

Atherosclerosis and It's Serious Consequences

Infographic References

CORONARY ARTERY DISEASE (CAD)

CAD is the most common type of heart disease in the U.S.—affecting approximately 16.5 million Americans

Cleveland Clinic. 2019. *Coronary Artery Disease*. Available at <https://my.clevelandclinic.org/health/diseases/16898-coronary-artery-disease>. Last accessed 2/3/20

1 in 2 middle-aged men are at risk of developing CAD in their lifetime

Sanchis-Gomar, F, C Perez-Quilis, R Leischik, and A Lucia. 2016. Epidemiology of Coronary Heart Disease and Acute Coronary Syndrome. *Ann Transl Med*4(13):256.

1 in 3 middle-aged women are at risk of developing CAD in their lifetime

Sanchis-Gomar, F, C Perez-Quilis, R Leischik, and A Lucia. 2016. Epidemiology of Coronary Heart Disease and Acute Coronary Syndrome. *Ann Transl Med*4(13):256.

PERIPHERAL ARTERY DISEASE (PAD)

PAD affects approximately 8.5 million Americans

Benjamin E, P Muntner, A Alonso, M Bittencourt, C Callaway, et al. 2019. Heart Disease and Stroke Statistics—2019 Update: A report from the American Heart Association. *Circ* 139(10):e56–528.

1 in 7 Americans ages 70+ have PAD

Selvin, E and T Erlinger. 2004. Prevalence of and Risk Factors for Peripheral Arterial Disease in the United States: Results from the National Health and Nutrition Examination Survey, 1999-2000. *Circ* 110(6):738-43.

Only 1 in 4 people express familiarity with PAD

Hirsch A, M Criqui, D Treat-Jacobson, J Regensteiner, M Creager, et al. 2001. Peripheral Arterial Disease Detection, Awareness, and Treatment in Primary Care. *JAMA* 286:1317–24.

RISK FACTORS AND SYMPTOMS

Smoking increases risk of PAD by 2 – 4 times and brings on symptoms approximately 10 years earlier

Hirsch A, Z Haskal, N Hertzler, M Creager, C Bakal, et al. 2006. ACC/AHA 2005 Practice Guidelines for the Management of Patients With Peripheral Arterial Disease (Lower Extremity, Renal, Mesenteric, and Abdominal Aortic): Executive Summary: A Collaborative Report From the American Association for Vascular Surgery/Society for Vascular Surgery,* Society for Cardiovascular Angiography and Interventions, Society for Vascular Medicine and Biology, Society of Interventional Radiology, and the

ACC/AHA Task Force on Practice Guidelines (Writing Committee to Develop Guidelines for the Management of Patients With Peripheral Arterial Disease). *Circ* 113(11):1475-1547.

Norgren L, W Hiatt, J Dormandy, M Nehler, K Harris, et al. 2007. Inter-Society Consensus for the Management of Peripheral Arterial Disease (TASC II). *J Vasc Surg* 4(1):s5a-s67a.

Just 1 cigarette/day increases CAD risk by 48-74% in men & 57-119% in women

Johnson, K. 2018. Just One Cigarette a Day Seriously Elevates Cardiovascular Risk. *BMJ* 360:k167.

African Americans are ~ 2 times more likely than non-Hispanic whites to have PAD

Selvin, E and T Erlinger. 2004. Prevalence of and Risk Factors for Peripheral Arterial Disease in the United States: Results from the National Health and Nutrition Examination Survey, 1999-2000. *Circ* 110(6):738-43.

1 in 3 people ages 50+ with diabetes are likely to have PAD

National Institutes of Health. 2006. Stay in Circulation: Facts about Peripheral Arterial Disease (P.A.D.). *NIH Publication* No. 06-5837. Available at www.nhlbi.nih.gov/health/educational/pad/docs/pad_extfctst_general_508.pdf. Last accessed 2/3/20.

~50% of people with PAD are asymptomatic

Dhaliwal, G and D Mukherjee. 2007. Peripheral Artery Disease: Epidemiology, natural history, diagnosis and treatment. *Int J Angiol*16(2):36-44.

COMPLICATIONS

CAD is the leading cause of death in the U.S., killing close to 370,000 people each year

Benjamin E, P Muntner, A Alonso, M Bittencourt, C Callaway, et al. 2019. Heart Disease and Stroke Statistics—2019 Update: A report from the American Heart Association. *Circ* 139(10):e56–528.

CAD is the most common cause of sudden cardiac death—which accounts for approximately 50% of all deaths from cardiovascular disease in the U.S.

Sara, J, M Eleid, R Gulati, and D Holmes Jr. 2014. Sudden Cardiac Death from the Perspective of Coronary Artery Disease. *Mayo Clin Proc.* 89(12): 1685-1698.

CAD is the most common cause of heart failure

Mayo Clinic. 2019. *Heart Failure*. Available at www.mayoclinic.org/diseases-conditions/heart-failure/symptoms-causes/syc-20373142. Last accessed 2/3/20.

In one three-year period, approximately 30% of patients with CAD, and approximately 40% of patients with PAD, experience at least one of the following: heart attack, stroke, vascular death, or rehospitalization for a different vascular event

Alberts, M, D Bhatt, J-L Mas, M Ohman, A Hirsch, J Rother, et al. 2009. Three-Year Follow-Up and Event Rates in the International Reduction of Atherothrombosis for Continued Health Registry. *Eur Heart J* 30(19):2318-26.

PAD causes more than 56,000 deaths each year

Benjamin E, P Muntner, A Alonso, M Bittencourt, C Callaway, et al. 2019. Heart Disease and Stroke Statistics—2019 Update: A report from the American Heart Association. *Circ* 139(10):e56–528.

Each year ~186,000 Medicare beneficiaries suffer from amputations due to PAD

Schuyler Jones, W, M Patel, D Dai, S Suberwal, I J Stafford, et al. 2012. Temporal Trends and Geographic Variation of Lower-Extremity Amputation in Patients with Peripheral Artery Disease: Results from U.S. Medicare 2000-2008. *J Am Coll Cardiol* 60(21):2230-6.

PAD increases the risk of CAD by 2-4 times

Hirsch A, Z Haskal, N Hertzner, M Creager, C Bakal, et al. 2006. ACC/AHA 2005 Practice Guidelines for the Management of Patients With Peripheral Arterial Disease (Lower Extremity, Renal, Mesenteric, and Abdominal Aortic): Executive Summary: A Collaborative Report From the American Association for Vascular Surgery/Society for Vascular Surgery, * Society for Cardiovascular Angiography and Interventions, Society for Vascular Medicine and Biology, Society of Interventional Radiology, and the ACC/AHA Task Force on Practice Guidelines (Writing Committee to Develop Guidelines for the Management of Patients With Peripheral Arterial Disease). *Circ* 113(11):1475-1547.

African Americans have a 37% higher risk of amputation from PAD than whites

Arya, S, Z Binney, A Khakharia, L Brewster, P Goodney, et. al. 2018. Race and Socioeconomic Status Independently Affect Risk of Major Amputation in Peripheral Artery Disease. *J Am Heart Assoc* 7(2): e007425.