HEARTS IN THE AMERICAS

THE GLOBAL INITIATIVE FOR PREVENTION AND CARE OF CARDIOVASCULAR DISEASES

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NV/NMH
June 8 2018
HEARTS IN THE AMERICAS

• Cardiovascular Diseases
• Tobacco and Cardiovascular Diseases
• HEARTS in the Americas: better prevention and care
## CVD & NCD
### Size of the Problem in the Americas

<table>
<thead>
<tr>
<th>Rank</th>
<th>Main causes NCDs</th>
<th>ASYR</th>
<th>% of change 2000-2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Isquemic Heart Diseases</td>
<td>1,720.2</td>
<td>- 32.5</td>
</tr>
<tr>
<td>2</td>
<td>Stroke</td>
<td>723.7</td>
<td>- 35.7</td>
</tr>
<tr>
<td>3</td>
<td>Diabetes Mellitus</td>
<td>668.4</td>
<td>- 2.7</td>
</tr>
<tr>
<td>4</td>
<td>Trachea, bronchus and lung cancer</td>
<td>513.9</td>
<td>- 27.8</td>
</tr>
<tr>
<td>5</td>
<td>COPD</td>
<td>503.3</td>
<td>- 19.6</td>
</tr>
</tbody>
</table>

PAHO. NMH
Tobacco

10% all CVDs

25% all deaths due CVD < 60 years of age

35% all deaths due CVD < 45 years of age

CVD risk 2x

Tobacco exposure & CVD risk
HEARTS IN THE AMERICAS

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### NUMBER (%) OF MAJOR ALL CVD FOR DIFFERENT SUB-GROUPS IN PURE (N=152,609)

<table>
<thead>
<tr>
<th>Baseline Condition</th>
<th>Total no. with Condition (%)</th>
<th>Follow-up Major CVD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>N = 3,488 (2.23 %)</td>
</tr>
<tr>
<td>Prior CVD</td>
<td>7,743 (5.1)</td>
<td>673 (19.3)</td>
</tr>
<tr>
<td>Hypert (History or 140/90)</td>
<td>62,034 (40.7)</td>
<td>2,317 (66.4)</td>
</tr>
<tr>
<td>Current Smoker</td>
<td>31,397 (20.6)</td>
<td>1,021 (29.4)</td>
</tr>
<tr>
<td><strong>CVD, HTN or Smoker</strong></td>
<td>84,078 (55)</td>
<td>2,822 (80.9)</td>
</tr>
<tr>
<td>Diabetes (History or FPG &gt;7mmol)</td>
<td>16,071 (10.5)</td>
<td>905 (26.0)</td>
</tr>
<tr>
<td><strong>CVD, HTN, Smoker or Diabetes</strong></td>
<td>88,326 (57.9)</td>
<td>2,929 (84.0)</td>
</tr>
</tbody>
</table>

S Yusuf 2016, PURE study
# HYPERTENSION

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIC</td>
</tr>
<tr>
<td>Prevalence</td>
<td>41%</td>
</tr>
<tr>
<td>Awareness</td>
<td>49%</td>
</tr>
<tr>
<td>Treatment</td>
<td>47%</td>
</tr>
<tr>
<td>Control</td>
<td>19%</td>
</tr>
</tbody>
</table>

Chow C PURE study JAMA 2013
SECONDARY PREVENTION

FIGURE 2. Four proven secondary prevention medications*: from efficacy to effectiveness. Estimated efficacy of multi-drug therapy in preventing recurrent cardiovascular events [1]; other proportions are theoretical scenarios for illustration. *Statin, aspirin and ≥1 blood pressure-lowering agent.

Perel P. WHF Road Map. 2015
CHANGE IS POSSIBLE
THE GLOBAL HEARTS INITIATIVE: a new push to prevent and control CARDIOVASCULAR DISEASE

Healthy lifestyle
Counsel on tobacco cessation, diet, harmful use of alcohol, physical activity and self-care

Evidence-based treatment protocols
Simple and standardized protocols

Access to medicines and technologies
Access to a core set of affordable medicine and basic technology

Risk-based management
Total cardiovascular risk assessment, treatment and referral

Team-based care and task sharing
Patient-centered care through a team approach and community participation

Systems for monitoring
Patient registries and program evaluation
HEARTS in the Americas

From Demonstration Projects to the Adoption of new practices

- A proof-of-concept to evaluate the feasibility of implementing CVD clinical interventions at PHC level

Public Health Approach to CVD Management
HEARTS IN THE AMERICAS
THE GLOBAL INITIATIVE FOR PREVENTION AND CARE OF CARDIOVASCULAR DISEASES

Thanks !!!!

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WORLD NO TOBACCO DAY 2018
TOBACCO AND HEART DISEASES

TOBACCO BREAKS HEARTS
Choose health, not tobacco

Tobacco causes almost 3 MILLION deaths from cardiovascular diseases every year

#NoTobacco