

Cardiovascular diseases in China: A call to action

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The total number of cardiovascular disease (CVD) deaths (mainly coronary heart disease, stroke, and rheumatic heart disease) had increased globally to 17.5 million by the end of 2009 which were 14.4 million in 1990. CVD has become the leading cause of death and disability among the middle-aged and elderly both in urban and rural areas of China. Study aim was to evaluate the current burden of cardiovascular diseases in Chinese men and women. Data were obtained from available cohort studies and statistics for mortality from the World Health Organization. The Coronary Heart Disease (CHD) mortality rates is approximately 50% lower than the rates observed in most western countries and the Cerebrovascular disease (CBVD) rate is significantly higher. Hypertension, the main risk factor for stroke and an important risk factor for coronary heart disease, is the most prevalent cardiovascular disease, and should be given first priority in control programs. Smoking, a common habit in males, is to be a principal focus of preventive activities over the next few years. China alone consumes approximately 2.163 trillion cigarettes every year-37 percent of the world's annual consumption. More than 300 million men smoke cigarettes and 160 million adults are hypertensive, most of who are not being treated. The Age-Standardized Mortality Rates (ASMR) for CHD in men and women aged 35 to 74 was 100/100 000 in men and was 69/100 000 in women. However, the ASMR for CBVD in men and women aged 35 to 74 was 251/100 00 in men and 170/100 000 in women. Cardiovascular diseases cause one third of all deaths in China, and the number is anticipated to double by 2020. The prevalence of CVD has become a new burden for China, due to an aging population, smoking, and changes in dietary habits and lifestyles.

Biography

Deepak Singh Bais is a medical student at Tongji Medical College, HUST. He has published several papers in International Journals. He is a member of the American College of Physicians, USA, and International Society of Infectious Disease, USA and World Association of Young Scientists.

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