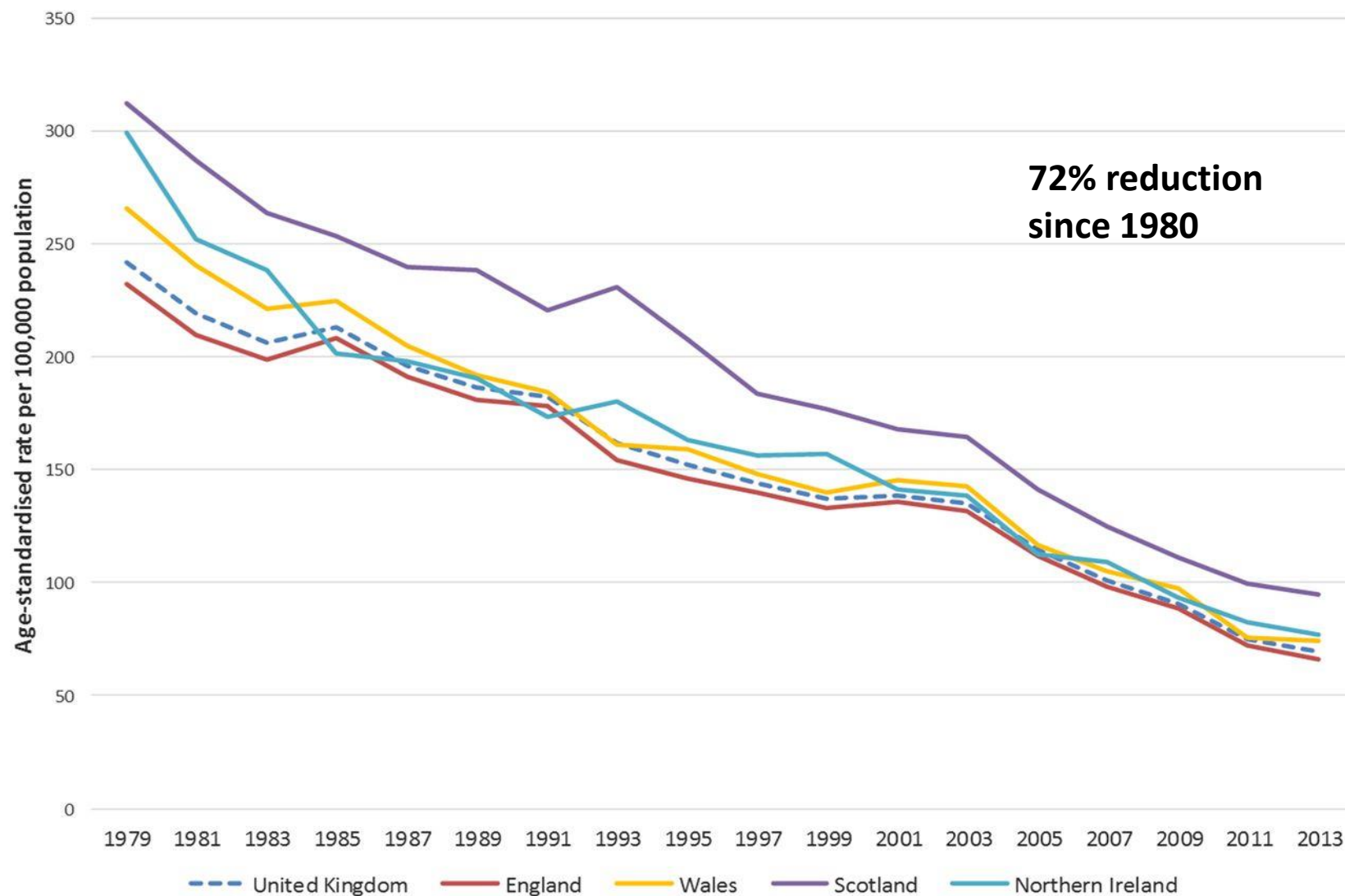


# Age-standardised death rates per 100 000 from coronary heart disease, all ages, UK and England, Wales, Scotland, Northern Ireland, 1979–2013.



Prachi Bhatnagar et al. Heart doi:10.1136/heartjnl-2016-309573

## Age-standardised death rates per 100 000 from stroke, all ages, UK and England, Wales, Scotland, Northern Ireland, 1979–2013.



Prachi Bhatnagar et al. *Heart* doi:10.1136/heartjnl-2016-309573



# Comment

- In the 1961 cardiovascular disease caused almost 48% and 55% of all deaths in men and woman respectively.
- Today cardiovascular disease is responsible for 29% of all deaths
- Average age at death has risen from 1965 to 2010 as follows:
- Males 72 to 82 and females 78 to 85
- Smoking for men and woman of all ages has fallen from 46% to 17% (1972 to 2016)

**Deaths by cause and sex, UK. This figure compiles data from the four countries of the UK. In Northern Ireland, the data for lung cancer only includes International Classification of Diseases 10 code C34.**

