

NIPC

National Institute for Prevention
and Cardiovascular Health

Positioning Ireland as an International Leader in Cardiovascular Health



OLLSCOIL NA GAILLIMHÉ
UNIVERSITY OF GALWAY

A clinical perspective on early CVD detection and diagnosis

Professor David A Wood MSc FRCP FFPH FICS(Hon.)

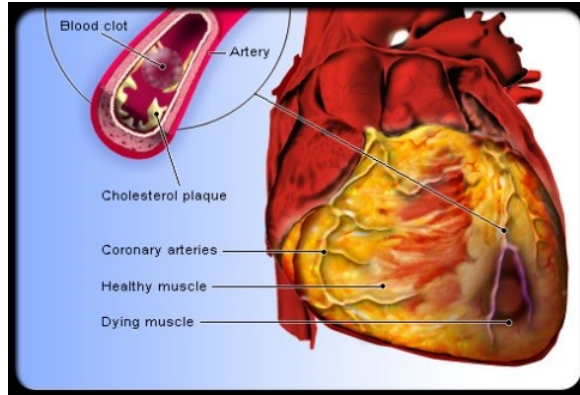
FESC FACC FAHA

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Adjunct Professor of Preventive Cardiology

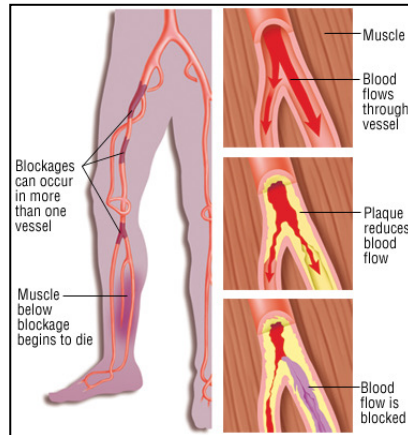
University of Galway

Cardiovascular disease



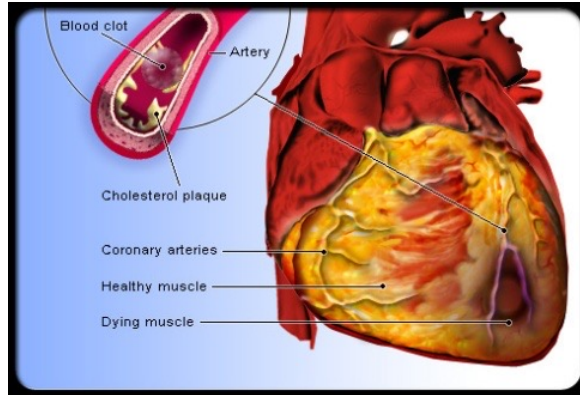
**Coronary artery disease or
ischaemic heart disease**
'Heart attacks'

Cerebral artery disease
'Stroke'



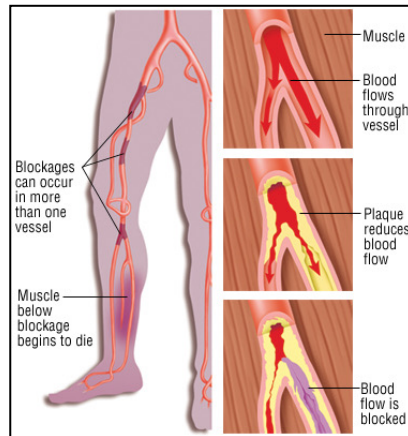
Peripheral artery disease
'Hardening of the arteries'

Cardiovascular disease



**Coronary artery disease or
ischaemic heart disease**
'Heart attacks'

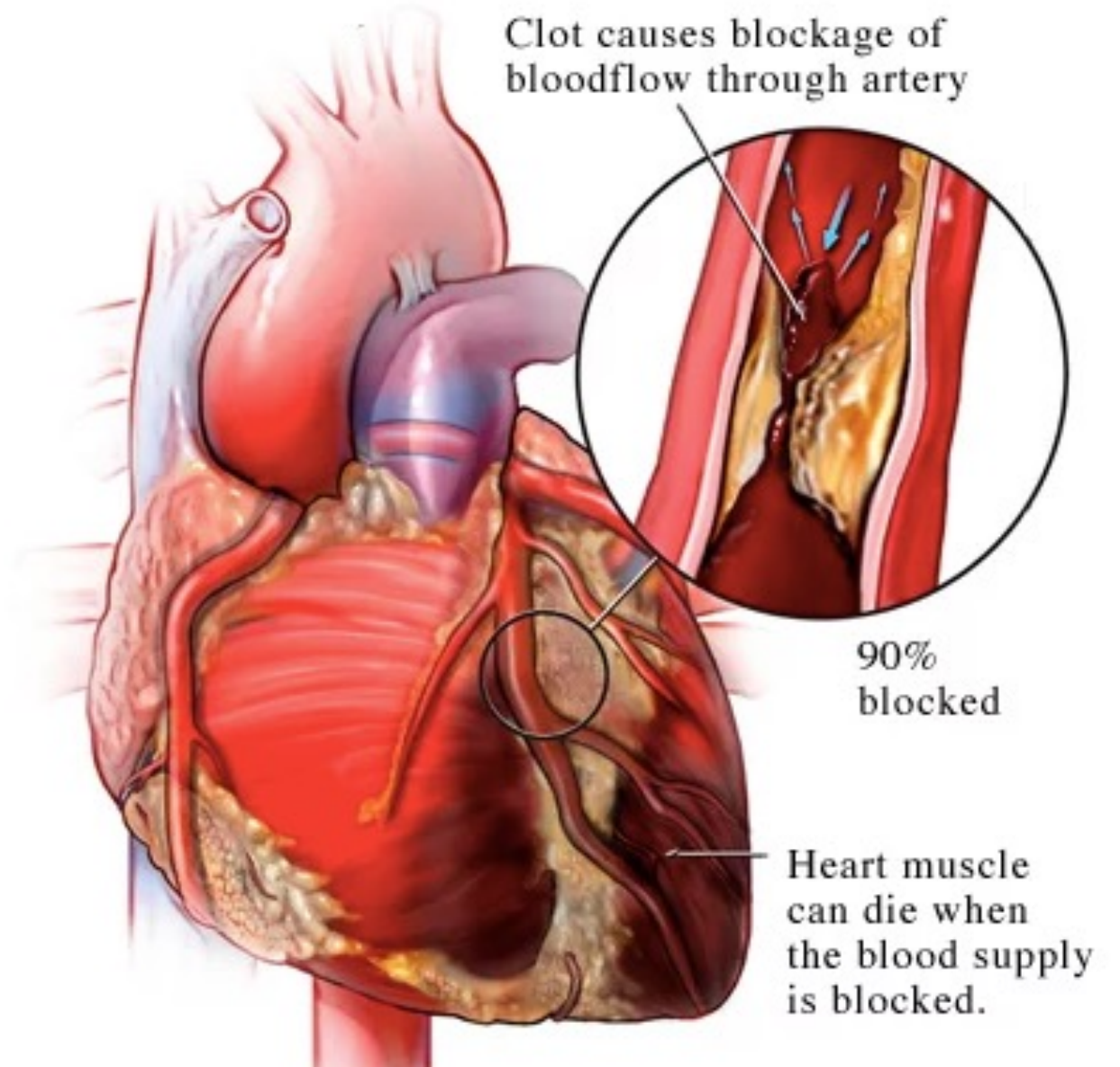
Cerebral artery disease
'Stroke'



Peripheral artery disease
'Hardening of the arteries'

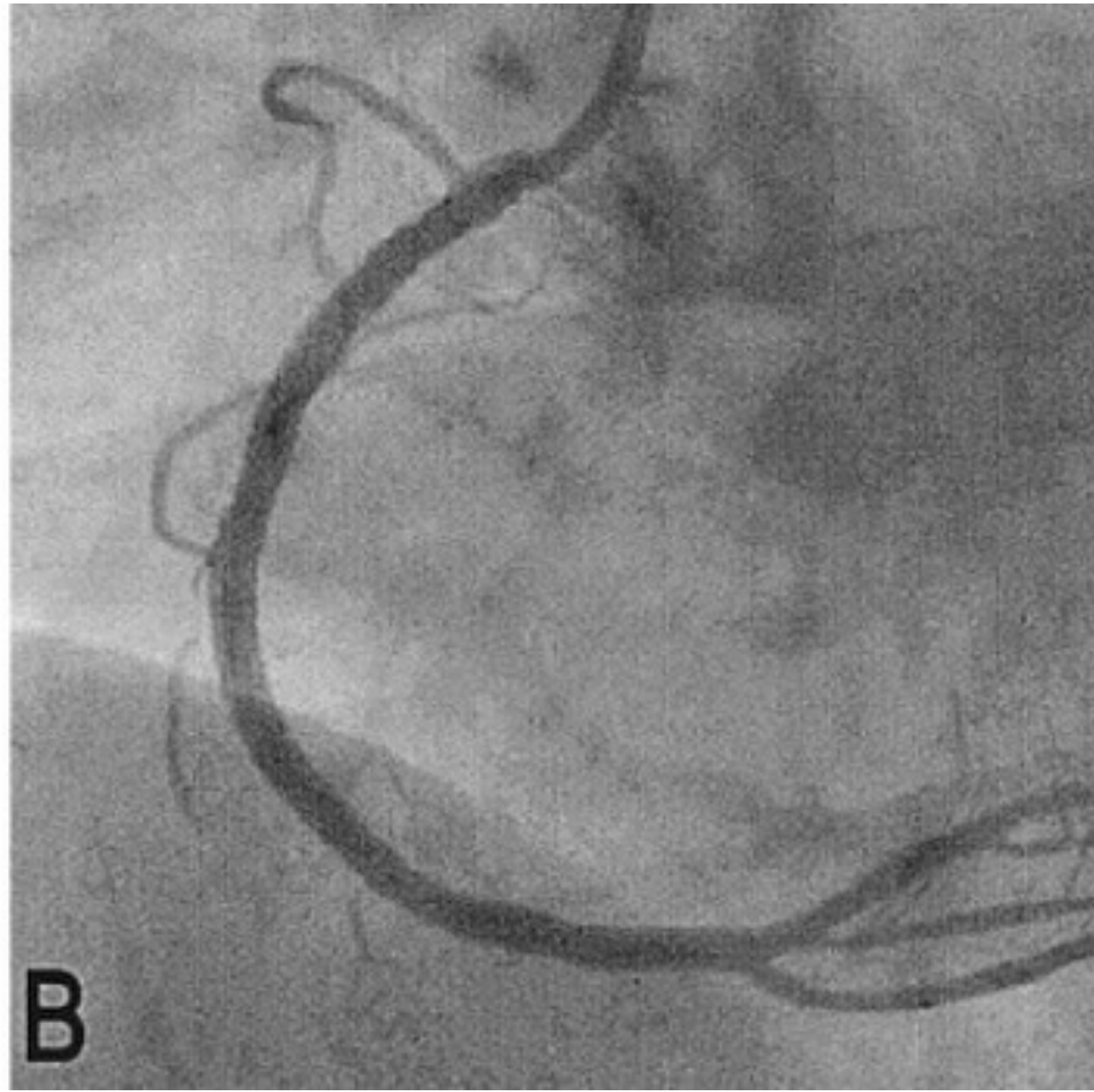
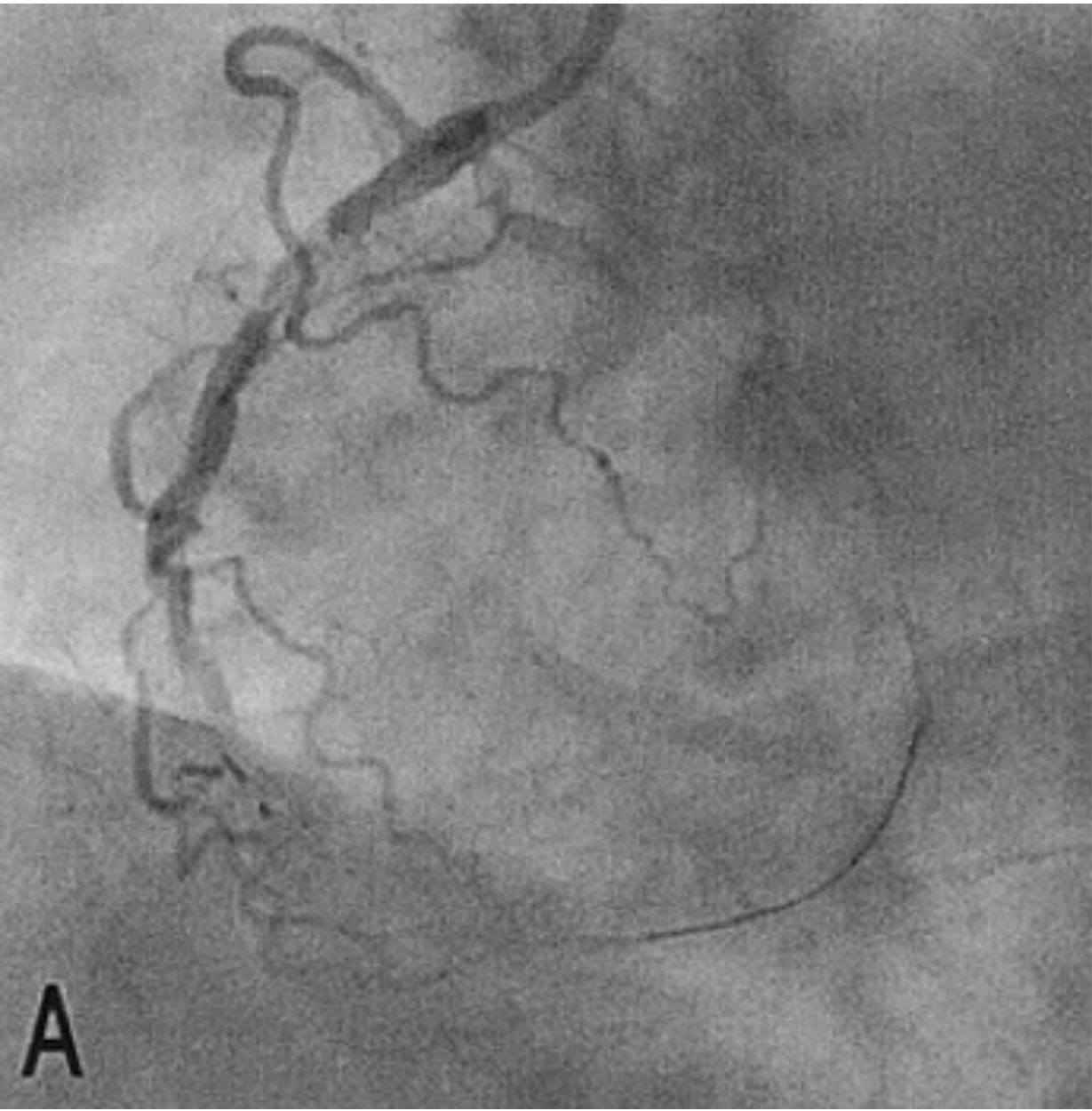
Atherosclerotic cardiovascular disease

Atherosclerosis is the common pathology







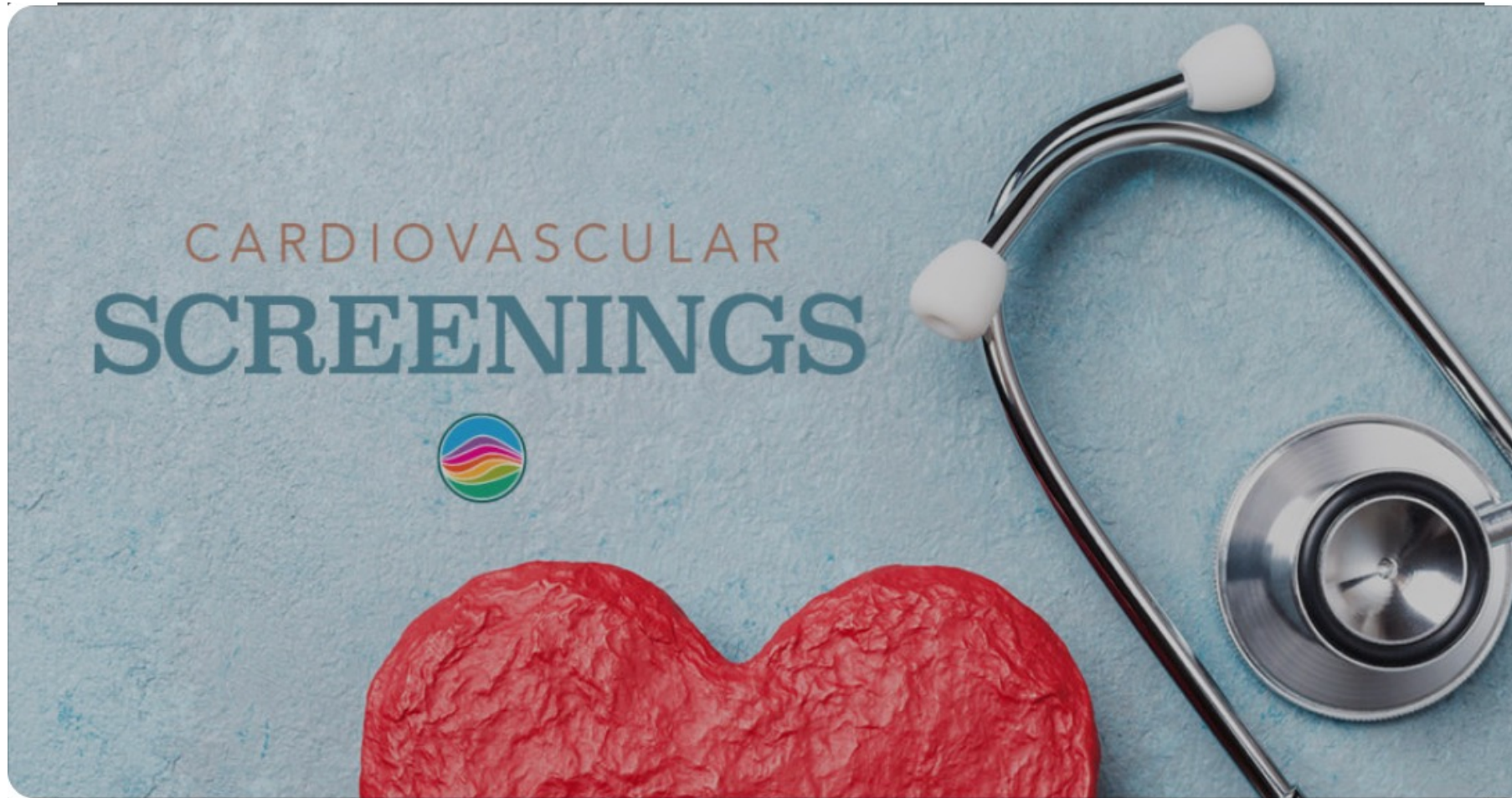


Case fatality



The principle reason to screen for disease before it becomes symptomatic

Screening the asymptomatic population



What are the principles?

Principles of screening

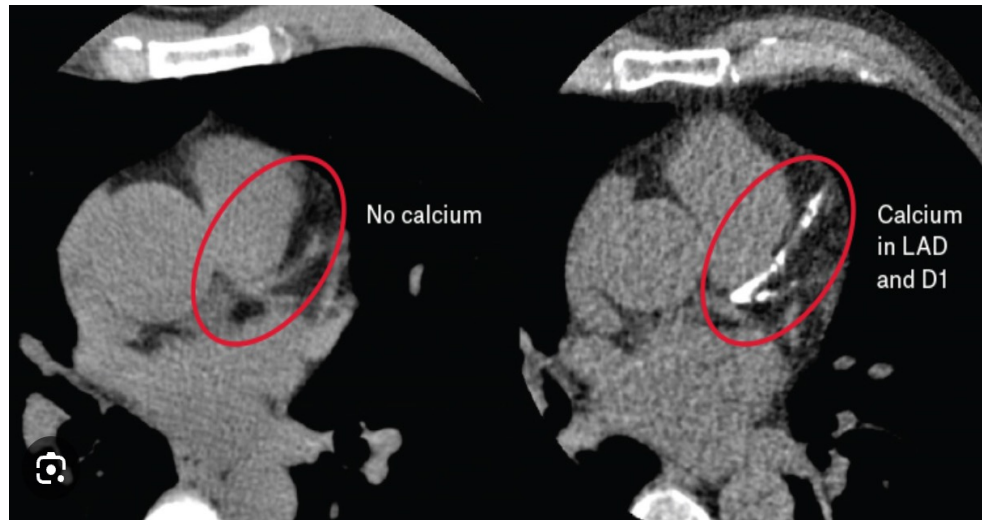
Screening is the process of identifying individuals in the population who have asymptomatic disease (early detection) or are at high risk of developing the disease.

- **A validated screening test** to either detect **disease** or the **risk** of developing the disease
- An **intervention** which will favourably modify the **clinical course** of established disease or **reduce the risk** of developing the disease

Principles of screening

A validated screening test to either detect:

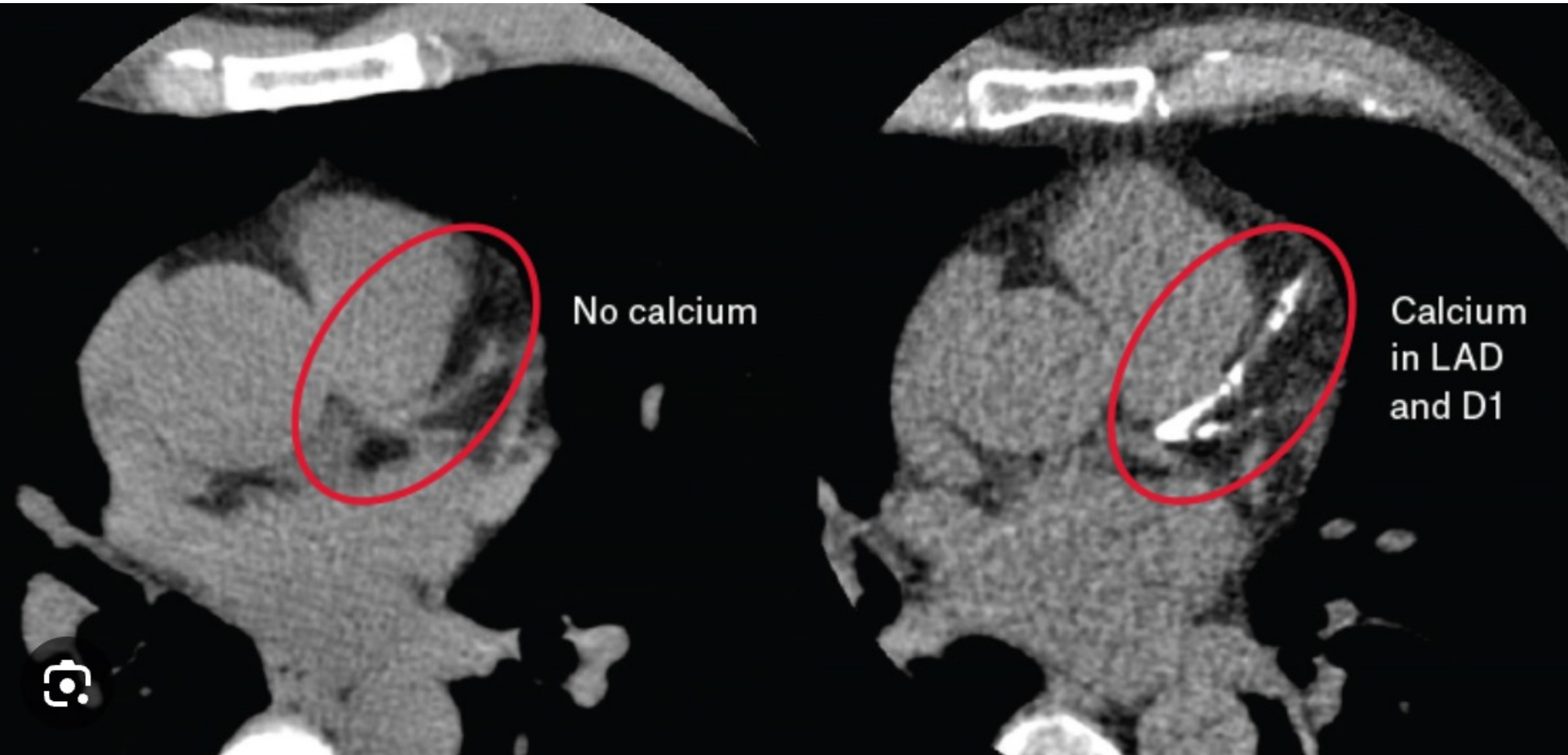
Asymptomatic disease



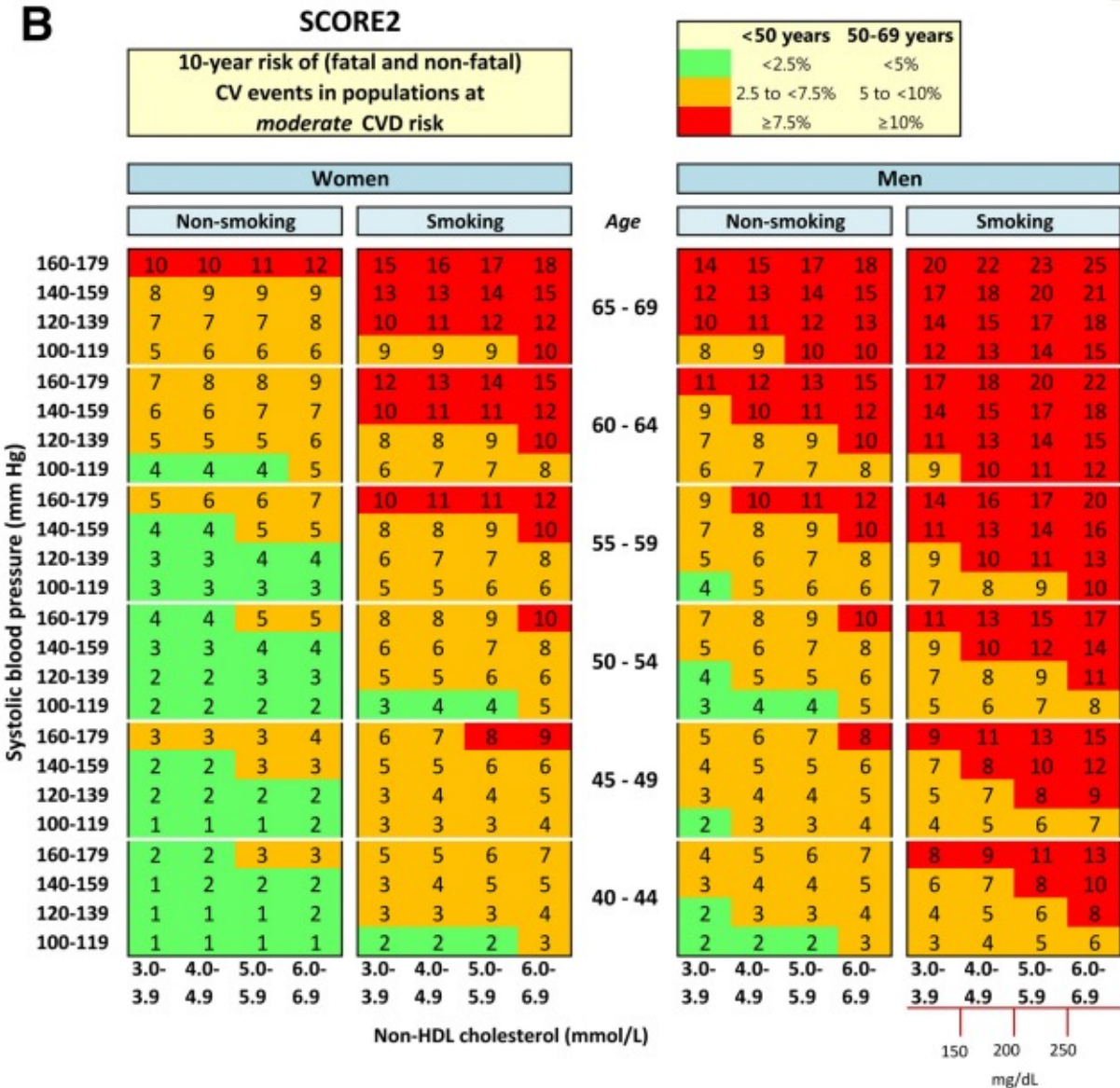
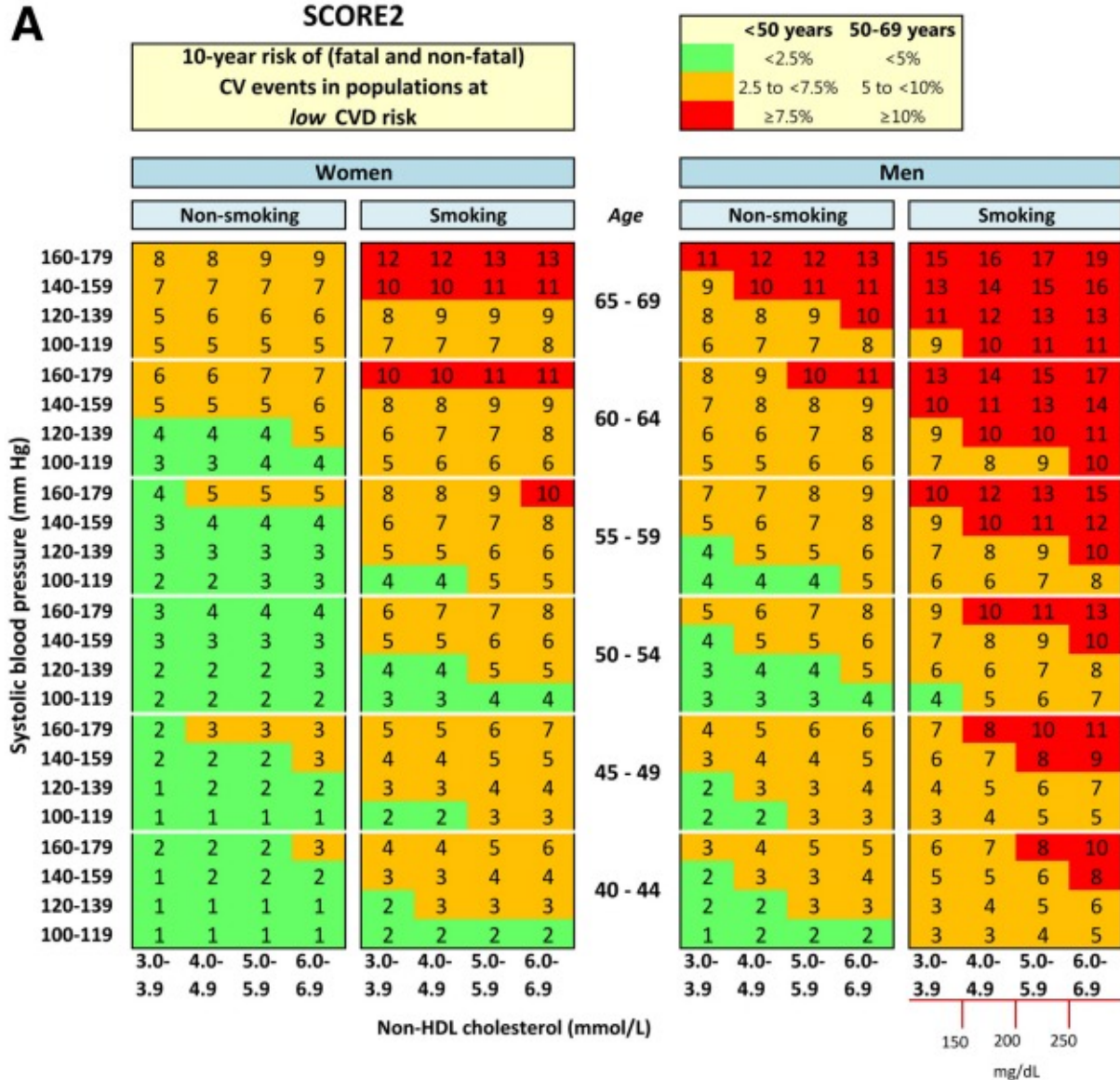
High risk of developing symptomatic disease



Coronary calcium screening to detect asymptomatic disease



SCORE 2 chart to detect high risk individuals



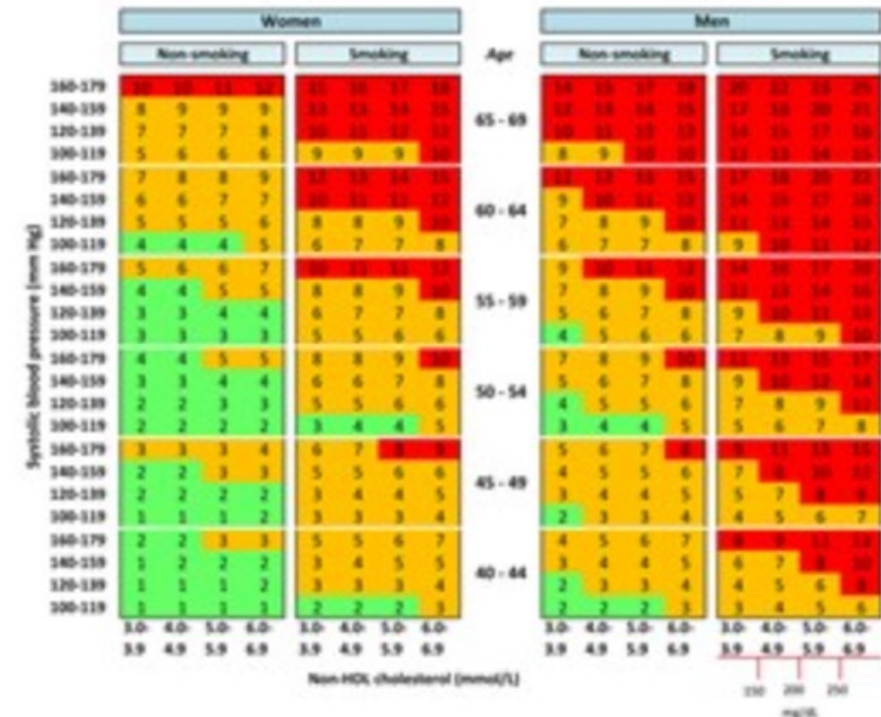
Principles of screening

An intervention which will favourably modify:

Clinical course of the asymptomatic disease



Risk of developing symptomatic disease



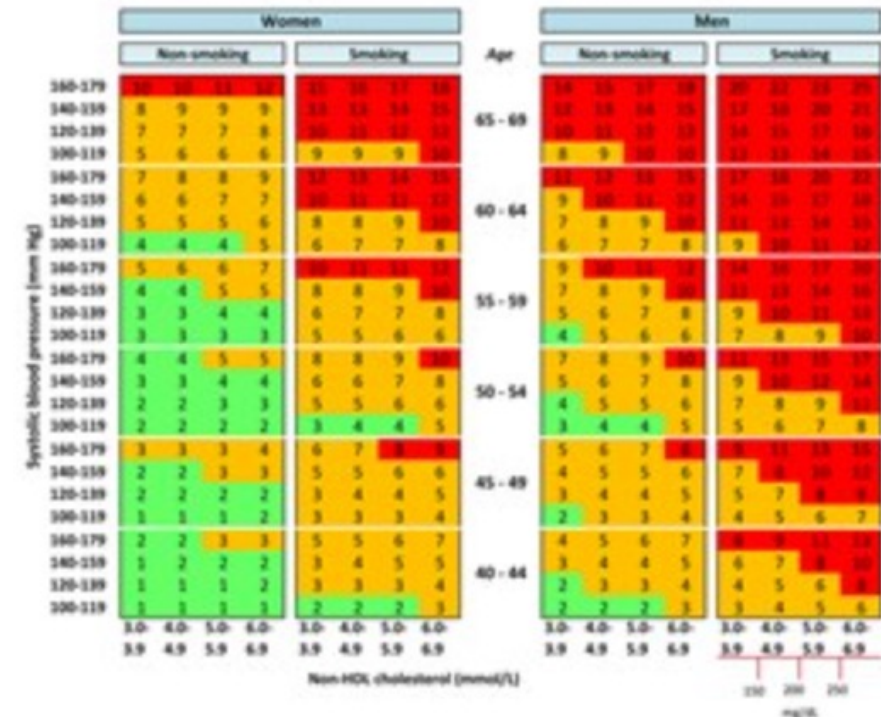
Principles of screening

An intervention which will favourably modify:

Clinical course of the asymptomatic disease



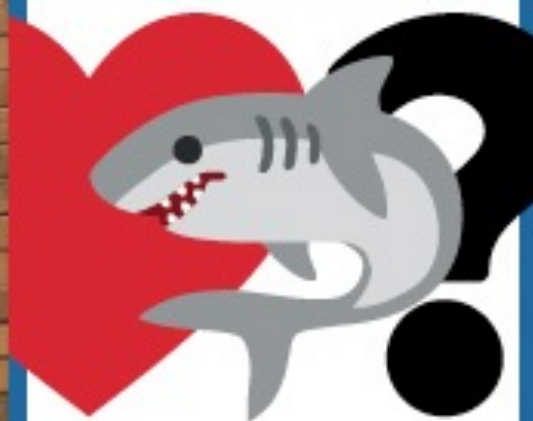
Risk of developing symptomatic disease





USE ♥ KNOW ♥

Let's unlock the power of knowledge
to stop the world's biggest killer:
cardiovascular disease.



What scares you more?
Shark attacks kill 6 people every year globally.
Cardiovascular disease kills 20.5 million people.

USE ♥ KNOW ♥



Lifestyle changes can help us manage
and prevent cardiovascular disease.

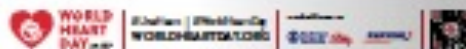
USE ♥ KNOW ♥



ARE YOU AT
RISK OF ♥️?

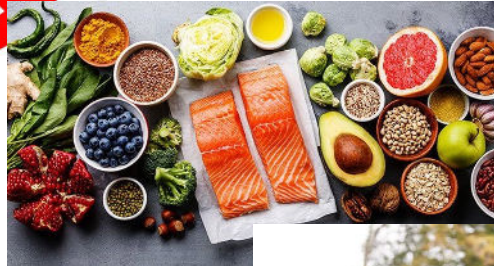
USE ♥ KNOW ♥

When you know your numbers –
blood pressure, cholesterol, blood sugar,
body mass index (BMI) – you can take
action to better manage your health.



Patients with established CVD and those screened individuals at high risk of developing CVD

Interventions which will favourably **modify the clinical course of established disease** or **reduce the risk** of developing the disease



Patients with established CVD and those screened individuals at high risk of developing CVD

Interventions which will favourably **modify the clinical course of established disease** or **reduce the risk** of developing the disease

Interdisciplinary Teams

- An interdisciplinary team is a group of practitioners from different professional backgrounds who work together to achieve jointly established goals for patients/clients



DELIVERING THE RIGHT CARE,
AT THE RIGHT PLACE,
AND AT THE RIGHT TIME

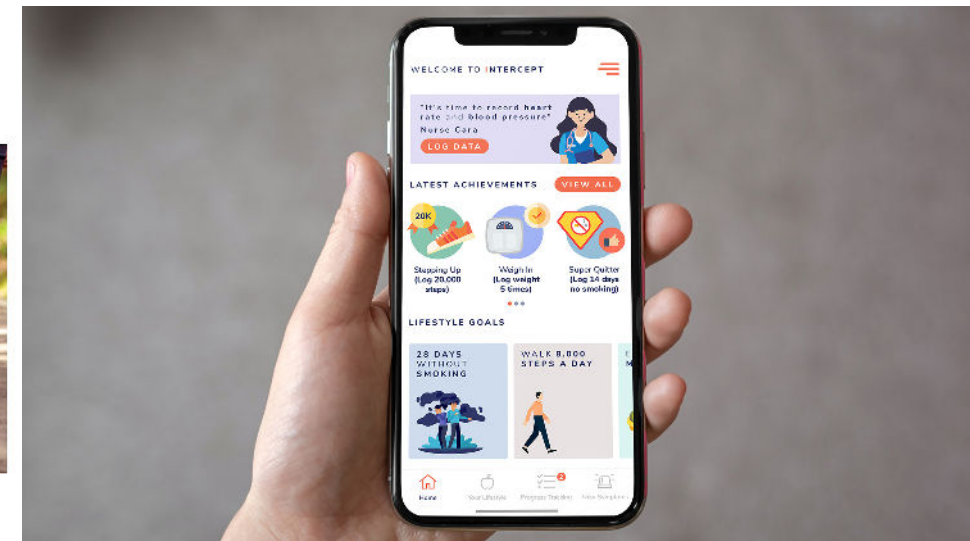
Outcomes
from a digital
Cardiovascular
Prevention &
Rehabilitation
programme
delivered during
the COVID-19
pandemic, 2020



A report prepared by CRÓ



INTERCEPT



Patients with established CVD and those screened individuals at high risk of developing CVD

Reduction in overall cardiovascular risk

Improved quality of life

Increased life expectancy



‘Being healthy is better than being sick or dead. This is the sole argument for prevention. It is sufficient.’

Professor Geoffrey Rose