



Greetings from the World Heart Federation!



I hope that 2011 has been a great year for everyone!

We have covered several recent publications as well as highlights from some of the cardiovascular conferences during the past year.

I hope you have found these helpful. For this last edition of the news brief for 2011, there are two recent evidence-based guidelines that I want to focus on. As you will see below, they cover the prevention spectrum from primordial prevention (prevention of risk factor development) to primary prevention (management of risk factors) to secondary prevention (management of the disease).

Happy reading!

Kathryn Taubert

Prof. Kathryn Taubert
Chief Science Officer, World Heart Federation

December Cardiovascular News:

One of the two guidelines profiled in this news brief, the “American Heart Association/American College of Cardiology Foundation Secondary Prevention and Risk Reduction Therapy for Patients With Coronary and Other Atherosclerotic Vascular Disease: 2011 Update” focuses on risk reduction therapies for patients with established coronary and other atherosclerotic vascular disease. The goal is to prevent a first or recurrent “event” -- such as a heart attack or stroke -- in these high risk individuals.

The other guideline, the “Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents“ from the National Heart, Blood and Lung Institute in the US, focuses on the other end of the spectrum – delaying or preventing the development of atherosclerotic vascular disease. We know that the seeds of this adult disease begin in childhood, and that risk reduction delays progression towards clinical disease.

These two guidelines show that it is never too early -- or too late -- to control cardiovascular disease. They also show that many of the strategies for both primary

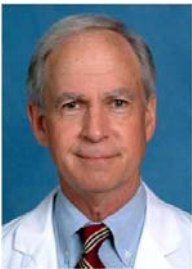
and secondary prevention are the same – don't smoke, eat a healthy diet, get adequate physical activity, and maintain a healthy weight.

Additionally, for secondary prevention in adults, various pharmacologic regimens are given. Daily low dose aspirin is recommended as is an annual influenza vaccination. Several of the prescription medications recommended (such as statins, blood pressure lowering medications, beta-blockers and ACE inhibitors) are available in generic form.

I had the opportunity to speak with the lead authors of both of these papers to get their thoughts on the guidelines and on the utility of these recommendations in various regions of the world.



According to Dr. Stephen Daniels, lead author of the pediatric guidelines and professor and chairman of pediatrics at the University of Colorado Denver School of Medicine, “Cardiovascular disease is the number one cause of death in developed countries around the world. Rates of cardiovascular disease are also increasing in developing countries in response to changes in diet, physical activity and other health related behaviors. While the clinical endpoints occur mainly in adults, the processes that result in cardiovascular disease begin in childhood and progress throughout life. Recent studies have demonstrated that if an individual can reach age 50 years with optimum risk factor status (normal blood pressure, normal body mass index, normal cholesterol, no cigarette smoking and no diabetes) the subsequent lifetime risk of cardiovascular disease, and in fact other diseases such as cancer, is quite low. This places a firm emphasis on primordial prevention efforts to ensure that risk factors do not develop in the first place and primary prevention to intervene when a risk factor does develop. The focus of these efforts should be in children to ensure that the maximum number of children reach adulthood with low lifetime risk of cardiovascular disease.”

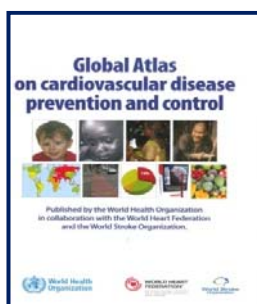


According to Dr. Sidney C. Smith, Jr., lead author of the secondary prevention guidelines, professor of medicine at the University of North Carolina-Chapel Hill, and current President of the World Heart Federation, “Unless improvements are made in a person's behavior and medical therapy, the same blood vessel problem that caused their first heart attack or stroke can occur again – and may result in death – so long-term changes need to be initiated to get the vascular disease under control. At a time when heart disease and stroke are the leading cause of death worldwide for men and women – and growing in magnitude in low- and middle-income countries – these guidelines provide simple, easy to follow recommendations which can be adapted to regional and national populations and result in major improvement in outcomes.” He also said that the recommendations in the paper are evidence-based, and classes of recommendations and accompanying levels of evidence are given.

The AHA/ACCF secondary prevention and risk reduction paper can be accessed for no charge at <http://circ.ahajournals.org/content/124/22/2458.full.pdf+html>

The CV risk reduction in children paper can be accessed for no charge at http://www.nhlbi.nih.gov/guidelines/cvd_ped/index.htm

New Resource Available:



The World Health Organization, World Heart Federation and World Stroke Organization have recently published the "Global Atlas on cardiovascular disease prevention and control." The editors are Drs. Shanthi Mendis, Pekka Puska and Bo Norrving. This 150 page book is a must for healthcare providers, journalists, epidemiologists, advocacy experts and anyone else who needs to source for global statistics on cardiovascular diseases and their risk factors as well as on policies, strategies and interventions on prevention and control of these diseases.

The Global Atlas can be downloaded for no cost at:

<http://www.world-heart-federation.org/publications/reports/global-atlas-on-cvd/>

Upcoming 2012 Events:

27-30 January -- 23rd annual conference of the Saudi Heart Association, Riyadh, Saudi Arabia.
www.sha-conferences.com

2-3 February -- 31st annual scientific meeting of the Belgian Society of Cardiology, Brussels, Belgium. www.bscardio.be/Generic/jsp/index.jsp

7-10 February -- 10th International Kawasaki Disease Symposium, Kyoto, Japan
www.kawasaki-disease.org/ikds2012

16-18 March - 76th annual scientific meeting of the Japanese Circulation Society, Fukuoka, Japan www.congre.co.jp/jcs2012

20-24 March - 15th World Conference on Tobacco or Health, Singapore www.wctoh2012.org

24-27 March - 61st Annual American College of Cardiology Scientific Sessions, Chicago
<http://accscientificsession.cardiosource.org/ACC12.aspx>

And don't forget: World Congress of Cardiology Scientific Sessions 2012

This Congress, sponsored by the World Heart Federation with the support of the Emirates Cardiac Society, the Government of Dubai, the Dubai Health Authority, and the Emirates Medical Association, will be held 18-21 April in Dubai. For more information and to register, go to: www.worldcardiocongress.org

Comments and Feedback

We look forward to receiving your feedback on this and future editions of the news brief. Please forward any comments and suggestions to science@worldheart.org.