

EPIDEMIOLOGY OF CARDIOVASCULAR DISEASE

1. Cardiovascular disease is the leading cause of death in the United States, and among persons 75 years and older, more than twice as many die from cardiovascular disease than from cancer-related causes.
2. More women than men die of cardiovascular disease each year, and the number of women dying of cardiovascular disease has not decreased over time.
3. The prevalence of cardiovascular disease and the death rate due to cardiovascular disease are 2 to 4 times higher among persons with diabetes than those without diabetes.
4. Microalbuminuria in persons with diabetes is strongly associated with cardiovascular disease and poorer cardiovascular disease outcomes.
5. An estimated 47 million U.S. residents have metabolic syndrome, with the highest prevalence in Mexican Americans (32%) and the lowest prevalence in whites (24%).
6. Patients treated with radiation therapy have higher than expected rates of valvular and coronary artery disease.
7. Cardiomyopathy occurs in approximately 2% of patients treated with anthracyclines; it is directly related to the cumulative dose and is associated with a mortality rate of nearly 50%.
8. Trastuzumab is associated with a high risk of cardiotoxicity, and cardiac function should be closely monitored during and after treatment.
9. Approximately 41% of the adult U.S. population has a history of smoking cigarettes, and nearly 22% currently smoke.
10. Heavy smokers having a relative risk of nearly 5.5 for fatal cardiovascular disease events compared with nonsmokers.
11. The risk of cardiovascular events decreases rapidly after cessation of smoking, with previous smokers having the same risk as persons who never smoked at 5 to 10 years after stopping smoking.
12. In 2005 in the United States, the prevalence of myocardial infarction or coronary heart disease/angina was approximately 5% for Asians, 6% for whites and blacks, 7% for Hispanics, and 11% for American Indian/Alaskan natives.
13. Approximately 30% of the adult American population have high blood pressure: 16% of Asians, 19% of Hispanics or Latinos, 32% of whites, and 41% of blacks. The prevalence in American blacks is among the highest in the world.

Systemic Inflammatory Conditions and Associated Cardiovascular Diseases

Systemic Inflammatory Condition	Cardiac Involvement and Prevalence
Systemic lupus erythematosus	Pericarditis (25%-50%), noninfective endocarditis (22%-61%), moderate or severe valvular regurgitation (up to 20%), premature coronary artery disease
Rheumatoid arthritis	Pericardial effusion (30%-40%), coronary artery disease, leaflet fibrosis (up to 30%), left ventricular diastolic dysfunction (up to 15%)
Ankylosing spondylitis	Proximal aortitis/valvulitis (25%-60%), moderate or severe aortic regurgitation (up to 40%), conduction system disease (2%-20%), left ventricular diastolic dysfunction
Systemic sclerosis	Systemic hypertension, including scleroderma renal crisis; pulmonary arterial hypertension; myocardial fibrosis; pericardial disease
Takayasu arteritis	Arteritis, predominantly aortic (aneurysms, stenosis, occlusion); coronary arteritis (15%-25%); aortic regurgitation; pulmonary artery stenosis or aneurysm; malignant hypertension due to renovascular involvement
Giant cell arteritis	Peripheral artery disease, stroke, myocardial infarction
Polyarteritis nodosa	Cardiomyopathy
Kawasaki disease	Coronary artery aneurysms, occlusion
Behçet disease	Aortic valve regurgitation, myocarditis, pericarditis, conduction abnormalities
Sarcoidosis	Cardiomyopathy (dilated or restrictive); conduction abnormalities; ventricular arrhythmias, including sudden death