

CARDIO

Media



Digest

Deaths from heart attacks, strokes fall 41% in 10 years

The *Daily Mail* reports that the number of people dying from heart attacks and strokes in the UK has fallen over the past decade. This change has had a knock-on effect by lengthening the average life-expectancy by 2 years, according to an updated version of the

Department of Health's annual bulletin which looks at life-expectancy.

The mortality rate for circulatory diseases has fallen dramatically, with the number of people dying from heart attacks and strokes dropping by two-fifths since 1999.

Between 1999–2001 and 2008–2010 the mortality rate for circulatory diseases in England for people under the age of 75 decreased by 41%, from 115 deaths per 100 000 population to 67 deaths.

The average UK woman can expect to live to 82.6 years in

2008–2010, compared with 80.4 years a decade earlier, however the statistics show that the gap between female life-expectancy for deprived areas and the rest of the UK is widening.

Daily Mail
28 October 2011

Platelets in evolution and CVD

According to researchers at the University of Pennsylvania, unlike other animals, mammals are susceptible to cardiovascular disease due to an early adaptation, reports *Earth Times*.

This is the result of the mammalian blood component platelets, which help form clots at the site of traumatic injuries. These specialised cells now also play a role in the development of CVD.

The research, published in the journal *Blood*, indicates that platelets better enabled early mammals to survive serious injuries involving damage to arteries, by forming clots to stop blood loss, but "the price for this evolutionary change may be modern cardiovascular diseases," said lead study author Alec A Schmaier.

Earth Times
18 October 2011

Statins cut cancer risk

The *Daily Mail* reports that a daily dose of statins could cut risk of breast cancer by 30%.

A team of researchers looked at nearly 19000 Danish women diagnosed with breast cancer between 1996 and 2003. The women were tracked for nearly 7 years to see if they suffered a recurrence. Researchers also found out whether they had taken statins. Those women on simvastatin were 30% less likely to see their tumour return than those who had taken no form of statin.

Millions take statins to combat heart disease by lowering cholesterol, but this new research suggests that high cholesterol could also be a key factor in the development of breast cancer. At around 40p a day, statins could be a cheap and effective way of helping to prevent breast cancer returning.

Daily Mail
31 October 2011

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"Super broccoli" goes on sale to battle heart disease

Developed by British scientists, a broccoli that claims to fight heart disease is to go on sale for £1.99 a pack at major supermarkets in 2012, reports *The Metro*.

Work on developing the "super broccoli" began after a beneficial wild species was discovered in 1983.

Researches at the Institute of Food Research and John Innes Centre, both in Norwich, have succeeded and contains about three times more of the nutrient gluco-raphanin than standard broccoli.

Professor Richard Mithen, from the Institute of Food Research, said: "Our research

has given new insights into the role of broccoli and other similar vegetables in promoting health, and has shown how this understanding can lead to ... more nutritious varieties

of our familiar vegetables.

"Now there will also be something brand new for consumers to eat as a result of the discoveries we have made."

The achievement of the super broccoli team has been

recognised by the government, with David Willetts, Science Minister, saying the innovation was "fantastic".

The Metro
4 October 2011

