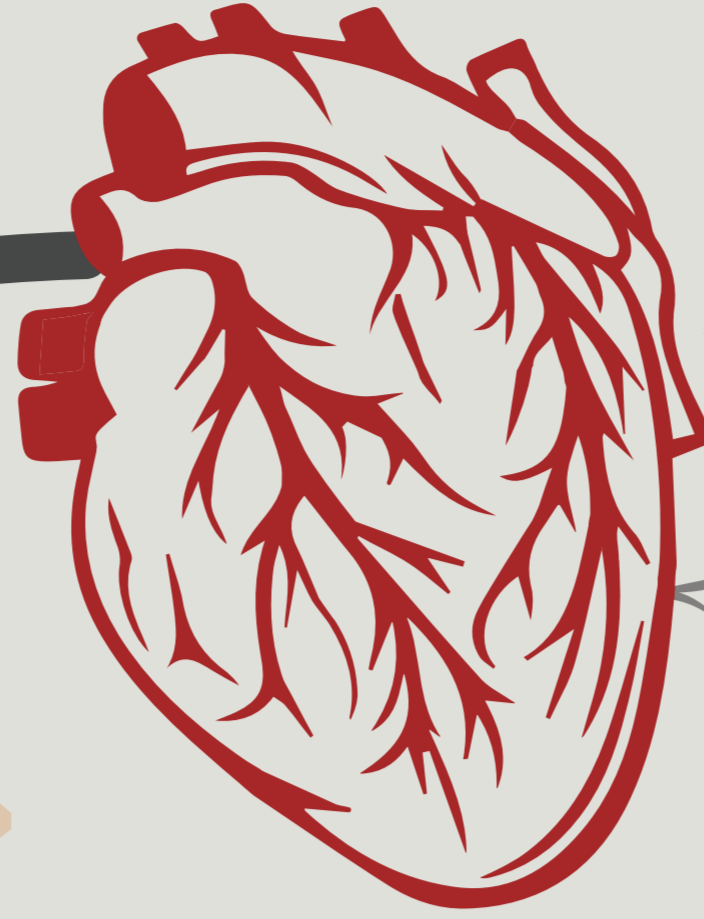


HEART ATTACKS

The ongoing cardiovascular risk



Cardiovascular disease (CVD)

describes a disease of the heart or blood vessels¹

An estimated **7 million** live with CVD in the UK, costing the NHS an estimated **£19 billion** each year²

It is estimated that **175,000** people in the UK have a heart attack each year³

Most deaths from heart disease are caused by heart attacks⁴

Approximately **1,000,000** men and **500,000** women living in the UK have had a heart attack > **900,000** of these are < **75** years old⁴

Only **16%** of patients feel they are at **high risk**⁵ of another cardiac event in the following three years after their heart attack

43% said they thought their heart attack was an **isolated event**⁵

However, **97%** of cardiologists say heart attack patients are at risk of another cardiac event⁵

In fact, one person has a heart attack every three minutes²

It is important patients recognise the need to minimise their risk and maintain heart health.

Lifestyle factors play an important role within this

Only **51%** of heart attack patients say they take **proactive steps** to avoid another cardiac event⁵

1 in 3 adults said they would risk living a shorter life rather than take a daily pill to prevent CVD⁷

70% of cardiologists state that patients not understanding the **importance of secondary prevention** is a key barrier for patients not taking action to maintain heart health⁵

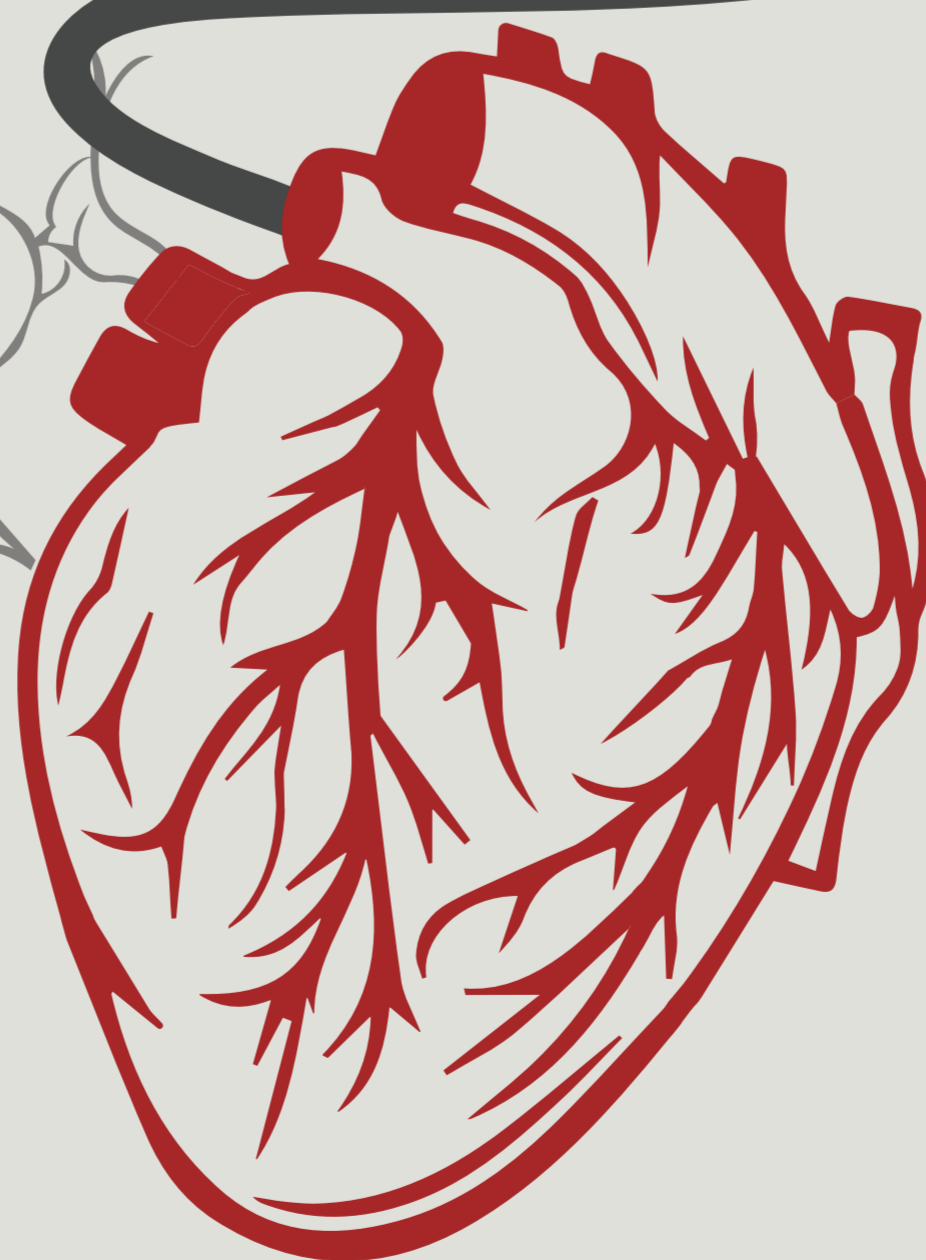
More than half of patients say they know that lifestyle changes are the most effective action to reduce the risk of future cardiac events⁵

However > **1 in 2** (57%) of those surveyed admit they are overweight and **1 in 5** (21%) are smokers⁵

Adherence is the "next challenge" in prevention⁶

By 2022 the number of people in the UK at more than 20% risk of CVD could rise from **3.5 million** in 2010 to **4.2 million**⁸

If heart health is **not addressed**, it is predicted that the number of those at risk of heart attack and CVD **will continue to rise**⁸



AstraZeneca

¹ NHS Choices. Cardiovascular disease. 2014. Available at: <http://www.nhs.uk/conditions/cardiovascular-disease/Pages/Introduction.aspx>. [Accessed August 2015].

² British Heart Foundation. BHF Headline Statistics. 2015. Available at: <https://www.bhf.org.uk/-/media/files/research/heart-statistics/cardiovascular-disease-statistics---headline-statistics.docx>. [Accessed August 2015].

³ British Heart Foundation. Heart attack numbers underestimated. 2014. Available at: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2014/august/35-percent-more-heart-attacks>. [Accessed August 2015].

⁴ Heart Research Institute. Deaths from heart and circulatory disease are falling but it remains the biggest killer in the UK. 2010. Available at: <http://www.hriuk.org/about-heart-disease/heart-facts/>. [Accessed August 2015].

⁵ AstraZeneca data on file [BRIL-024-AUG2015]. Understanding the risk following a heart attack: UK Patient and Cardiologist Surveys. August 2015.

⁶ Heart UK. After the event: Getting care right for patients after a heart attack. 2012. Available at: http://heartuk.org.uk/files/uploads/After_the_event_16_Jan_2012.pdf. [Accessed August 2015].

⁷ Hutchins et al. Quantifying the Utility of Taking Pills for Cardiovascular Prevention. 2015. Circ Cardiovasc Qual Outcomes.

⁸ Department of Health. Cardiovascular Disease Outcomes Strategy: Improving outcomes for people with or at risk of cardiovascular disease. 2013. Available at: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/214895/9387-2900853-CVD-Outcomes_web1.pdf. [Accessed August 2015].

*About the survey

The survey of 150 heart attack patients and 100 cardiologists from the UK explored current understanding of the risks following a heart attack. The patient population included people aged 35 or more who have had a heart attack within the past 5 years and cardiologists who work with heart attack patients. This research was commissioned by AstraZeneca.

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