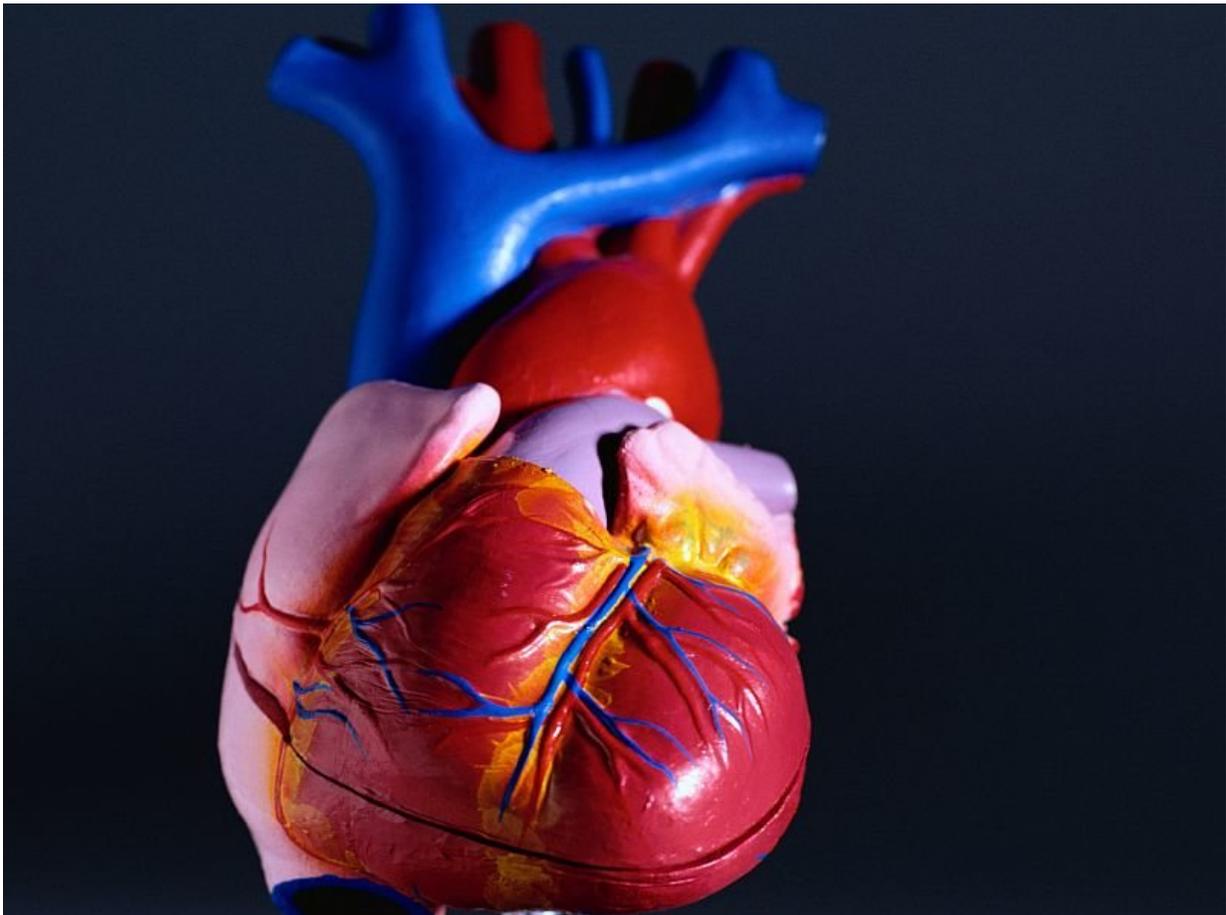


# Considerable resource use, costs for cardiovascular care

March 13 2018

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(HealthDay)—The 10-year costs associated with cardiovascular disease

(CVD) are considerable, according to a study published in the March 13 issue of the *Journal of the American College of Cardiology*.

Leslee J. Shaw, Ph.D., from the Emory University School of Medicine in Atlanta, and colleagues calculated the 10-year health care costs for 6,814 asymptomatic participants enrolled in the Multi-Ethnic Study of Atherosclerosis. Costs were derived using Medicare nationwide and ZIP code-specific costs. Costs were presented in 2014 U.S. dollars.

The researchers observed a dramatic increase in the prevalence of risk factors; by 10 years, 19, 57, and 53 percent had diabetes, hypertension, and dyslipidemia, respectively. About 40 percent of enrollees had self-reported symptoms. About one-third of enrollees reported having an echocardiogram or exercise test at 10 years; 7 percent underwent [invasive coronary angiography](#). Based on these patterns, the 10-year [health care costs](#) were \$23,142. Seventy-eight percent of costs were associated with CVD medication use. Outpatient visits and diagnostic testing among the elderly, obese, and those with a high-sensitivity C-reactive protein level >3mg/L or [coronary artery calcium](#) score  $\geq 400$  accounted for about \$2 of every \$10 spent. There was wide variation in costs, from \$35,800 for high-risk subgroups.

"Maintenance of a healthy population has the potential to markedly reduce the economic burden of CVD among [asymptomatic individuals](#)," the authors write.

Two authors disclosed financial ties to the medical device and technology industries.

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