

Background information

Survey Key Findings

Angina patients

Continued symptoms

- Despite the majority of respondents having had surgical intervention¹, they continue to experience frequent symptoms
 - Current patients suffer an average of 79 attacks each year¹
 - Over half continue to experience at least one attack a week even while on treatment¹
 - Over 20% of respondents experience similar, or even more frequent, numbers of attacks following the initiation of treatment¹

Inadequate / sub-optimal treatment

- Around half of all respondents, including a significant percentage of those with concomitant diseases such as asthma and COPD, receive beta-blockers as part of their treatment regime despite these being contraindications for beta-blocker use^{1,2}
- Almost a third of respondents feel their treatment does not adequately reduce their symptoms¹ and over half have had their treatment changed as a result¹

Impact on quality of life

- Angina has a real burden on patients' quality of life
 - 35% of respondents claim it has a significant or extreme impact on their quality of life¹
 - Future health, the effect on work and the limitations imposed on day to day activities caused by angina were listed as the biggest concerns¹
 - Almost a quarter of respondents rate their attacks as 'extremely' debilitating¹
 - Over half feel that their work/job and other activities are limited by their symptoms, despite treatment¹
 - Nearly two thirds of respondents say their sex life has been affected¹
- People are in need of greater support and reassurance
 - Concern around future health is one of the main issues experienced by patients¹
 - People wait a considerable period before discussing their symptoms with their healthcare professionals (average 6.5 months)¹

Burden of treatment side effects

- Side effects of treatment have a significant impact on patient quality of life
 - One in three feels their current therapy fails to provide only a 'few side effects'¹
 - Over a quarter feel that treatment side effects have a 'significant' or 'extreme' impact on their quality of life¹
 - Although 80% of respondents have discussed treatment side effects with their physician,¹ only a third had had their treatment changed as a result of these side effects¹
 - 60% of those on beta-blockers report suffering from tiredness¹
- Lack of energy is a key concern
 - Nearly one in three feels their energy levels deteriorated following treatment¹

- Tiredness and lethargy are the most commonly reported side effects experience by those taking beta-blockers¹

Heart rate

- The majority of respondents believe that having a high heart rate is 'bad' for you¹

General public

- More people believe they are at a greater risk of breast cancer than angina despite angina being almost ten times more common^{3,4,5}
- 24% of people do not know the symptoms of angina, this rose to 58% of those aged 15-24³
- There is confusion amongst the public regarding the effects of angina, with 15% not knowing what these might be and 43% wrongly believing angina can result in a stroke³
- Only 19% of patients believed developing angina would result in long term pain or disability³

References

1. BCPA Survey
2. MIMS, Anti-anginals
3. NOP Survey
4. Cancer Research UK. UK breast cancer statistics. Accessed on 6/2/07. Available at: <http://info.cancerresearchuk.org/cancerstats/types/breast/>
5. British Heart Foundation. Incidence of angina. Accessed on 6/2/07. Available at: <http://www.heartstats.org/datapage.asp?id=1105>