

<u>MEDICAL CONDITION</u>	<u>SUGGESTED SOLUTIONS</u>	<u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u>
<p><u>CARDIOVASCULAR DISEASE</u></p> <p>According to NHANES/NCHS 2005-2006 data, 78.7% of individuals with hypertension greater than 20 years of age, were aware of their condition, 45.4% had optimal control and 54.6% had poor control.</p> <p>The estimated direct and indirect cost of hypertension for 2009 is \$73.4 billion.</p> <p>From 1996-2006 the number of hospital admissions for hypertension increased from 417,000-514,000 (NCHS/Nation Hospital Discharge Survey).</p> <p><i>Heart Disease And Stroke Statistics - 2009 Update: Report From The American Heart Association Statistics Committee And Stroke Subcommittee. Donald Lloyd-Jones et al. Circulation</i> http://circ.ahajournals.org/</p> <p><i>Donald Lloyd-Jones et al. Circulation, 2009; 119 : e1-e161</i></p> <p>Total direct and indirect costs of cardiovascular disease and stroke in the United States are estimated to be \$475.3 billion. Of those, hospital costs are \$150.1 billion; nursing home: \$48.2 billion; physicians and other professionals: \$46.4 billion (about 10% of total costs); medical durables: \$52.3 billion; home care: \$16.8 billion, total expenditures: \$313.8 billion. Indirect costs i.e. lost productivity/mobility: \$39.1 billion; lost productivity/mortality: \$122.4 billion.</p> <p><i>Heart Disease And Stroke</i></p>	<p>It could be possible to achieve a 20% reduction in medical cost of cardiovascular disease with preventive measures, along with early diagnosis and treatment.</p>	<ul style="list-style-type: none"> • Maintain a healthy blood pressure to protect from future heart attacks, strokes, vision loss and abnormal kidney function. • Achieve and maintain a healthy body weight through an ad lib low glycemic diet, to try and prevent complications from further weight gain i.e. increased risk for higher blood glucose levels, higher blood pressure, joint pains, strokes, heart attacks, kidney damage, and cancer. • Get recommended amounts of exercise to help reduce weight, blood pressure, LDL cholesterol, raise HDL cholesterol, increase insulin sensitivity, and lower the risk of coronary heart disease. • Avoid tobacco smoke exposure to delay and prevent the development of heart and lung disease and various cancers. • Consider being tested for diabetes mellitus. Early diagnosis and treatment may prevent further loss of pancreatic islet function and future complications. • If you have diabetes mellitus, check your blood glucose levels regularly. • If you have diabetes mellitus, maintain a healthy HbA1C, blood pressure and lipid levels, along with appropriate monitoring to prevent damage to your eyes, nerves, kidneys, strokes and heart attacks. • Have your kidney function tested, especially if you have risk factors such as diabetes mellitus, high blood pressure to prevent future dependence on dialysis or kidney transplants. • Maintain healthy blood lipid

Statistics - 2009 Update: Report From The American Heart Association Statistics Committee And Stroke Subcommittee.
Donald Lloyd-Jones et al.
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The cost of a hospital admission with a principal diagnosis of cardiovascular disease was an average of \$10,201.

The average lifetime cost estimate was \$770,000 for women with non obstructive coronary heart disease. It ranged from \$1.0-\$1.1 million for women with 1 to 3 vessel coronary heart disease.

Estimated direct and indirect cost of stroke for 2009 is \$68.9 billion.

In 2006, \$3.9 billion was spent for hospital admissions for stroke (\$7,449 per admission).

The mean lifetime cost for ischemic stroke in the United States is estimated to be \$140,048. This includes inpatient and outpatient care along with the rehabilitation therapy.

The estimated direct and indirect cost of heart failure in the United States for 2009 is \$37.2 billion.

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levels (cholesterol, triglycerides, HDL, LDL) to prevent future heart attacks and strokes.

- Take steps to prevent cardiovascular disease, which may include Omega-3 supplements or baby aspirin. Also maintain healthy blood glucose, blood lipid, and blood pressure levels.
- Get routine teeth cleanings and dental care to prevent loss of teeth and further protect your heart.
- Use medications agreed on by you and your Doctor to address any current health problems and prevent future complications. Appropriate monitoring should prevent adverse interactions between different medications.