



Dr Fraser Hamilton

Heart Foundation

Saturday, June 10, 2017

14:00 - 14:30 Who is at Risk of an MI?

Who's at risk of a MI?

Heart Foundation Perspective

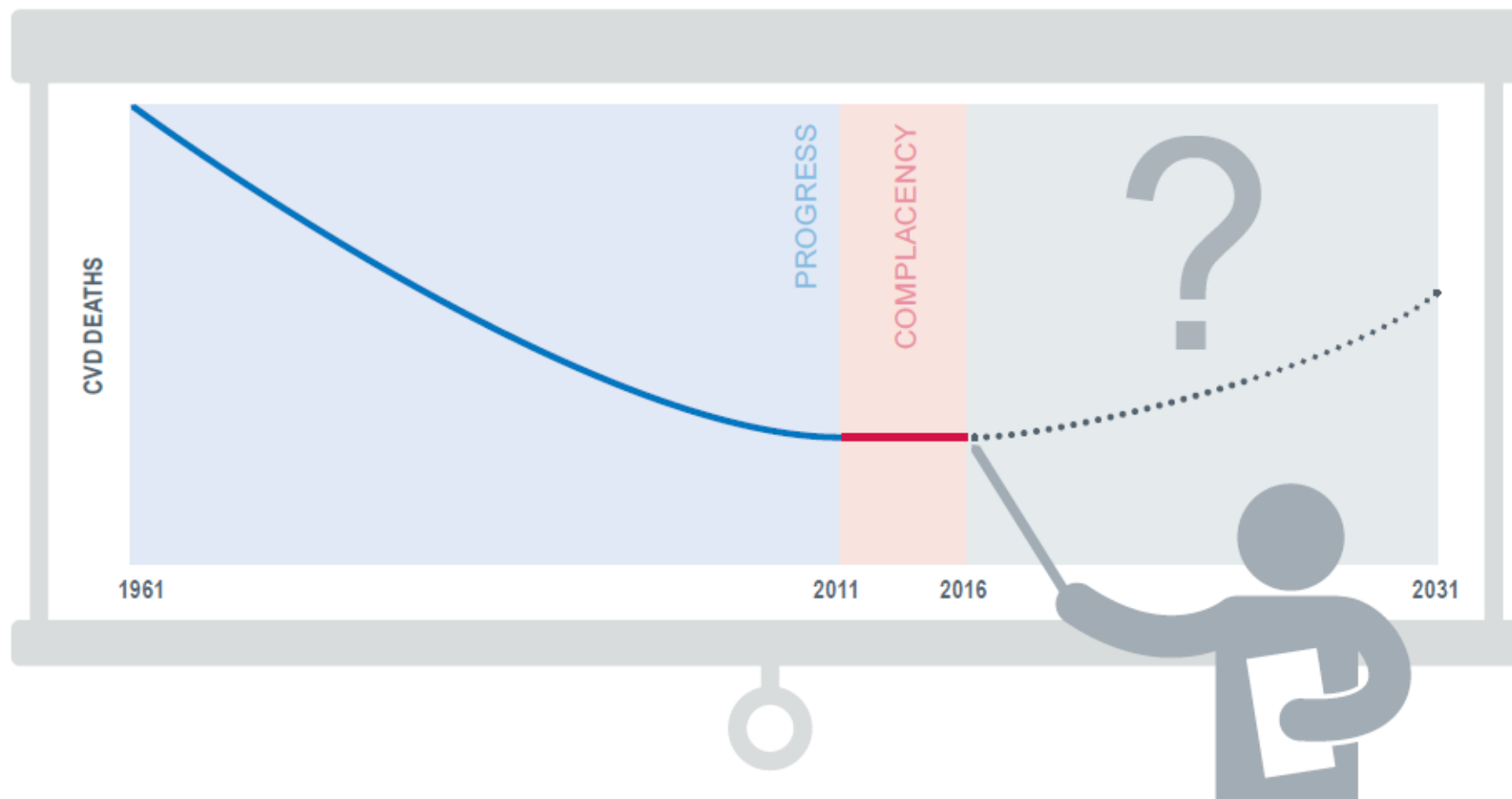
Fraser Hamilton
GP Liaison



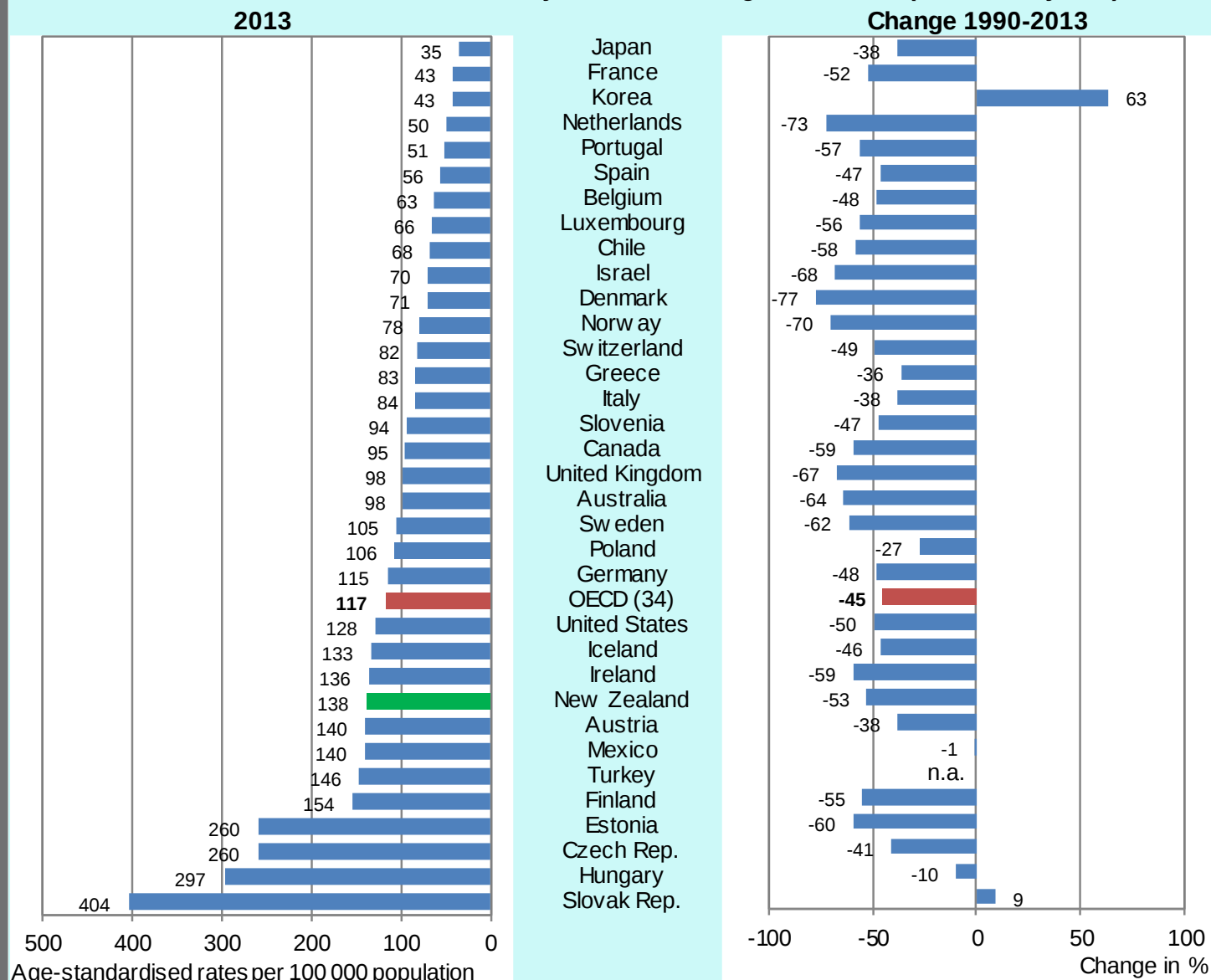
A New Zealander
dies of heart disease
every 90 minutes

ACHIEVEMENTS IN PREVENTING LOSS OF LIFE FROM CARDIOVASCULAR DISEASE OVER THE LAST 50 YEARS ARE AT RISK OF BEING LOST

HUGE GAINS MADE
IN CARDIOVASCULAR
HEALTH ARE NOW IN
JEOPARDY AS THE
DECLINE IN THE DEATH
RATE FROM CVD HAS
FLATTENED OVER
THE LAST 5 YEARS
IN THE USA



3.6. Ischemic heart disease mortality, 2013 and change 1990-2013 (or nearest years)



Source: OECD Health Statistics 2015, <http://dx.doi.org/10.1787/health-data-en> (extracted from WHO).





Who's next?

WHO'S AT RISK?



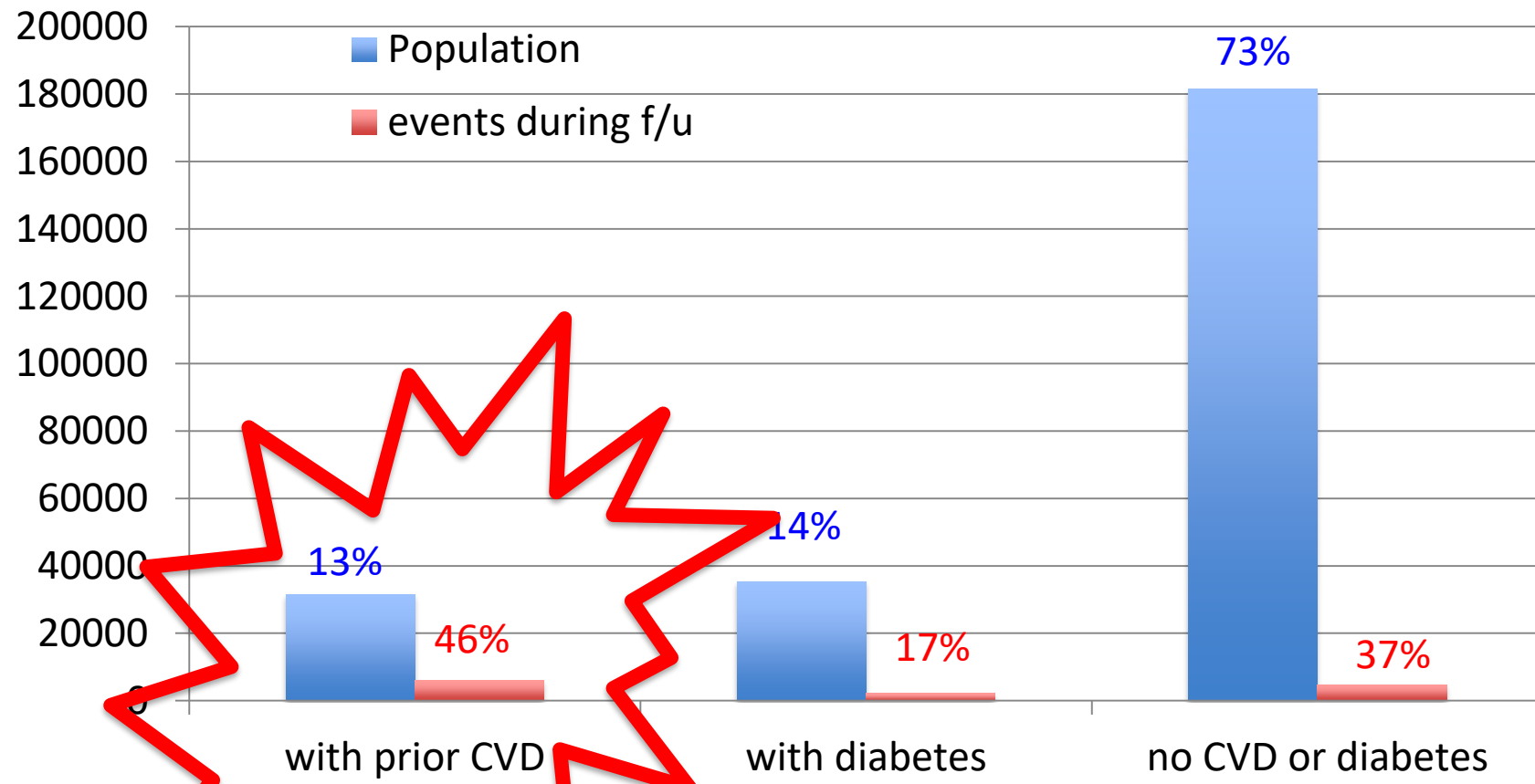
Brian



- 54
- Non smoker
- 146/88
- LDL 2
- Nil FMH
- Heart Attack in 2014



CVD events during follow-up in PREDICT population 30-74 years, by clinical history



2002-2012

POST ACS CHECKLIST

Name

NHI

Provider

Date of event

Coding

IHD/Date

Specific Event /Date (e.g MI, NSTEMI, Angina)

Treatment / Date(PTCA/CABG)

Prescriptions

Aspirin

Ticagrelor (date of cessation on script)

Clopidogrel

ACEI/ARB

Beta Blocker

Statin

Medicines Counselling

Input from Clinical Pharmacist

Written information provided

Patient has a list of Medications printed

Lifestyle Conversations & Prompts to Care

Post an Acute Coronary Syndrome event

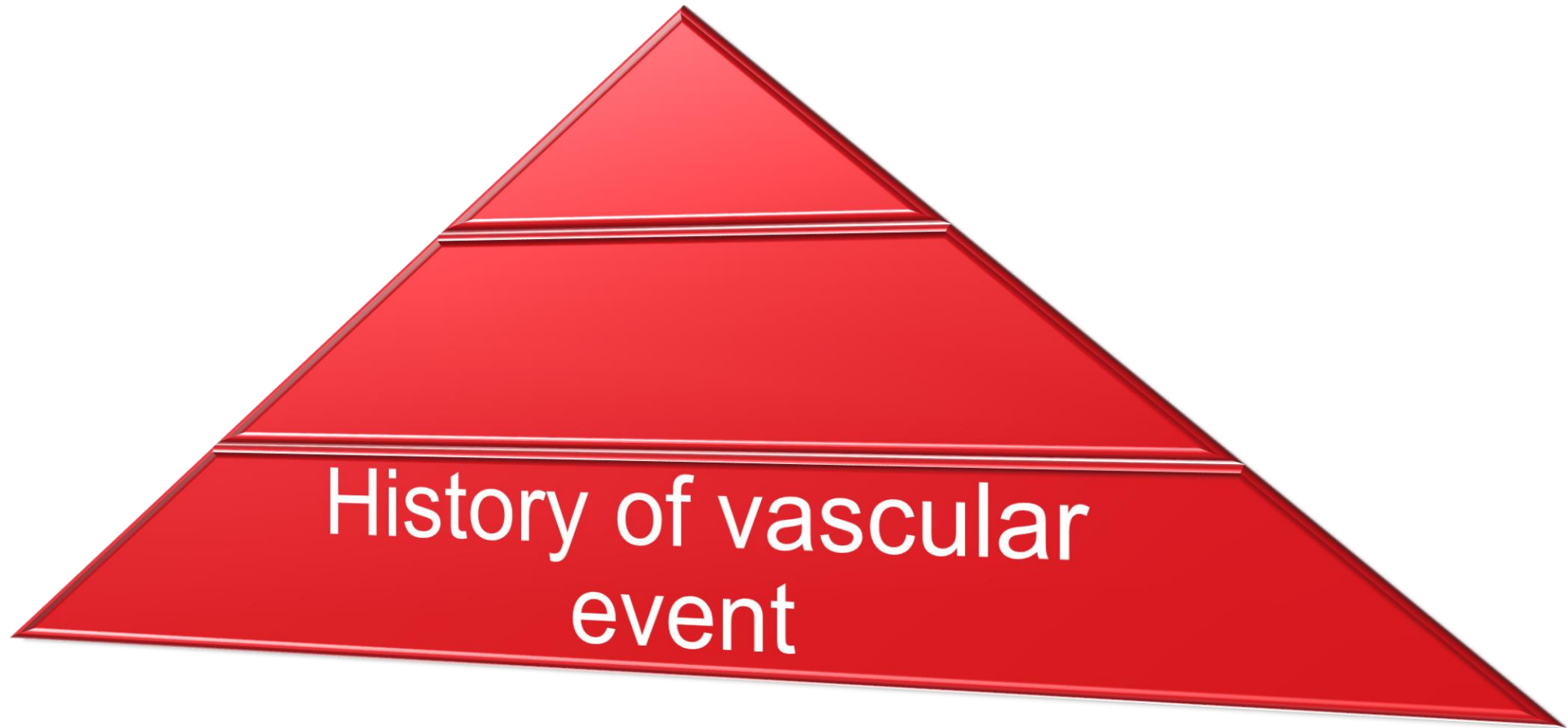


A patient centred prompt to care tool - personalised to individual preferences whilst promoting self-management.

Physical Activity 	Aim for minimum of 30 minutes of moderate intensity physical activity on most days of the week. Build intensity over several weeks. Resume slowly, e.g. walking to the letter box and back, then two – three lamp posts, slow incremental increases. What's available in the local region – leisure centre, walking group, cardiac club. Ensure able to hold a conversation throughout activity. Sexual Activity – if you can walk up two flights of stairs without getting chest pain or feeling short of breath, you are probably well enough to have sex with your usual partner. Sit less – Be active. Recommend Cardiac Rehabilitation exercise programme or other structured exercise program e.g. Green Prescription / local Gym / community programs. http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/physical-activity/how-much-activity-recommended http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/green-prescriptions http://www.heartfoundation.org.nz/healthy-living/exercise-and-fitness
Healthy Eating 	See Heart Foundation recommended links for cook books, and visual food guide. Visual Food Guide / swap portion table / suggested alternatives. Portion control – downsize portions and plate sizes. Low Salt Diet – reduces Hypertension. Cook Books – suggestions/ ideas for healthy eating. Avoid highly saturated foods, butter, deep fried and fatty foods. Review lifestyle eating habits – encourage options/alternatives. http://www.heartfoundation.org.nz/healthy-living/healthy-eating/free-healthy-food-cookbooks http://www.heartfoundation.org.nz/healthy-living/healthy-eating/healthy-heart-visual-food-guide http://www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults http://www.health.govt.nz/system/files/documents/publications/eating-activity-guidelines-for-new-zealand-adults-oct15_0.pdf
Weight 	Reaching a healthy weight If you are overweight, losing even small amounts of weight will be good for your health. Steps to drop your weight will improve your: - Blood pressure - Cholesterol levels - Blood sugar levels - Reduce your risk of heart disease and diabetes. http://www.heartfoundation.org.nz/healthy-living/losing-weight http://www.heartfoundation.org.nz/order-resources/product_view/891/a-guide-to-heart-healthy-eating-booklet http://www.heartfoundation.org.nz/order-resources/product_list/category/healthy-eating-resources



Who is at risk of a MI?



Mary



- 62
- Ex smoker
- BP 156/88
- TC/HDL ratio 5
- Not diabetic
- Rarely exercises
- Tries to eat well
- Little overweight



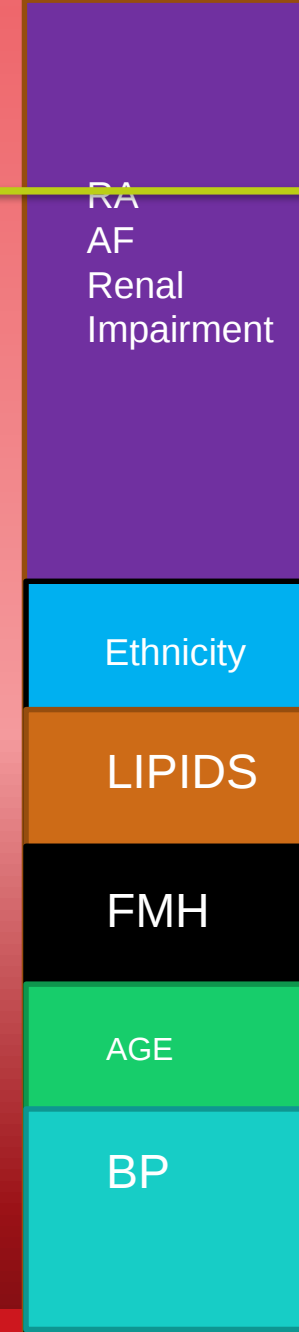
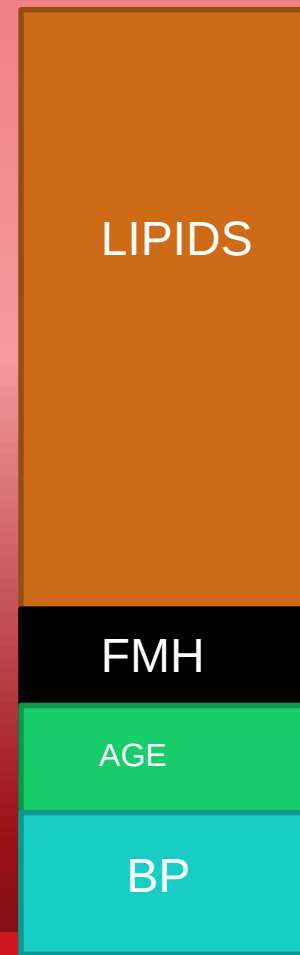
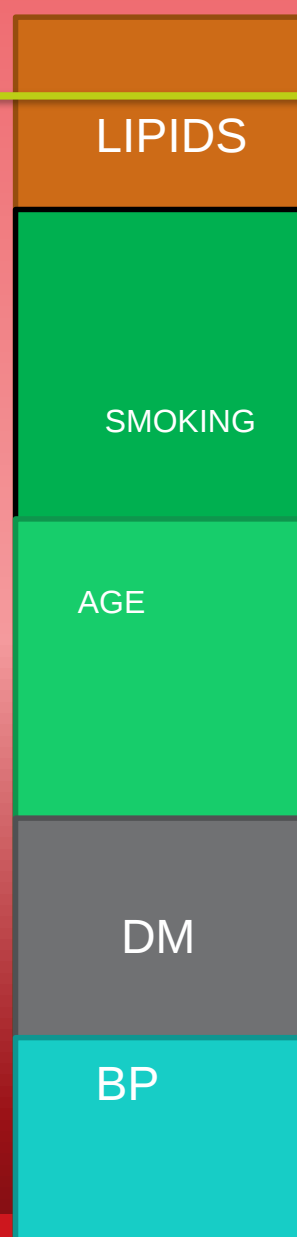
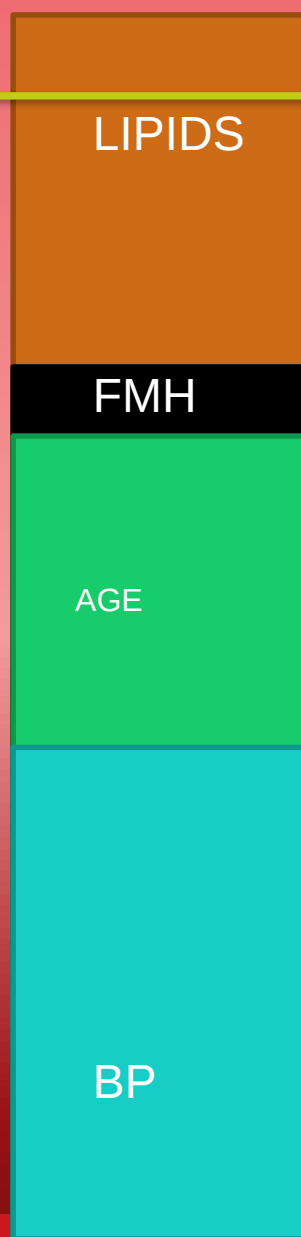
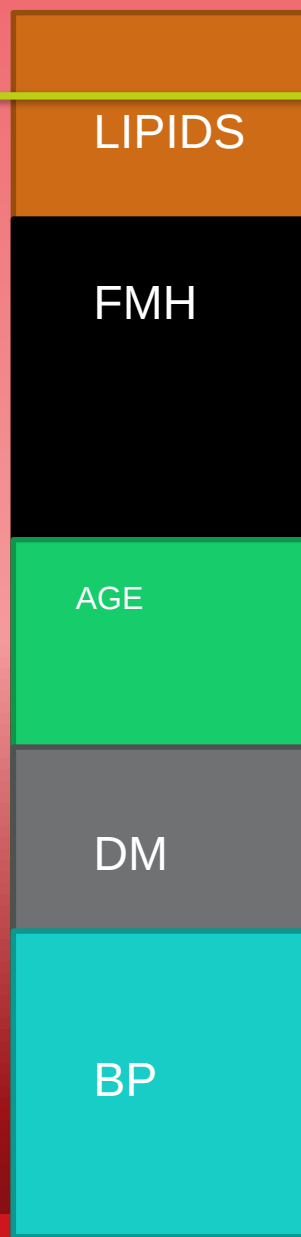
Primary Prevention



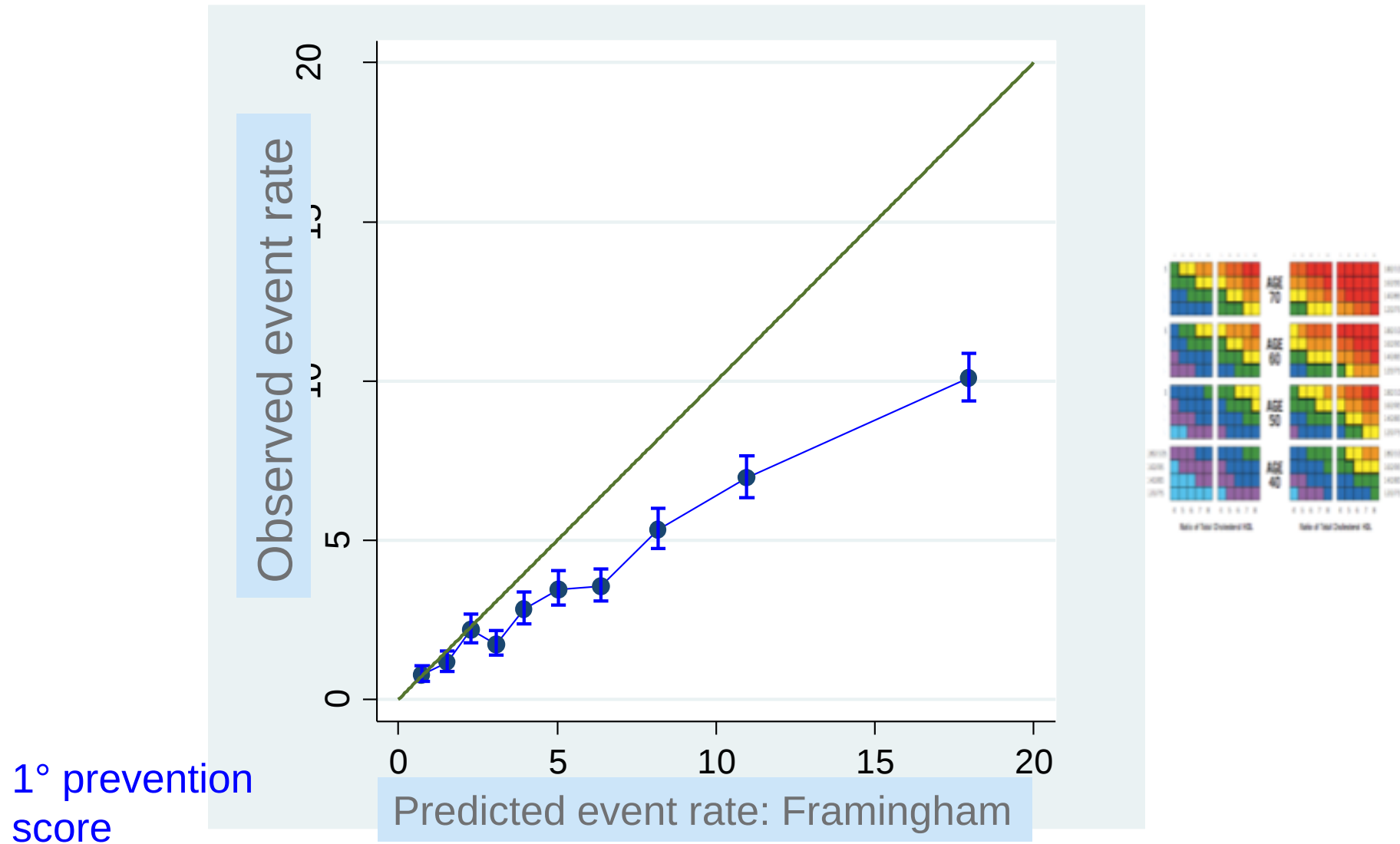
The greater
the risk the
greater the
benefit



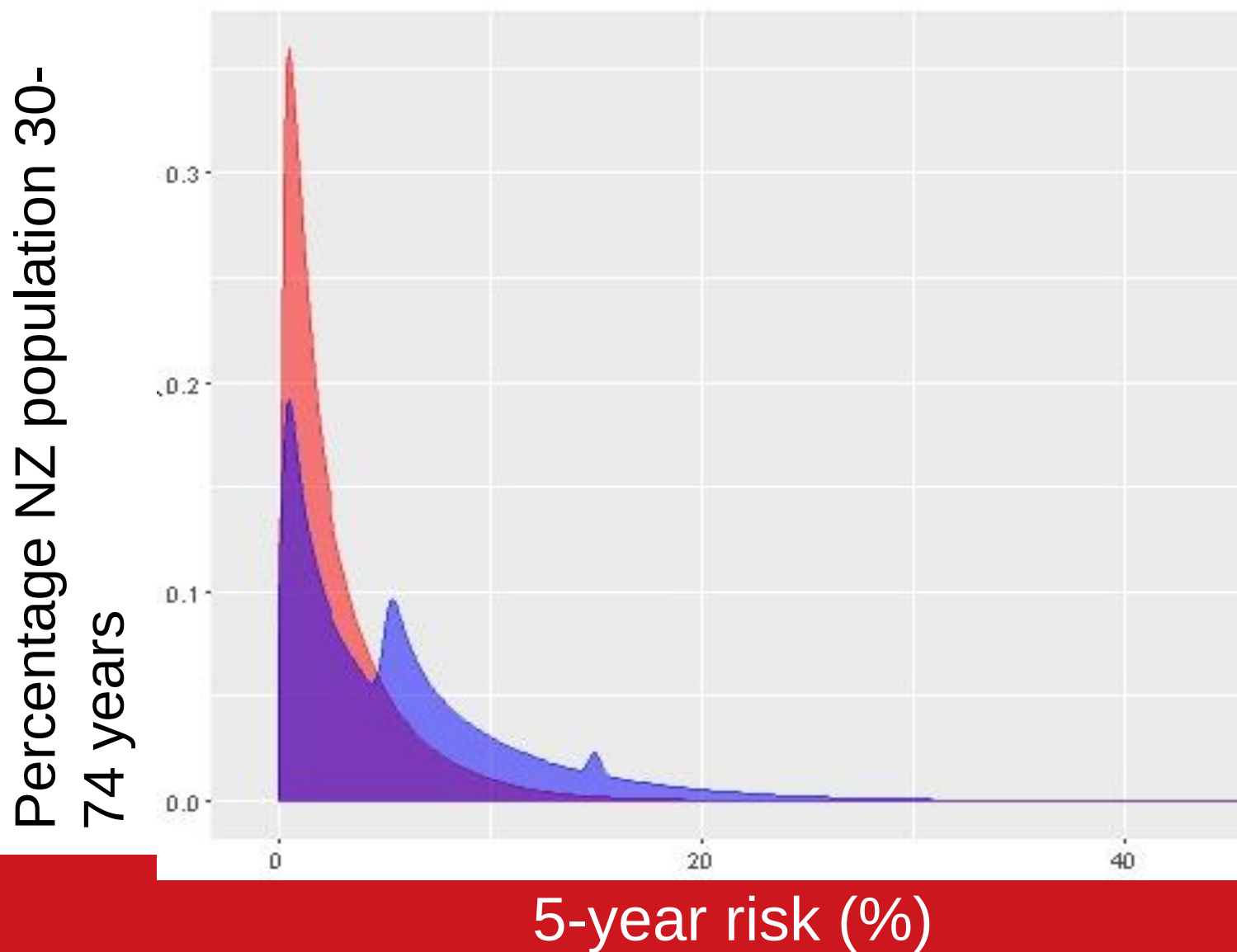
5 year risk estimate



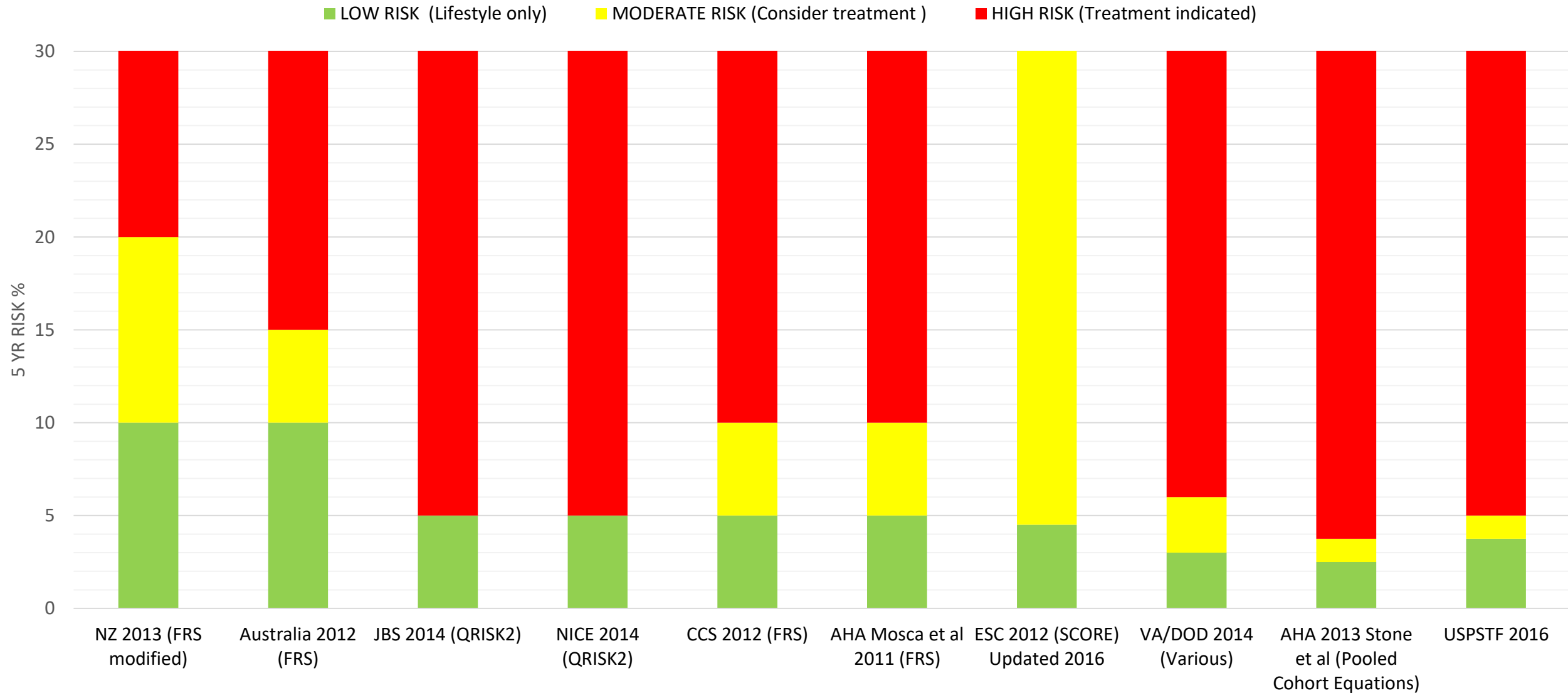
Observed vs Predicted risk: Framingham score



Density plot of 5-yr CVD risk: PREDICT vs. Framingham



Comparison of worldwide guideline thresholds. Risk estimations converted to 5 yr risk interval.



Job half done

Risk
assessment
means nothing
unless that risk
is managed





**Heart Check
With Doctor**

**Manage
Stress**

Get Active

**Reducing Your
Risk**

**Follow A
Heart
Healthy Diet**

**Control Blood
Pressure And
Cholesterol**

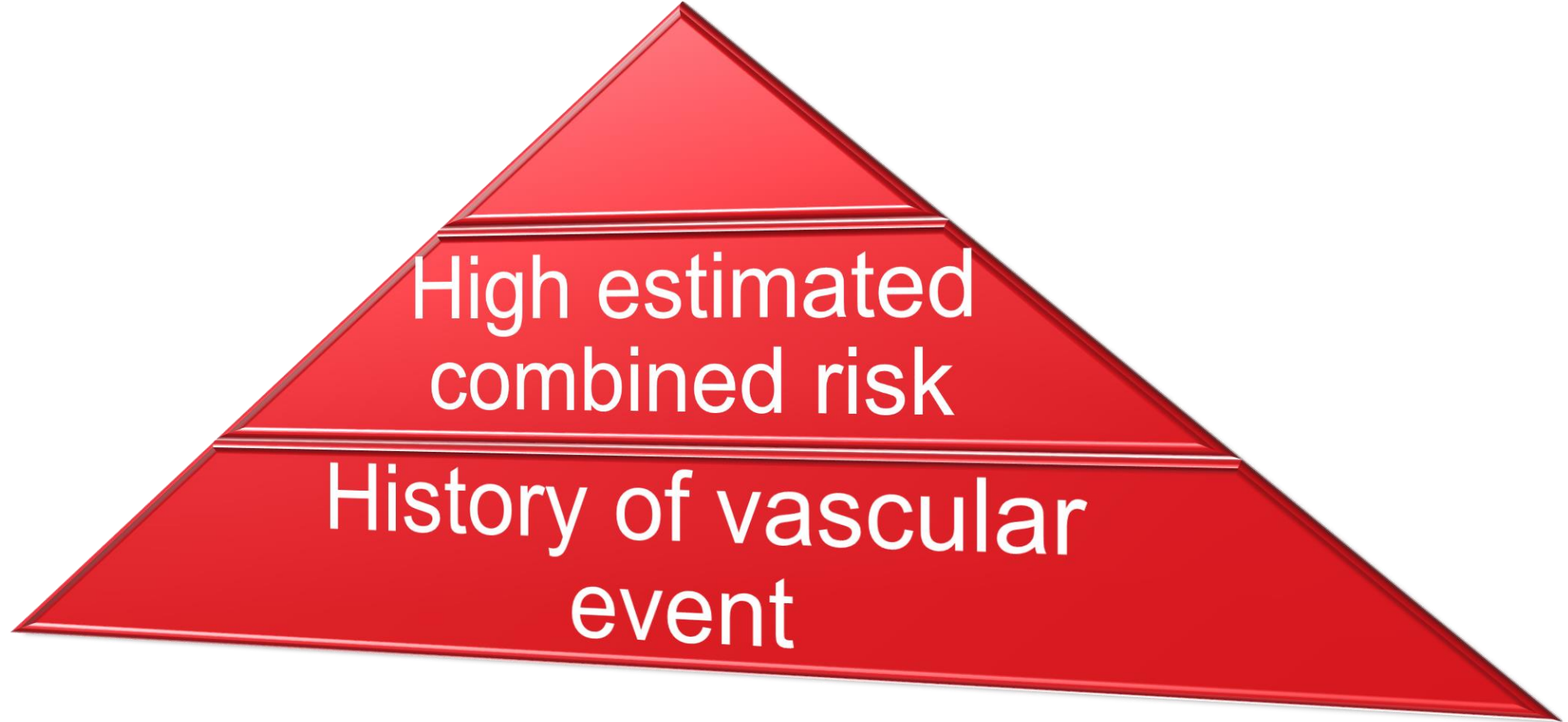
**Quit
Smoking**



Risk Communication

- visual aids (icon arrays and bar graphs) improved patients' understanding and satisfaction.
- absolute risk reductions were better than relative risk reductions for maximizing accuracy and seemed less likely to influence decisions to accept therapy.
- The presentation of numbers needed to treat reduced understanding.









eat most
vegetables
& fruit

a variety of colours

eat some

bread, cereals, grains,
starchy vegetables

wholegrain & high-fibre

fish, meat, chicken,
legumes, eggs

lean & skinless

milk, yoghurt,
cheese

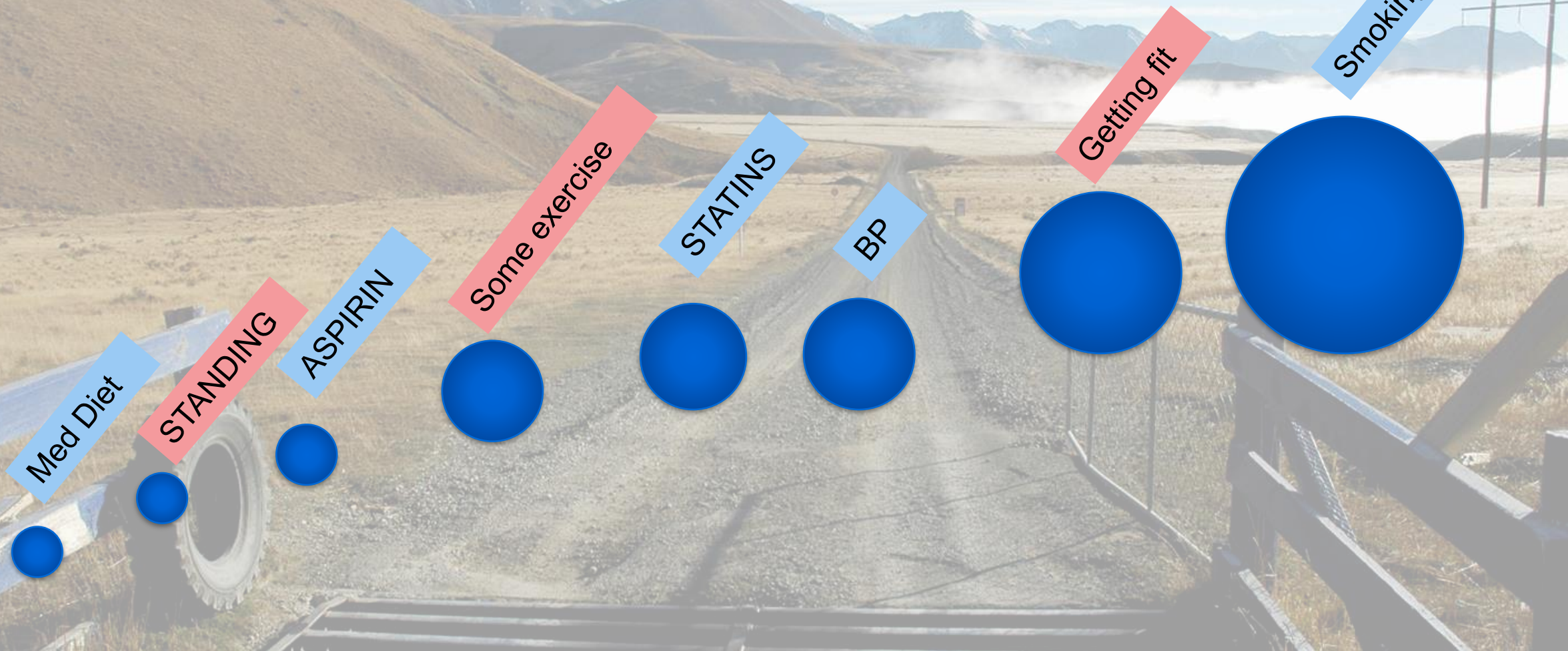
reduced fat

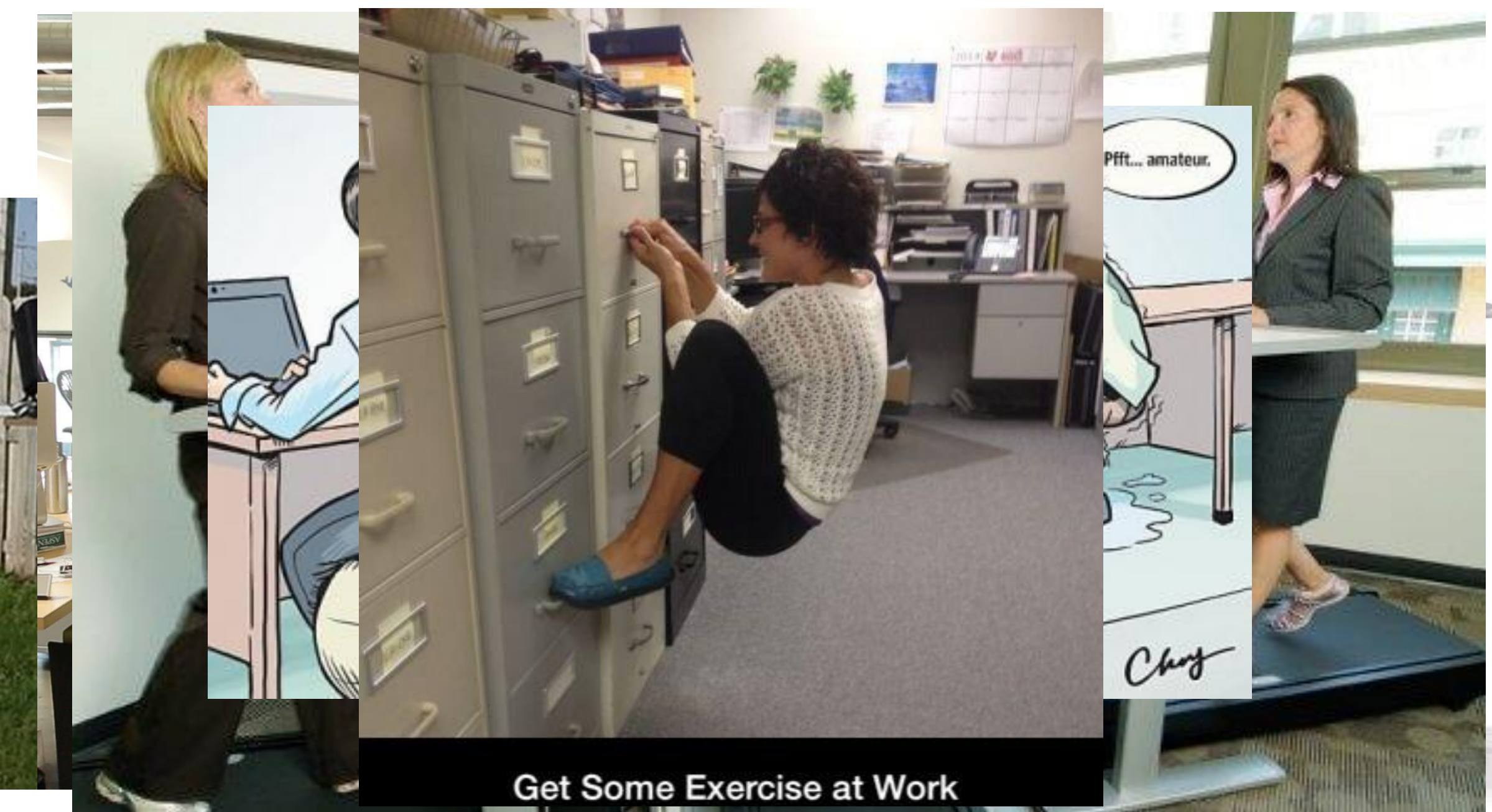
use some oils, nuts

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats



How much benefit ?





Get Some Exercise at Work



Who is at risk of a MI?

- All adults
- Especially those who have a history of vascular disease
- Primary prevention is harder
 - Current assessments are estimates
 - Management of individual's risk is more important than just measuring it
- Don't underestimate the positive effect of lifestyle change





**“The key is to
stay active – just
do something
every day”**

Dennis/Heart attack

Journeys

Real people sharing their stories to help
and support others.

Visit heartfoundation.org.nz/journeys
or call 0800 863 375

You are not alone





**FOR A MINUTE THERE
YOU BORED ME TO DEATH**

