

“Population groups at higher risk of developing CVD”

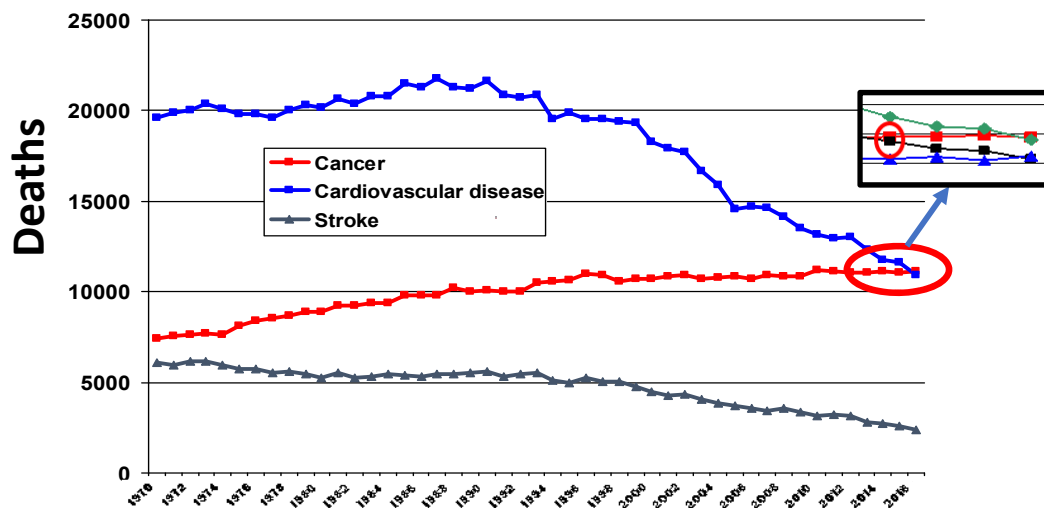
**Dr. Steinar Madsen
Medical Director
Norwegian Medicines Agency**

Optimism

In 2000 the diseases killing most patients like heart disease, stroke, lung diseases and many forms of cancer will be cured

Letter to newspaper 1987

The dramatic change 1970-2016



Statistics Norway, FHI

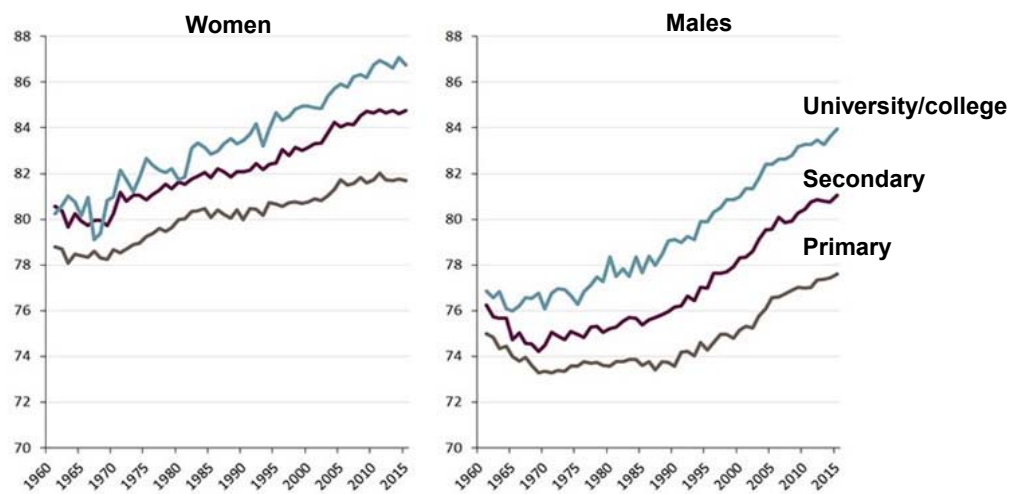
Different way of ending life

- Myocardial infarction at age 65 is bad
- Stroke at age 75 is bad
- Alzheimers disease at 85 is bad
- Sudden death at age 95 is good

Some risk factors for cardiovascular disease

- Education
- Age
- Sex
- Diet
- Cholesterol
- Blood pressure
- Diabetes
- Weight
- Smoking
- Physical activity

Education



Statistics Norway, FHI

Large differences in Oslo

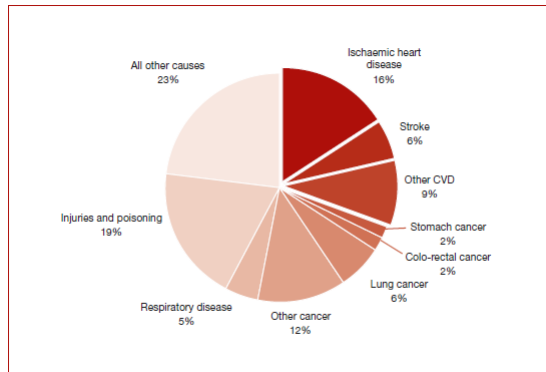


9 years difference in lifespan for males,
distance 4 kilometer

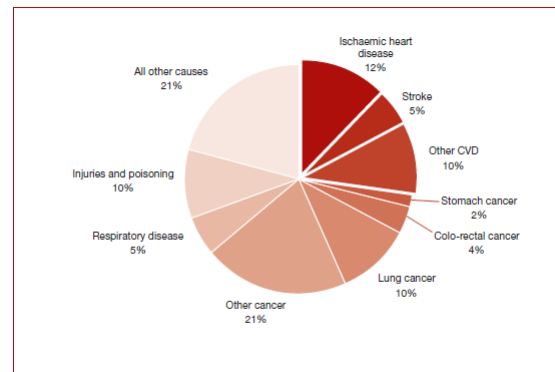
Lessons

- **We must try to close the health gap**
- **The health gap is very expensive**
 - **The health gap influences most risk factors for cardiovascular disease and other diseases**
 - **Can modern technology be useful?**

Cause of death at different ages



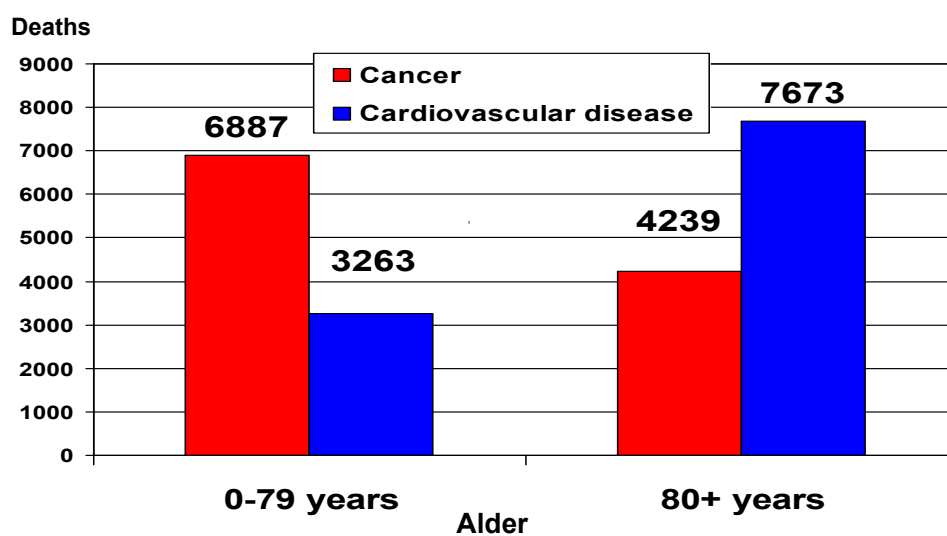
Males, under 65 years



Males, under 75 years

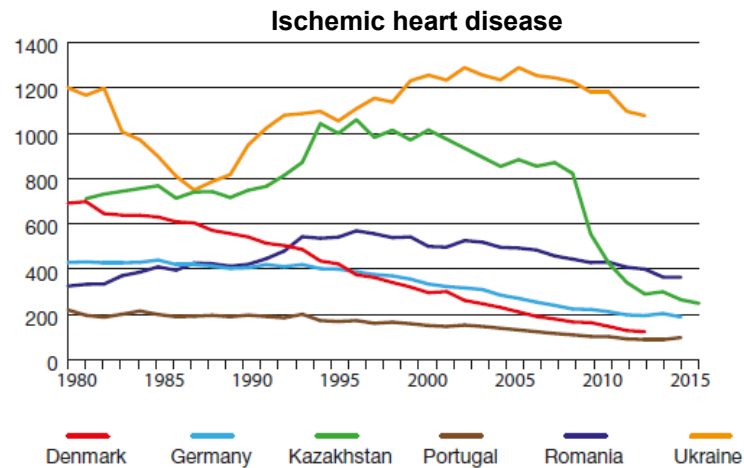
European Cardiovascular Disease Statistics, 2017

From cardiovascular disease to cancer i Norway



Statistics Norway 2016, FHI

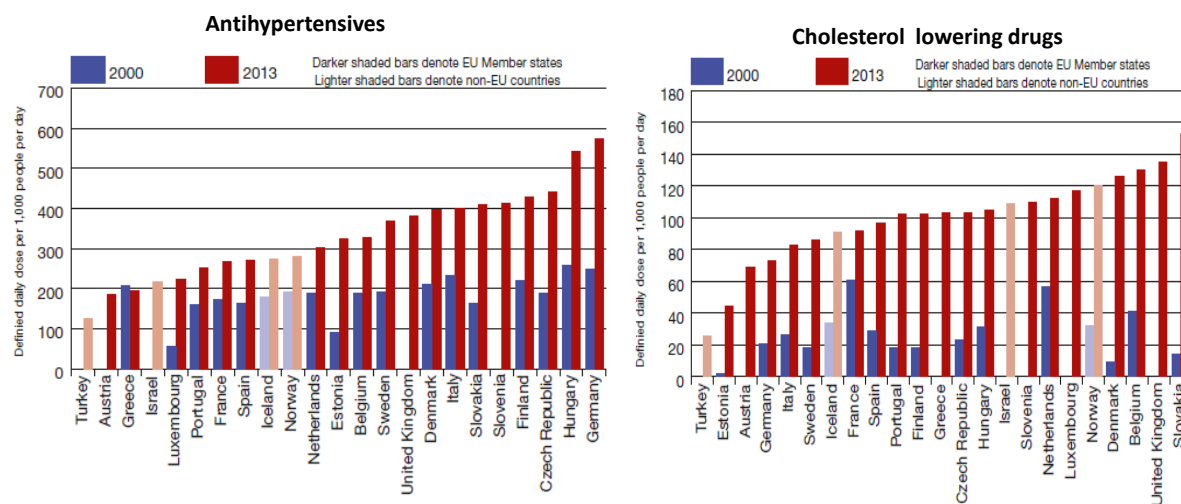
Almost all countries are improving



Lessons

- **Prevention of cardiovascular diseases has been very effective and occurs in most countries**
- **The shift among disease groups may cause new problems**

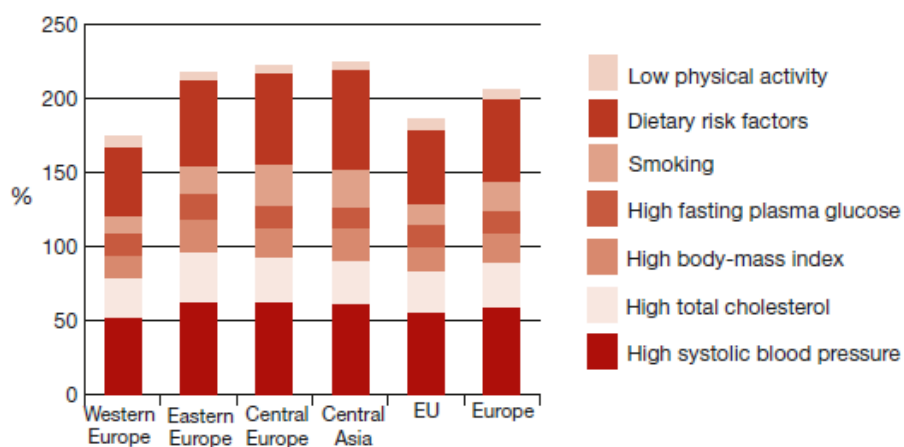
Improved treatment



European Cardiovascular Disease Statistics, 2017

But we can do better

CVD deaths attributable to specific risk factors



European Cardiovascular Disease Statistics, 2017

Lessons

- **Treatment of hypertension and high cholesterol is prevalent in most European countries**
 - But still a considerable number of persons are not treated
- **The challenge is to detect these conditions at an early stage and initiate appropriate treatment**
 - Should screening programs be initiated or expanded?
 - Genetic testing for familial hypercholesterolemia (FH)?
- **Diet can still be improved**
- **Physical activity should be increased**
- **Smoking will probably decline and almost disappear within a few years**

Thank you!

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