

HEART VALVE DISEASE SURVEY 2020: EUROPEAN REPORT

EUROPEANS: A DYNAMIC SENIOR GENERATION

Europeans are **living longer** and retirement is increasingly associated with an active lifestyle¹

Older people are key contributors in their communities and economies. It is important to **cherish them** and the work they do



Older people are very active: 75% regularly participate in physical and social activities²



Caring for others **29%**



Volunteering **19%**



Sports **49%**

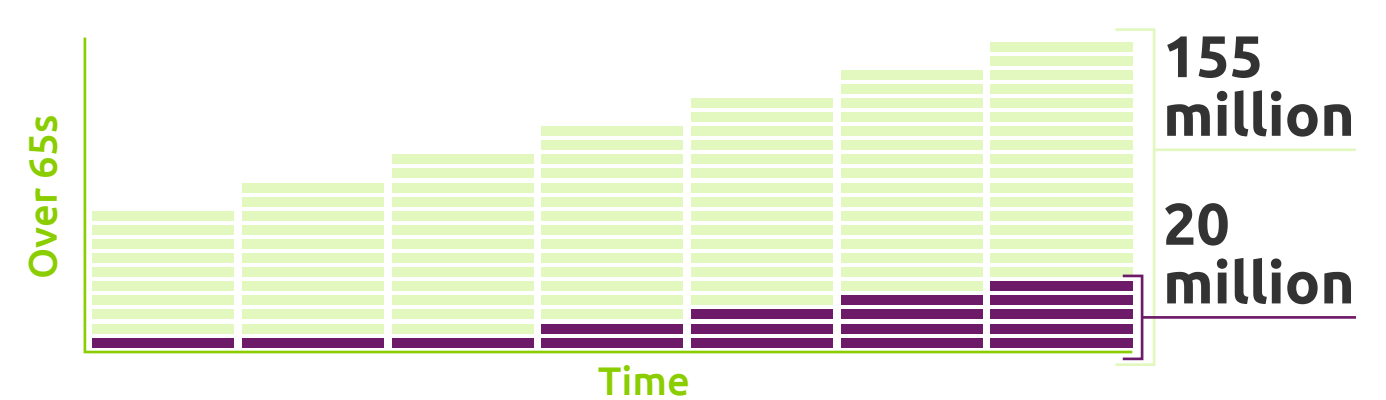
HEART VALVE DISEASE: A COMMON, SERIOUS BUT TREATABLE CONDITION

Heart valve disease **primarily affects the older generation** and is a growing cause of concern as the population ages⁴



If severe aortic stenosis is left untreated, **50%** of patients will die **within 2 years** of developing symptoms. Patients can **regain their quality of life and life expectancy** with heart valve repair or replacement³

Within 20 years:



155 million Europeans will be aged over 65¹
20 million people over 65 will have HVD^{1,3}

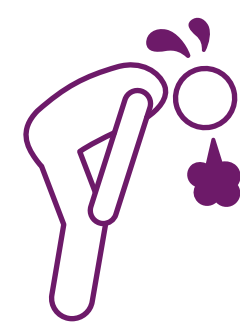
Symptoms are often ignored. Patients often attribute them to natural signs of ageing⁵



Fatigue



Reduced Physical Activity



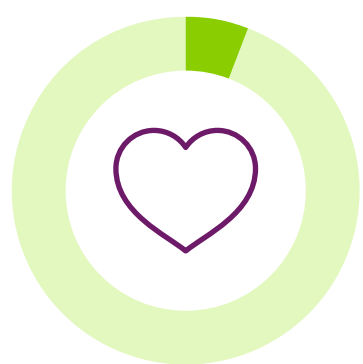
Shortness of Breath



Chest Pain

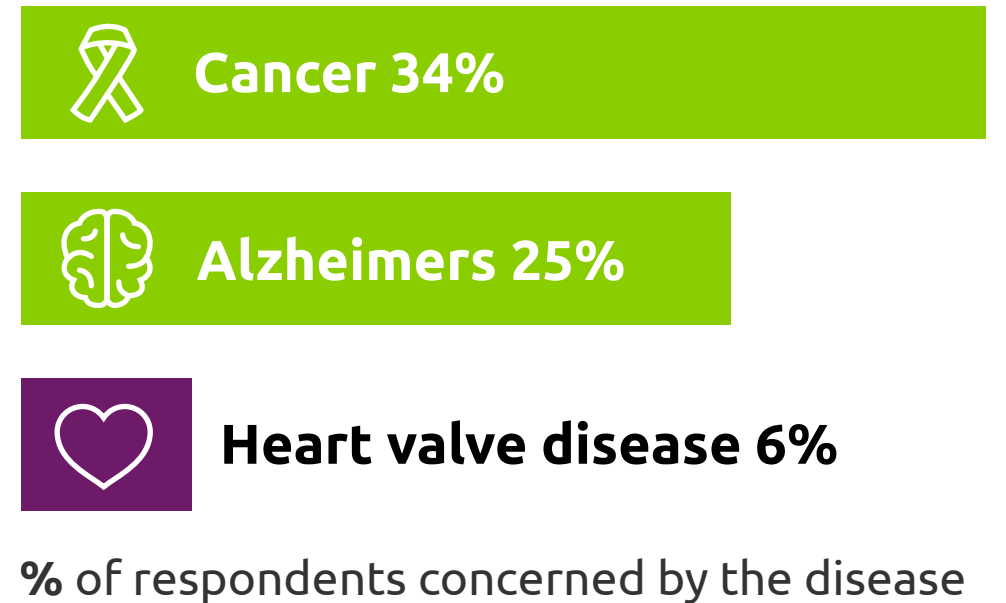
Knowledge remains low

- Only 6% can accurately define aortic stenosis, the most common form of heart valve disease²



Concern remains low

- Respondents are more concerned about cancer and Alzheimer's disease, despite heart valve disease being a public health problem leading to high morbidity and mortality^{2,6}

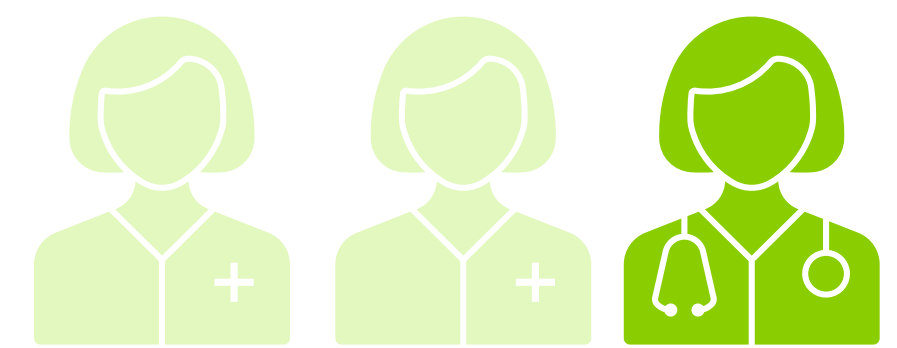
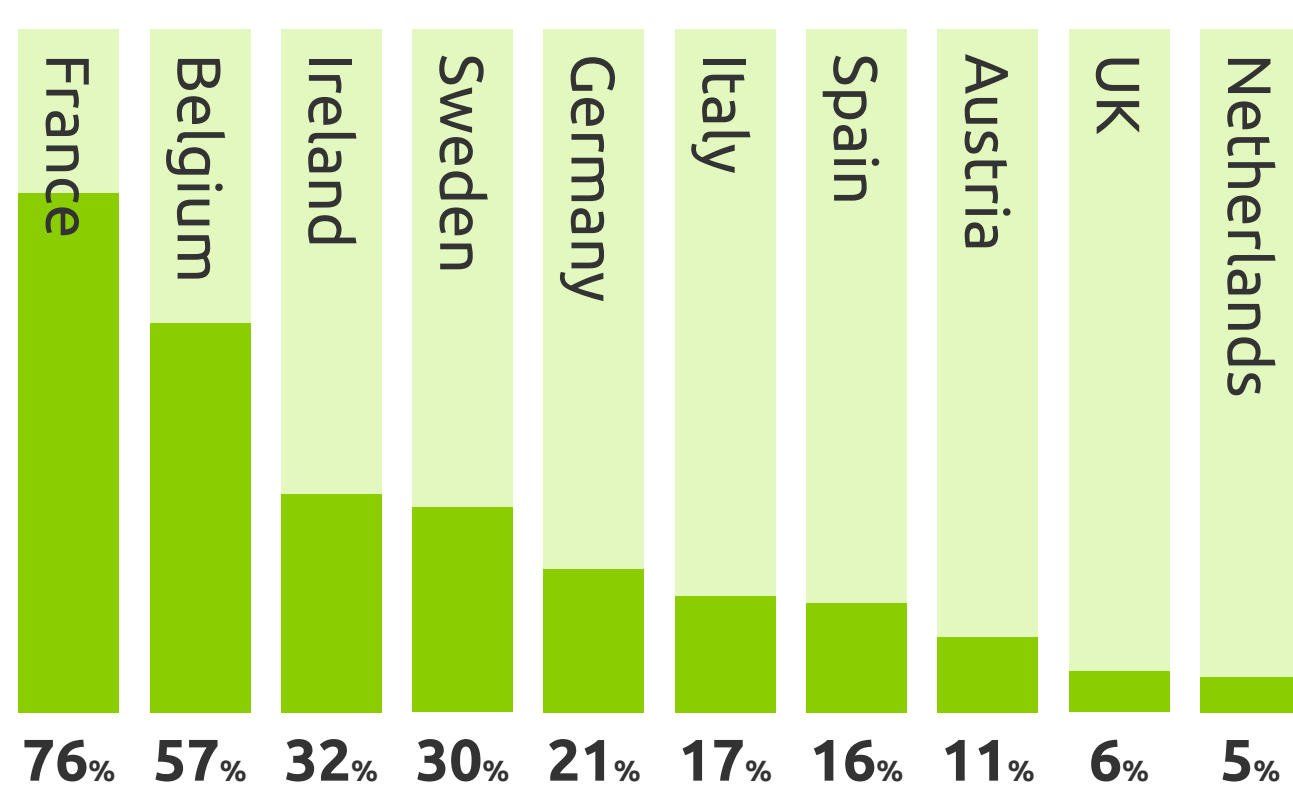


% of respondents concerned by the disease

STETHOSCOPE CHECKS – SAVING PATIENTS BY LISTENING TO THEIR HEARTS

Listening to the heart with a stethoscope for a 'heart murmur' is a key step to detection⁵

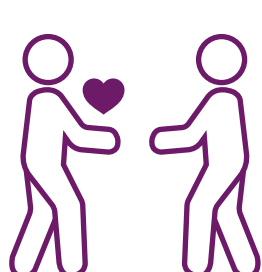
There is **substantial variance in stethoscope use** at every GP visit throughout Europe²



Two thirds (68%) claim they **'less than occasionally'** receive a stethoscope check from their GP²

UNDER-DIAGNOSIS MAY HAVE WIDER CONSEQUENCES FOR SOCIETY

Older people play an active role in their communities. **They provide care for:**²



A partner (14%)



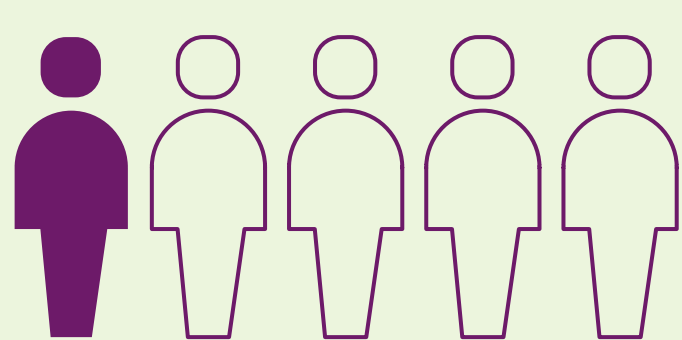
Someone else (9%)



Grandchildren (8%)



A friend or acquaintance (4%)



Almost **one in five (18%)** said symptoms would **prevent them from caring for loved ones**, which could **potentially increase the community healthcare burden.**²

Increased awareness and early detection of heart valve disease is therefore not only **important to patients**, but also **for those dependent on them, the local community and wider economy**

References:

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2. Gade L *et al.* Under submission 2020
3. Nkomo V *et al.* Burden of valvular heart disease: a population-based study. *Lancet.* 2006; 368:1005-11. Meinertz T, Hamm C, Papoutsis K, *et al.* (2016) Deutscher Herzbericht 2016. Dtsch Herzstiftung 212.
4. Lindroos M *et al.* Prevalence of aortic valve abnormalities in the elderly: an echocardiographic study of a random population sample. *J Am Coll Cardiol.* 1993 Apr;21(5):1220-5.
5. Patient.co.uk. Available at: <http://www.patient.co.uk/health/heart-valves-and-valve-disease.%20Accessed%20April%202020> <http://www.patient.co.uk/health/heart-valves-and-valve-disease>. Accessed June 2020.
6. Rostagno C. (2019) Heart Valve Disease in Elderly. *World Journal of Cardiology.* 11(2):71-83