



# Cardiovascular Disease is Not One Single Condition, but a General Term used to Describe a Variety of Conditions Affecting the Heart and Blood Vessels<sup>1</sup>

## Global Impact of Cardiovascular Disease

**17.5 million**

deaths in 2012<sup>2</sup>



**= over 30%**

of all global deaths<sup>2</sup>

**23.6 million**

deaths projected by 2030<sup>3</sup>

## Some of the common conditions related to cardiovascular disease

### Coronary artery disease (CAD)



Caused by plaque build-up in the coronary arteries. CAD is also known as coronary heart disease (CHD)<sup>4</sup>



**CAD killed 7.4 million people worldwide in 2012<sup>2</sup>**

### Cardiac arrhythmia



Any type of irregularity in the heartbeat, often the first indication of an underlying heart condition<sup>9</sup>

### Myocardial infarction (MI)



Heart tissue dies due to prolonged oxygen deprivation. More commonly known as a heart attack<sup>5</sup>

### Stroke



The blood supply to part of the brain is cut off<sup>10</sup>

**2<sup>nd</sup> most common cause of death worldwide<sup>11</sup>**

### Heart failure (HF)



The heart is unable to meet the body's blood pressure and circulation requirement<sup>6</sup>

**26 million people have HF<sup>7</sup>**

### Rheumatic heart disease



Damage to the heart muscle and valves from rheumatic fever, caused by streptococcal bacteria<sup>12</sup>

### Valvular heart disease



Affects any of the four heart valves, characterised either by hardening of the valves (valvular stenosis) or regurgitation (valvular regurgitation)<sup>8</sup>

### Peripheral arterial disease (PAD)



The flow of blood from the heart to the lower extremities is restricted or reduced, due to hardening or thickening of the arteries<sup>13</sup>

**PAD affects 202 million people worldwide<sup>14</sup>**



It is important doctors inform patients of lifestyle changes and all available treatment options that can help prevent cardiovascular disease



**References:** **1)** British Heart Foundation. Cardiovascular disease. Available at <http://www.bhf.org.uk/heart-health/conditions/cardiovascular-disease.aspx>. Accessed January 2015 **2)** World Health Organisation (WHO). The top 10 causes of death. Available at: <http://www.who.int/mediacentre/factsheets/fs310/en/index2.html>. Accessed January 2015 **3)** World Health Organization. About cardiovascular disease. Available at [http://www.who.int/cardiovascular\\_diseases/about\\_cvd/en/](http://www.who.int/cardiovascular_diseases/about_cvd/en/). Accessed January 2015 **4)** NHS Choices. Coronary heart disease. Available at <http://www.nhs.uk/conditions/Coronary-heart-disease/Pages/Introduction.aspx>. Accessed January 2015 **5)** Heart Disease Health Centre. WebMD. Available at <http://www.webmd.com/heart-disease/understanding-heart-attack-basics>. Accessed January 2015 **6)** NHS Choices. Heart failure. Available at <http://www.nhs.uk/conditions/Heart-failure/pages/introduction.aspx>. Accessed January 2015 **7)** López-Sendón J. The heart failure epidemic. *Medicographia*. 2011; 33: 363-369 **8)** British Heart Foundation. Heart valve disease. Available at <http://www.bhf.org.uk/heart-health/conditions/heart-valve-disease.aspx>. Accessed January 2015 **9)** British Heart Foundation. Heart rhythms. Available at <https://www.bhf.org.uk/plugins/PublicationsSearchResults/DownloadFile.aspx?docid=e1e03844-81e9-489a-ac88-b13a704148c9&version=-1&title=Heart+Rhythms&resource=HIS14>. Accessed January 2015 **10)** NHS Choices. Stroke. Available at <http://www.nhs.uk/conditions/stroke/Pages/Introduction.aspx>. Accessed January 2015 **11)** WebMD. Top 10 Causes of Death Worldwide. Available at: <http://www.webmd.com/lung/copd/news/20060525/top-10-causes-death-worldwide>. Accessed January 2015 **12)** WHO. Types of Cardiovascular Disease. Available at [http://www.who.int/cardiovascular\\_diseases/en/cvd\\_atlas\\_01\\_types.pdf](http://www.who.int/cardiovascular_diseases/en/cvd_atlas_01_types.pdf). Accessed January 2015 **13)** NHS Choices. Peripheral arterial disease. Available at <http://www.nhs.uk/conditions/peripheralarterialdisease/Pages/Introduction.aspx>. Accessed January 2015 **14)** Hiramoto JS1, Katz R, Weisman S, Conte M. et al. Gender-specific risk factors for peripheral artery disease in a voluntary screening population. *J Am Heart Assoc*. 2014 Mar 13;3(2):e000651.