

Celebrating 30 years of the MIDSPAN Studies



Cardiovascular disease

Carole Hart

Percentage of Deaths

	CVD	CHD	Stroke
R/P men	50%	33%	11%
R/P women	49%	26%	16%
Collab men	50%	34%	10%
Collab women	42%	22%	13%

Number of Participants with Hospital Admissions

	Renfrew/Paisley	Collaborative
CVD	6522	2892
CHD	2683	1415
Stroke	1854	681

20 year Mortality Rates per 10,000 Person Years

	RP men	RP women
All cause	243	160
CHD	114	55
Stroke	34	31

Pre-existing CHD

- Angina
- Possible myocardial infarction
- ECG ischaemia

CHD Mortality

1 indicator – double risk

2 indicators – up to 4 times

All 3 – RR 5.15 (men), 4.45 (women)

Actual rates much higher in men than women

General Health Questionnaire

- 30 item GHQ
- Associated with increased CHD mortality in 5 years in men
- Also CHD hospital admissions

J Psychosom Res 2004;57:231-6

JECH 2005;59:140-5

Atrial Fibrillation

AF at screening from ECG

Cardiovascular events in 20 years

RR 1.8 (1.3 – 2.5) men

RR 3.0 (2.1 – 4.2) women

Am J Med 2002;113:359-364

Positive relationship with stroke

Systolic blood pressure

Diastolic blood pressure

Cardiothoracic ratio

Blood glucose

Diabetes

Pre-existing CHD

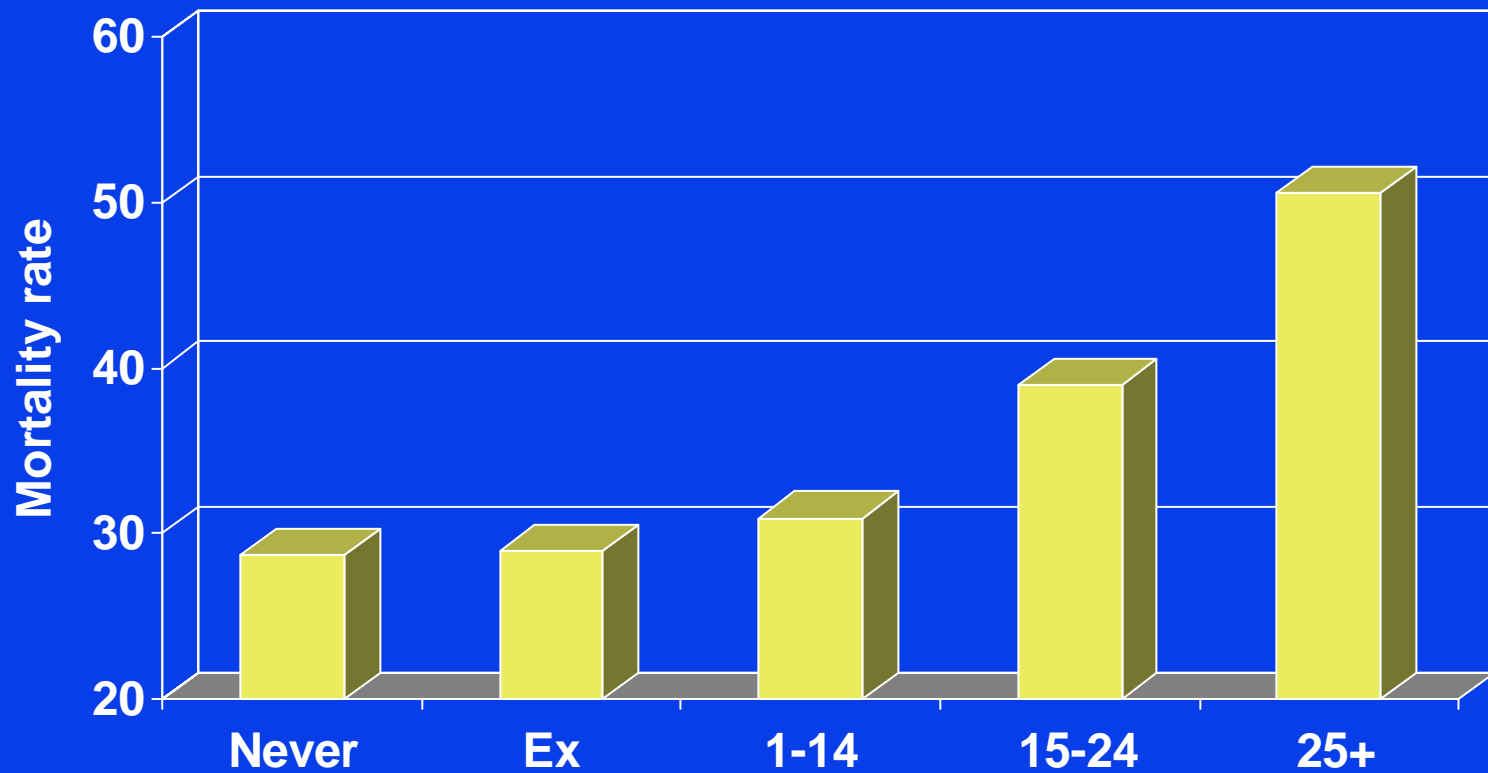
Negative relationship with stroke

- Height
- FEV1

No relationship with stroke

- BMI
- Cholesterol

Stroke Mortality by Smoking: Men



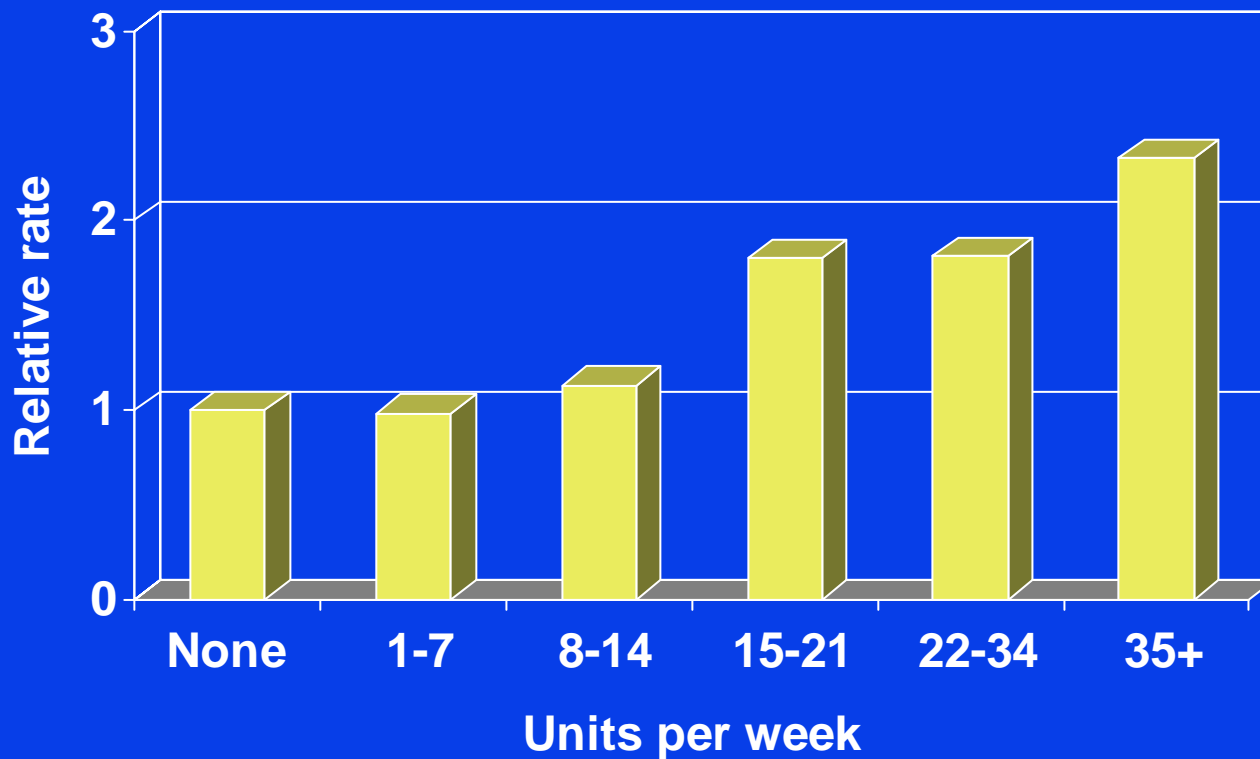
Risk Factors

- **Stroke incidence**
- **Men & women**
- **Action – target men & women in similar way**
- **Smoking cessation**

Stroke 1999;30:1999-2007

Stroke 2000;31:1893-1896

Relative Rate of Stroke Mortality by Alcohol Consumption



Final Stroke Points

- **Positive answers to 2 or more TIA questions doubled stroke risk**

JECH 2001;55:653-6.

- **Socioeconomic factors related to stroke, in particular early life factors**

Stroke 2000;31:2093-7.