

HEART VALVE DISEASE SURVEY 2020: UK RESULTS

UK: A DYNAMIC SENIOR GENERATION

British people are **living longer** and retirement is increasingly associated with an active lifestyle¹

Over 60s are key contributors in their communities and economies. It is important to **cherish them** and the work they do



Over 60s in the UK are very active:²



Caring for others **18%**



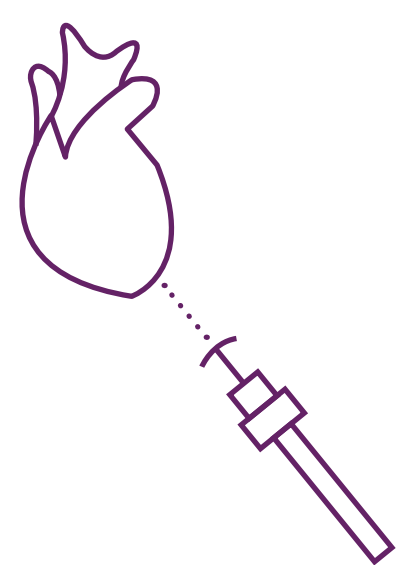
Volunteering **18%**



Sports **33%**

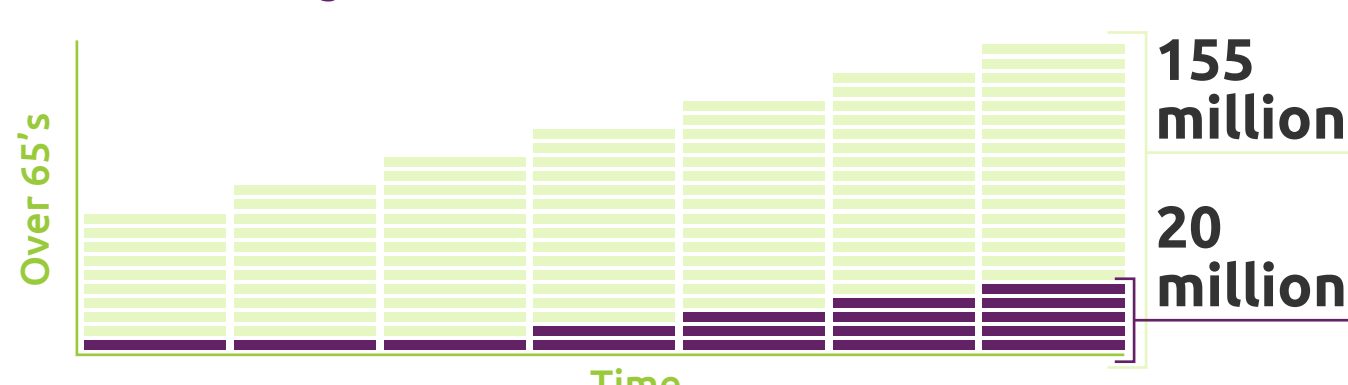
HEART VALVE DISEASE: A COMMON, SERIOUS BUT TREATABLE CONDITION

Heart valve disease **primarily affects the older generation** and is a growing cause of concern as the population ages⁴



If severe aortic stenosis is left untreated, **50%** of patients will die **within 2 years** of developing symptoms. Patients can **regain their quality of life and life expectancy** with heart valve repair or replacement³

Within 20 years:



155 million Europeans will be aged over 65¹
20 million people over 65 will have HVD^{1,3}

Symptoms are often ignored. Patients often attribute them to natural signs of ageing⁵



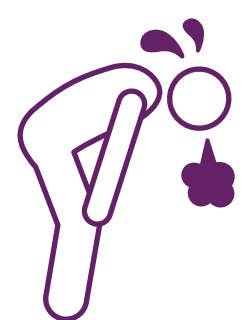
Fatigue

Only **26%** of older British people would seek an appointment with their GP for **fatigue**²



Reduced Physical Activity

Only **23%** of older British people would seek an appointment with their GP for **reduced physical activity**²



Shortness of Breath

70% of older British people would seek an appointment with their GP for **shortness of breath**²



Chest Pain

83% of older British people would seek an appointment with their GP for **chest tightness/pain**²

Knowledge remains low

• Only **4%** of older British people can accurately **define aortic stenosis**, the most common form of heart valve disease²



Concern remains low

• British respondents are more concerned about cancer and Alzheimer's disease, despite heart valve disease being a public health problem leading to high morbidity and mortality^{2,6}

Cancer 35%

Alzheimers 27%

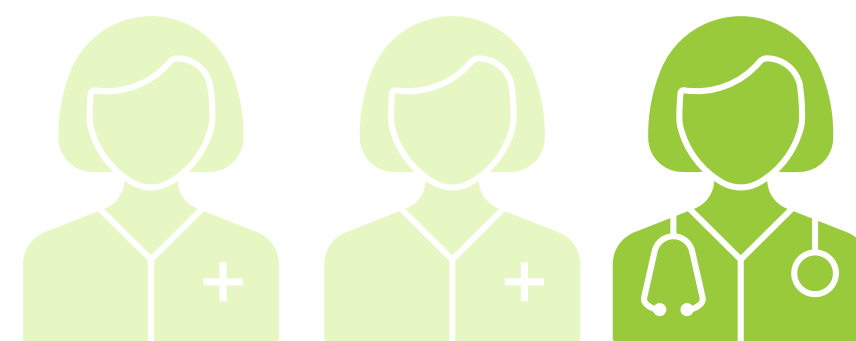
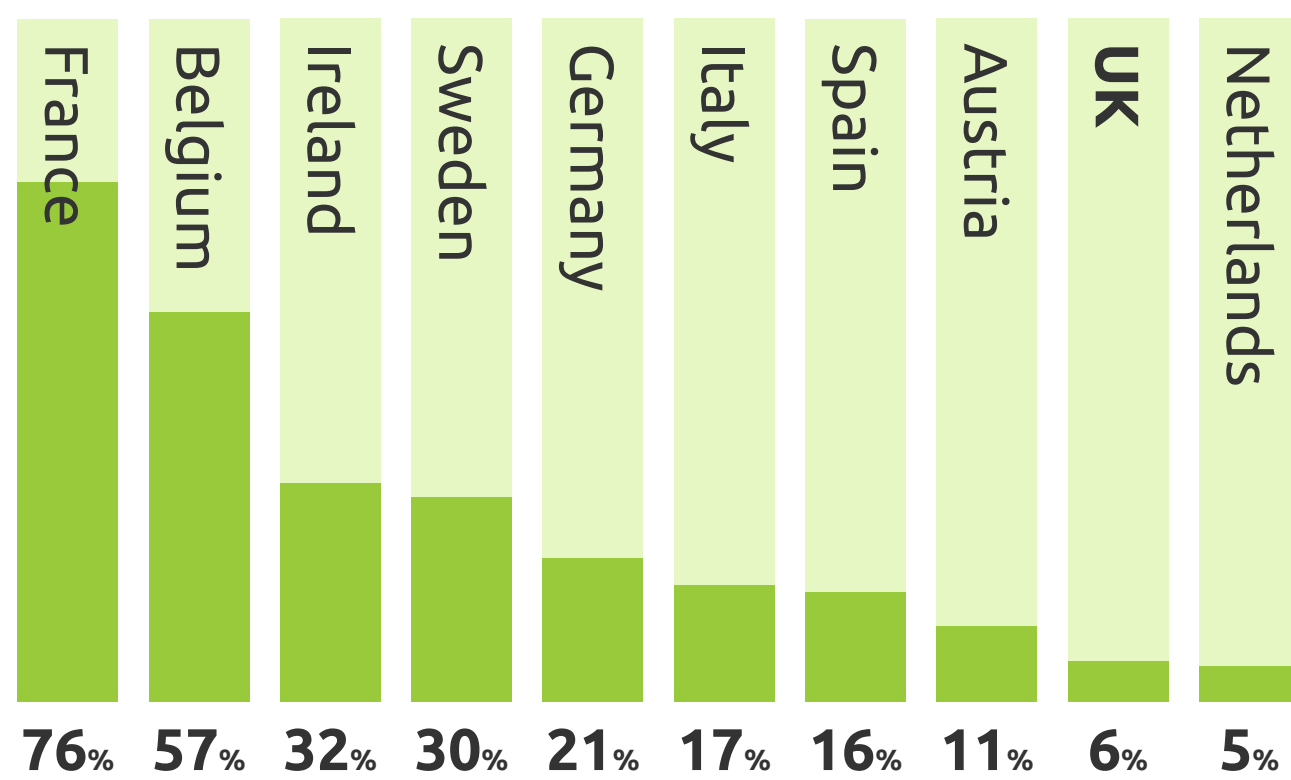
Heart valve disease 5%

% of respondents concerned by the disease

STETHOSCOPE CHECKS – SAVING PATIENTS BY LISTENING TO THEIR HEARTS

Listening to the heart with a stethoscope for a 'heart murmur' is a key step to detection⁵

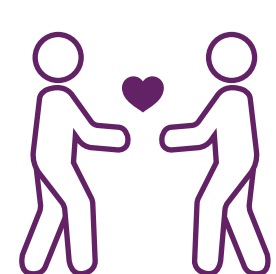
There is **substantial variance in stethoscope use** at every GP visit throughout Europe²



6% of older British people claim to **receive a stethoscope check** at every GP visit in the UK²

UNDER-DIAGNOSIS MAY HAVE WIDER CONSEQUENCES FOR SOCIETY

Over 60s in the UK play an active role in their communities. **They provide care for:**²



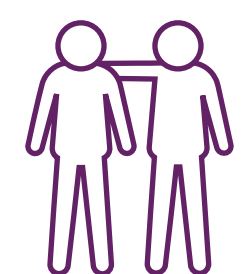
A partner (9%)



Someone else (4%)



Grandchildren (5%)



A friend or acquaintance (2%)

The European Heart Health Survey was conducted among 12,832 people over the age of 60 across 11 European countries: France, Belgium, Switzerland, Germany, Italy, Spain, Austria, Netherlands, Sweden, Ireland and the UK, in October 2019.

References:

1. Eurostat (2017) People in the EU – population projections, http://ec.europa.eu/eurostat/statistics-explained/index.php?title=People_in_the_EU_-_population_projections Accessed: June 2020.
2. Gaede L *et al.* European Heart Health Survey, September 2020.
3. Nkomo V *et al.* Burden of valvular heart disease: a population-based study. *Lancet*. 2006; 368:1005-11. Meinertz T, Hamm C, Papoutsis K, *et al.* (2016) Deutscher Herzbereich 2016. Dtsch Herzstiftung 212.
4. Lindroos M *et al.* Prevalence of aortic valve abnormalities in the elderly: an echocardiographic study of a random population sample. *J Am Coll Cardiol*. 1993 Apr;21(5):1220-5.
5. Patient.co.uk. Available at: <http://www.patient.co.uk/health/heart-valves-and-valve-disease.%20Accessed%20April%202020> <http://www.patient.co.uk/health/heart-valves-and-valve-disease>. Accessed June 2020.
6. Rostagno C. (2019) Heart Valve Disease in Elderly. *World Journal of Cardiology*. 11(2):71-83.

