The Heart Valve Voice 2017 Heart Valve Disease Survey

- Revealing new survey data indicating the need to educate people about the condition
- Calling for improved awareness, early diagnosis and treatment

Heart Valve Disease: Who is Affected?

1.5 million people over the age of 65 currently affected\(^1\)

Chances of developing heart valve disease increase with age

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevalence (%)</td>
<td>65-69</td>
<td>70-74</td>
<td>75-79</td>
<td>80-84</td>
<td>85+</td>
</tr>
</tbody>
</table>

Expected to rise to 3.3 million by 2056, due to ageing population\(^1\)

Survey Snapshot:

An online survey of 1,608 people over the age of 60 living in the UK evaluated:

- Awareness and understanding of heart valve disease and treatment options
- Concern for heart valve disease and symptoms
- Frequency of stethoscope testing
- Changes of any of the above over time\(^*\)

Women and people in urban areas are least likely to receive regular stethoscope checks compared to males and people in rural areas, putting women and those in urban areas more at risk of receiving a late diagnosis\(^5\)

Stethoscope Use: The More We Listen, The More Lives We Save

A doctor can use a stethoscope to simply and easily listen for a characteristic heart ‘murmur’ - usually the first indication of a problem with the heart valves\(^3\)

However, 78% of UK over 60s reported their doctor rarely or never checked their heart with a stethoscope during regular health visits – an increase of only 4% since 2015\(^2\)

The following statistics from across UK cities show the percentage of over 60s who claim that their doctor rarely or never checked their heart with a stethoscope:\(^2\)

- Brighton 85.3%
- Norwich 84.3%
- Manchester 81.4%
- London 77.9%
- Sheffield 78.7%
- Paisley 78.6%
- Plymouth 79.5%
- Bradford 79.5%
- Wolverhampton 78.6%
- Gloucester 73.9%
- Southend 73.9%
- Cambridge 71.3%
- Glasgow 68.3%
- Leeds 67.6%
- Sheffield 65.2%

The UK has the lowest self-reported rates of stethoscope use in Europe, with 79% of French respondents receiving important stethoscope checks at every visit compared to only 7% in the UK\(^5\)

Heart Valve Disease Concern

Majority of respondents no more concerned about heart valve disease after receiving more information, despite annual mortality of severe aortic stenosis being higher than most cancers\(^4,5\)

7% were more concerned and recognised the symptoms in themselves.\(^2\)

Symptoms include:\(^6\)
- chest pain
- fatigue
- shortness of breath
- fainting & dizziness
- difficulty exercising

1/2 of patients will die within 2 years of developing symptoms if severe aortic stenosis is left untreated, yet, patients can regain their quality of life and life expectancy with heart valve repair or replacement\(^2,8\)

Heart Valve Disease Awareness and Concern:

Aortic stenosis is one of the most common forms of heart valve disease, yet 97% of respondents are unaware of aortic stenosis, up from 94% in 2016\(^2,3\)

Knew of open-heart valve replacement surgery\(^2\)

30% of over 60s in the UK unaware of any treatment options for heart valve disease\(^2\)

Knew of minimally invasive option transcatheter aortic valve replacement (TAVI)\(^2\)

Lack of Heart Valve Disease Awareness and Concern:

The following statistics from across UK cities show the percentage of over 60s who claim that their doctor rarely or never checked their heart with a stethoscope during regular health visits – an increase of only 4% since 2015\(^2\)

CensusWide. Aortic valve stenosis – What do people know? A Heart Valve Disease Awareness Survey of 12,821 people across UK cities show the percentage of over 60s who claim that their doctor rarely or never checked their heart with a stethoscope during regular health visits – an increase of only 4% since 2015\(^2\)


References


