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Prevalence of heart failure and its economic impact

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Introduction: Heart Failure is global pandemic affecting 26 million people worldwide with an estimated health expenditure around \$31 billion (2012), equivalent to more than 10 % of the total health expenditure for cardiovascular diseases in the United States and expected to increase by 127 % between 2012 and 2030. Heart failure imposes both direct costs to healthcare systems and indirect costs to society through morbidity, unpaid care costs, premature mortality and lost productivity.

Prevalence: Currently 5.7 million patients in US have HF and by 2030 will increase to more than 8 million, accounting for a 46 % increase in prevalence. In Europe HF prevalence is 1.36% in 25–49-year-old group, 2.93 % in the 50–59-year-old group, 7.63 % in the 60–69-year-old group, 12.67 % in the 70–79-year-old group, and 16.14 % in patients >80 years. In Asia its prevalence is higher compared to Western countries, ranging between 1.3 % and 6.7 %. Currently in China there are 4.2 million people with HF, with an estimated prevalence of 1.3 %. In Japan around 1 million

people have the condition, accounting for 1 % of the population. In India the estimates range between 1.3 and 4.6 million with prevalence of 0.12–0.44%, although this may be underestimated. In Southeast Asia 9 million people have HF.

Economic Implications: The high cost of HF is compounded by the lack of productivity and income that diseased individuals may have. The Cost of Heart Failure Management in the United States is \$39.2 billion, Hospitalization -\$20.9(53.3%), Nursing Home -\$4.7(11.9%), Lost productivity/ Mortality -\$4.1(10.5%), Home Healthcare -\$3.8(9.7%), Drugs/Other Medical Durables -\$3.2(8.2%), Physicians/Other Professionals -\$2.5(6.4%).

Conclusion: HF is a major and growing public health problem worldwide because of the ageing population and improvements in treatment. Currently HF is poorly investigated, particularly in developing countries, and there are no effective therapies. In order to reduce this burden preventive measures would be of utmost importance.

Biography

Surabhi Puri d/o Dr Deepak Puri, Intern at Government Superspeciality Hospital, Chandigarh. MBBS from Dayanand Medical College, Ludhiana. Achievements: 2nd position in anatomy, 1st position in forensic medicine, 1st position in ENT, 3rd position in Obstetrics and gynaecology. Was awarded scholarship on project done under short term studentship programme of ICMR Paper presented in international conference: 3. Papers presented in national conference: 2 Extracurricular: Gold medal in Shiamak Davar Summer Funk Dance Course.

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