

Coronary Heart Disease Prevention

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Coronary heart disease, the key health care problem in industrialised countries, leads to significant financial expenditure on health care and social service programs. It is not unreasonable therefore, to attempt to evaluate and modify the factors responsible for the condition in the expectation that a fall in mortality and morbidity will ensue. Epidemiological studies have shown that cigarette smoking, hypertension and hypercholesterolaemia constitute to the pathogenesis of atherosclerosis, and a variety of interventions designed to reduce the impact of these risk factors on the health of the community (the Lipid Research Clinics Program, the Helsinki Heart Study, the Oslo Heart Study, the Leiden Intervention Trial, the CLAS Study) have indicated that coronary heart disease prevention is possible. These findings have triggered governmental action in several countries, leading to the initiation of a number of programs specifically aimed at reduction of coronary heart disease in the community. The outcome of these programs is awaited with interest since they carry major implications relative to the development of health care strategies for tomorrow's world.