

Heart Health

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What I hope you take away

It's not that boring really!

Doing the simple things really makes a massive difference to long-term complications

Why is it important?

1.13 billion people worldwide affected most (2/3 living in low- and middle-income countries).

In 2015, 1 in 4 men and 1 in 5 women had hypertension.

Fewer than 1 in 5 with the diagnosis are controlled.

Major cause of premature death worldwide.

Complications of Hypertension



Atherosclerosis
Aneurysms
Aortic dissections



Haematuria
Uraemia
Proteinemia

Chronic kidney disease



Pulmonary oedema
Myocardial infarction
Left ventricular hypertrophy

Cardiac failure



Haemorrhage / infarction
Seizures
Vascular dementia

Stroke / TIA



Haemorrhages
Exudates
A-V nipping
Papilloedema

Blindness

Modifiable Risk factors

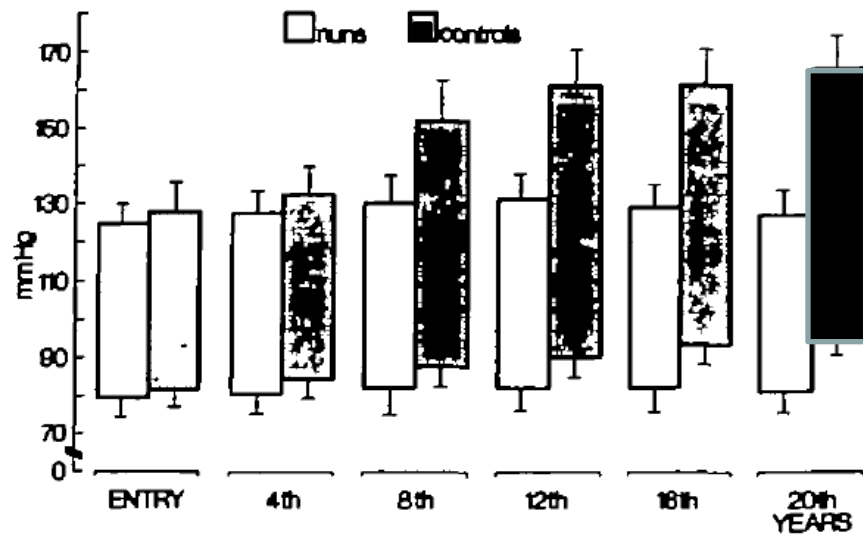
- Obesity (extra risk of OSA)
- Alcohol - >14 units per week (Small amounts beneficial?¹)
- Smoking
- Salt intake
 - Directly proportional (target <3g/day)
- Stress – acute pain and stress well linked.. Chronic – next slide 😊
- Exercise

¹ Red Wine Consumption and Cardiovascular Health. Luigi Castaldo,^{1,2} Alfonso Narváez,¹ Luana Izzo,¹ Giulia Graziani,¹ Anna Gaspari,¹ Giovanni Di Minno,² and Alberto Ritieni¹, Molecules. 2019 Oct; 24(19): 3626. PMCID: PMC6804046 PMID: 31597344

Why yes, I am a bit stressed.



Why do you ask?



Blood Pressure Changes Over 20 Years in Nuns in a Secluded Order. Timio et al 1985 J HYPERTENSION

Key questions for 'young adults'

1. High blood pressure in pregnancy – 1/3rd get high blood pressure in the 5 years after
2. Premature -20% get high blood pressure by their 30s
3. Snoring – do you wake others? Think Sleep apnoea
4. Over the counter things:

Pill/Liquorice/NSAIDs/steroids

Starting treatment

Lifestyle interventions

Offer guidance and advice about:

- Diet (including sodium, fruit & veg, 'exercise', weight loss)
- Exercise
- alcohol consumption
- Smoking.

Patient education and adherence

Provide:

- information about benefits of drugs and side effects
- details of patient organisations
- annual review

