

# First ever European Heart Valve Disease Awareness Day – 8 Sept 2018 – highlights the Power of Positive Ageing:



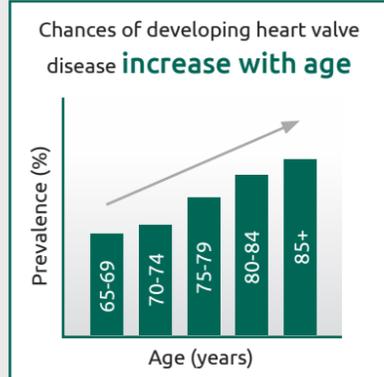
- Revealing new survey data indicating the need to educate people about the condition
- Calling for improved awareness, early diagnosis and treatment

## Heart Valve Disease: Who is Affected?



**1.5 million** people over the **age of 65** currently affected<sup>1</sup>

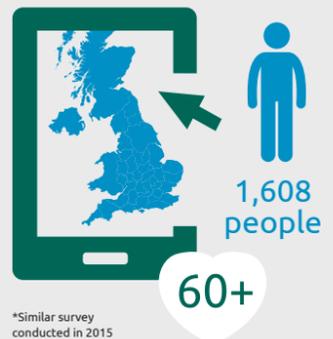
Expected to rise to **3.3 million by 2056**, due to ageing population<sup>1</sup>



## 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\*

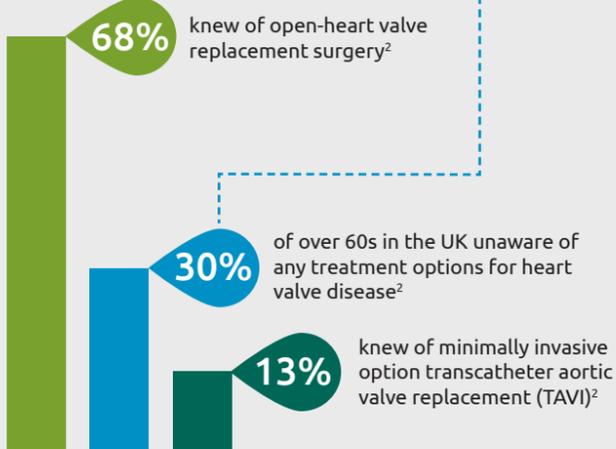


\*Similar survey conducted in 2015

## Lack of Heart Valve Disease Awareness and Concern:

### Heart Valve Disease Awareness

**Aortic stenosis** is the most common heart valve disease in the UK, yet **97%** of respondents are **unaware** of aortic stenosis, up from 94% in 2016<sup>2</sup>



### 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<sup>3,4,5</sup>



Worryingly, over a 1/4 of over 60s admitted to being more concerned about heart valve disease but having no plans to do anything<sup>2</sup>



**7%** were more concerned and recognised the symptoms in themselves.<sup>2</sup>



#### Symptoms include:<sup>6</sup>

- chest pain
- fatigue
- shortness of breath
- fainting & dizziness
- difficulty exercising



## 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<sup>9</sup>

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<sup>2</sup>

**Male 27.7%**

**Female 19.7%**

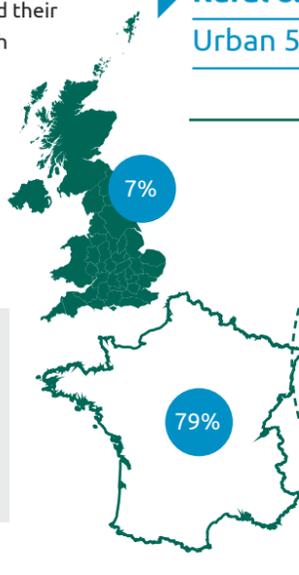
**Rural 8.6%**

**Urban 5.6%**

Women and people in urban areas are less 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<sup>2</sup>

The following statistics from across UK cities show the percentage of over 60s who claim that their doctor rarely or never checks their heart with a stethoscope:<sup>2</sup>

<b>Brighton</b>	<b>85.3%</b>	Sheffield	78.7%
Cambridge	84.3%	Leeds	78.6%
Manchester	81.4%	London	77.9%
Nottingham	81%	Liverpool	73.9%
Cardiff	80.2%	Newcastle	73.7%
Birmingham	80%	Glasgow	68.3%
Plymouth	79.5%	Belfast	63.2%
Norwich	78.7%		



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<sup>2</sup>

## The first European Heart Valve Awareness Day calls for improved awareness, early diagnosis and treatment focused on four key areas:

1. Greater awareness
2. Stethoscope checks for over 65s
3. National heart valve disease guidelines
4. Equal access to therapies providing return to good quality of life



### References

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