

Rising Cardiovascular Deaths in under 65s

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SMURFS



SMuRFs

Standard Modifiable Risk Factors for CVD

- Hypertension
 - Diabetes
 - Dyslipidaemia
 - Smoking
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- CVD causes 4 million deaths per year in Europe
 - Costing 282 billion Euros per year

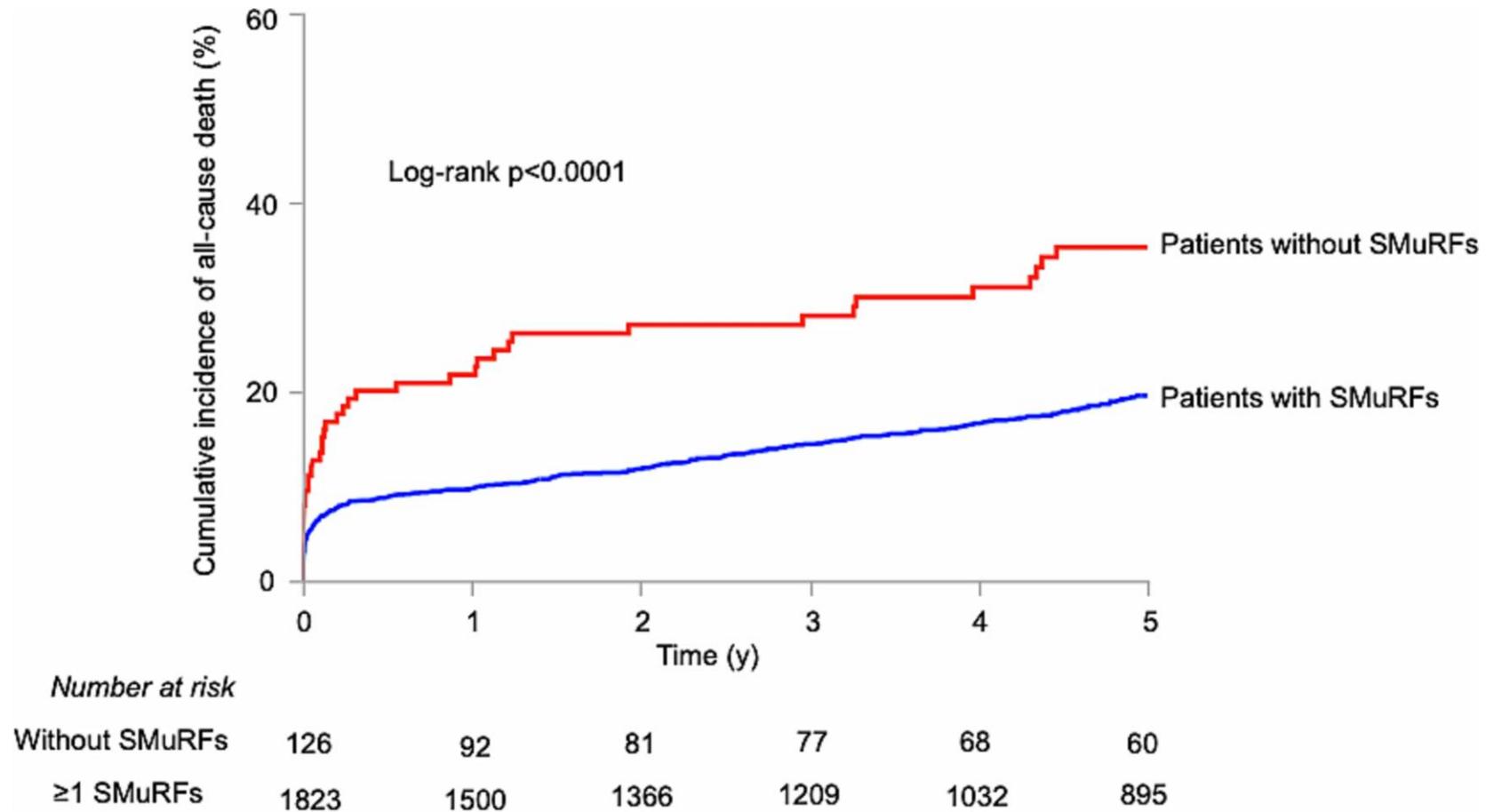
Treating SMuRFs

- Improving treatment for hypertension, hypercholesterolaemia, diabetes mellitus and smoking cessation rates to 70% could save over 94,000 cardiovascular event free life years annually across Denmark, France, Germany, Italy, Poland, Spain and the UK.
- Highlights the importance of closing the gap between clinical guidelines and real-world care to reduce deaths and improve cardiovascular health outcomes.

SMuRF less

- Unhealthy lifestyle – diet, bad sleep, high alcohol, lack of exercise, obesity.
- Mental health – stress
- Environmental factors – pollution
- Genetics
- Inflammation
- Socioeconomic status – lower social status linked to higher risk.

Clinical outcomes of ST elevation myocardial infarction patients without standard modifiable risk factors



Cardiovascular Deaths in under 65s rising

- BHF data – rising rates of CVD deaths in last 5 years
- Increasing Obesity and Diabetes



Possible reasons

- Cuts to weight loss services
- Lengthening waiting times for diagnostic appointments, cardiac procedures and surgery.
- Longer waiting times for ambulances for MI.
- COVID 19 disrupted services.
- Wider disparity in socioeconomic deprivation leads to wide variation in mortality.
- Lack of access to education, prevention and treatment in poorer areas.

How can we reverse this trend?

- Risk prevention
 - Hypertension
 - Diabetes
 - Cholesterol
 - Stop smoking
 - Exercise
 - Weight loss
 - Other lifestyle factors – MI 6 times more frequent in cannabis users than non users age less than 50 (from 5 million US records).

Future Innovation

- Use of AI to analyse scans eg CT scans
- Gene editing techniques to correct DNA mutations

