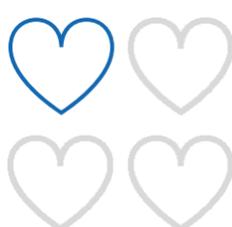


# The Burden of ASCVD

**Cardiovascular disease (CVD) is the leading cause of death in the United States, surpassing all types of cancer, and unintentional injury and stroke combined<sup>1,2</sup>**



CVD prevalence is expected to rise, affecting a projected 45% of the US population by 2035<sup>3</sup>



~1 in 4 heart attacks and strokes are recurrent events<sup>4</sup>



On average, a death due to CVD occurs every 37 seconds in the US<sup>1</sup>

**CVD places a greater economic burden on the US healthcare system than any other single class of disease<sup>3</sup>**



The total direct and indirect cost of CVD in the United States was \$555 billion in 2016 and is projected to reach \$1.1 trillion by 2035<sup>3</sup>

**As a chronic disease, CVD has a significant personal and societal impact**



- Current therapies and lifestyle changes required by CVD have shown **several limitations**, such as lack of social support or confidence, and motivation to perform self-care, leading to poor adherence to treatment and frustration<sup>8</sup>
- People living with CVD rely on the **unpaid support** of family or friends as caregivers to help manage their chronic disease, adding to the societal burden<sup>9</sup>
- Patients with CVD and their caregivers are at a **high risk of depression**, a known risk factor for recurrent CVD<sup>10,11</sup>

**Atherosclerotic CVD (ASCVD) is the leading cause of CVD death in the United States<sup>4</sup>**

ASCVD can cause a heart attack or stroke<sup>5</sup>

Nearly 70 million U.S. adults have higher than recommended levels of low density lipoprotein cholesterol (LDL-C) – known as “bad cholesterol”<sup>4</sup>. LDL-C is the most readily modifiable risk factor for ASCVD<sup>6</sup>.



The risk of developing ASCVD increases the longer a patient is exposed to elevated LDL-C levels<sup>7</sup>. Maintaining low LDL-C levels is vital to help reduce the risk of heart attacks and stroke<sup>6</sup>.



How to bend the curve of CVD deaths: help patients better control their LDL-C levels

## REFERENCES

- Centers for Disease Control and Prevention. “Heart Disease Facts.” Accessed August 3, 2020. <https://www.cdc.gov/heartdisease/facts.html>.
- Centers for Disease Control and Prevention. “Leading Causes of Death.” Accessed August 19, 2020. <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>.
- American Heart Association/American Stroke Association. Cardiovascular Disease: A Costly Burden. Accessed June 2020: <https://healthmetrics.heart.org/wp-content/uploads/2017/10/Cardiovascular-Disease-A-Costly-Burden.pdf>.
- Virani SS. *Circulation*. 2020;141:e139–e596.
- Mayo Clinic. Arteriosclerosis / atherosclerosis. Accessed June 2020: <https://www.mayoclinic.org/diseases-conditions/arteriosclerosis-atherosclerosis/symptoms-causes/syc-20350569?p=1>.
- Ference B. *Journal of the American College of Cardiology*. 2018;72:1141-56.
- Brandts J. *Circulation*. 2020;141:873–876.
- Riegel B. et al. *Journal of the American Heart Association*. 2017;6(9)e006997.
- Kitko L. et al. *Circulation*. 2020;141:e864–e878.
- Sun G.Z. et al. *BMC Psychiatry*. 2019;19(1):125.
- Saunders M.M. *Holistic Nursing Practices*. 2003;17:136–142.