

# AGEING STRUCTURAL HEART DISEASE PATIENTS IN SCOTLAND



**Structural heart diseases** refer to any type of heart valve disease, which is caused by **wear, disease or damage** to one of the valves affecting the flow of blood through the heart. These cardiac defects affect predominantly older people and without treatment will lead to death.

The total population of over 65s in 2018/2019 was **1,034,066**<sup>1</sup>

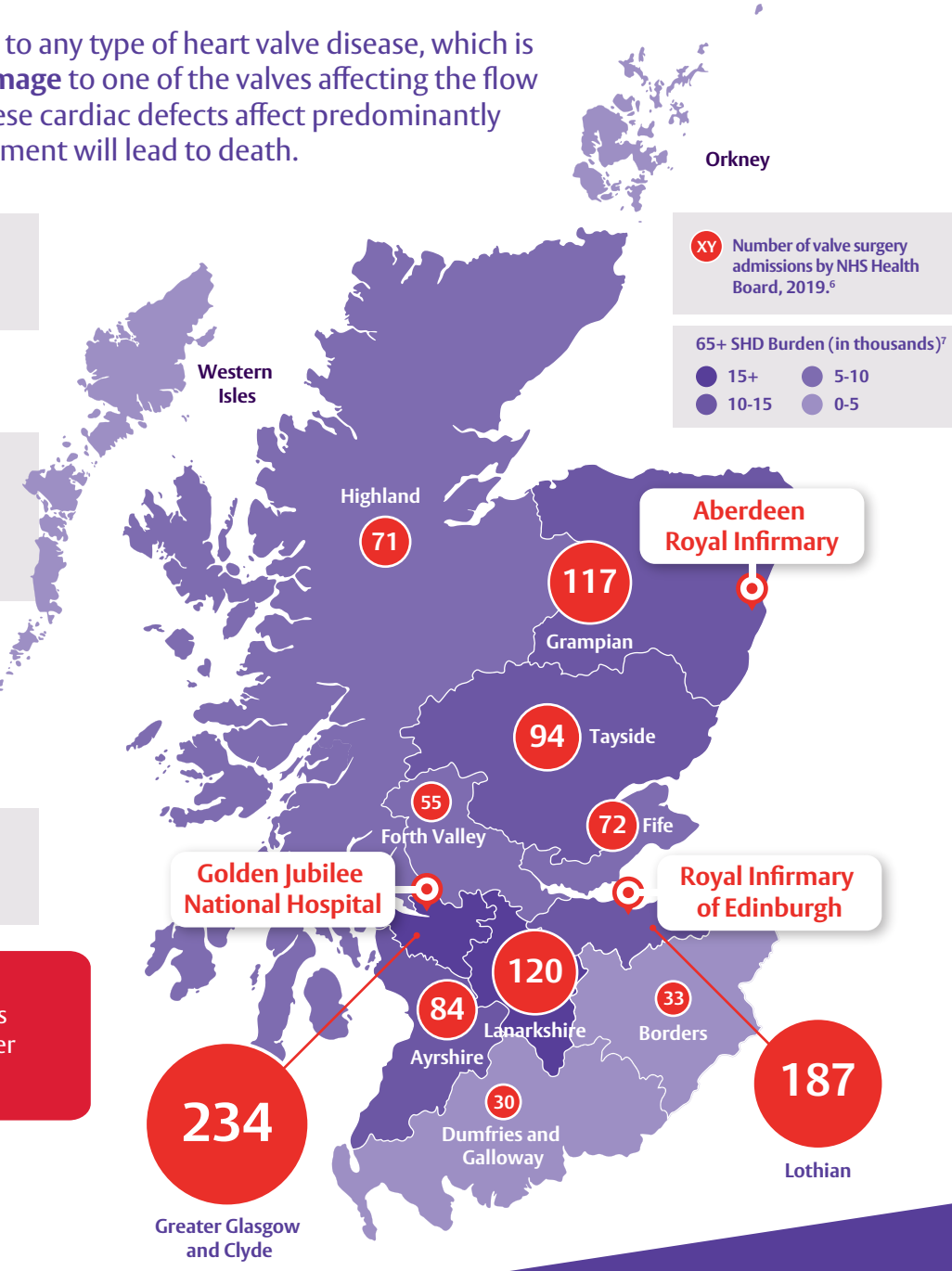
By 2030, the population in Scotland aged 65-84 will rise by **29%**<sup>2</sup>

The prevalence of structural heart diseases increases with age and affects approx **13%** of over 65s (**134,428** people in Scotland)<sup>3</sup>

There were only **1,117** of valve surgeries for over 65s performed in Scotland in 2018/2019 **treating less than 1% of heart valve disease patients.**<sup>4</sup>

Scotland faces **130,000** untreated HVD patients over 65s<sup>5</sup>

Scotland's hospitals face barriers in access to minimally invasive therapies that offer a safer option for many older patients.



## WHAT CAN BE DONE

1. Improved uptake of stethoscope checks and access to echocardiography
2. Access to suitable treatment options enabling shorter convalescence periods
3. Treatment of elderly to reduce vulnerability to pandemics

<sup>1</sup> National Records Scotland (2018). Projected Population by Sex and Single Year of Age, Principle Projection, Scotland 2018-43. <sup>2</sup> Figures extrapolated from National Records Scotland (2018). <sup>3</sup> Figure extrapolated based upon the burden of SHD provided in the OxVALVE Population Cohort Study, J. D'Arcy et al. (2016). <sup>4</sup> National Records Scotland (2020), Health Board (2019) Population Estimates. <sup>5</sup> Figures extrapolated from D'Arcy et al. (2016), OxVALVE Population Cohort Study. <sup>6</sup> Public Health Scotland (2020), Scottish Heart Disease Statistics. Table OC1 - Operations. <sup>7</sup> National Records Scotland (2020), Health Board (2019) Population Estimates.