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Where There's HOPE, There Are Healthier Hearts

An interview with **Population Health Research Institute** researchers:
Salim Yusuf, Cardiologist, Executive Director
and **Jackie Bosch**, Occupational Therapist

Salim Yusuf

HOPE is a series of studies that stands for Heart Outcomes Prevention and Evaluation. And so we've used that as a brand for our prevention studies.

Jackie Bosch

HOPE-4 is the fourth in the HOPE series. I started with HOPE-1. It's cardiovascular disease prevention. We started out looking at those people who had cardiovascular disease: had events, needed additional treatment, because they continued to have events. We've now moved into a realm of primary prevention. Primary prevention is interesting because it's people who don't think they're at risk for cardiovascular disease, but they are.

Salim Yusuf

We have many treatments that have been proven to be effective in preventing or treating cardiovascular disease. Unfortunately, they're not being used adequately, especially in low- and middle-income countries. But even rich countries, it's not being used adequately. Let's take hypertension, for example. Detecting hypertension isn't difficult. You don't need highly trained



people to detect it. Yet only 50 percent of people who have hypertension have been diagnosed to have hypertension. So you have the first gap: a diagnosis gap. The second is, once they're diagnosed, about 80 to 90 percent get treated, but they get treated inadequately. And what has been shown to be very effective in these people is not just blood pressure lowering, but also lowering LDL cholesterol with statins.

So the intervention we used in HOPE-4 to bridge this gap was complete diagnosis in the community through door-to-door screening, lifestyle advice, using family members and friends to support the person changing their lifestyle, and using combination blood pressure drugs and statins, all simultaneously. And we had a very large effect, and this intervention was delivered by non-physicians.