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PARTNERSHIP TO ADVANCE
**Cardiovascular
Health**



**CARDIOVASCULAR
HEALTH** POLICY SUMMIT

**20
23**

#cholesterol #hypertension #leftout #nursing



COMBATING THE #CHOLESTEROL CRISIS

WATCH THE CONVERSATION 



Did you know?

Nearly 95 million Americans today live with high cholesterol. Even more are expected to develop the condition in coming years. Some major drivers include: an increase in sedentary lifestyles and diets high in saturated fats.

The demographics of high cholesterol are shifting. In the 1970s, patients tended to be older. Today, many are in their 20s and 30s.

Insufficient coverage for novel drugs makes things worse. Take PCSK9 inhibitors, for example. The medications are clinically proven to lower “bad” LDL cholesterol, but patients’ access to them varies widely by state and health plan.

What can we do?

Intensify advocacy efforts and fight for policies that allow patients to access personalized treatment.



MAKING #HYPERTENSION HISTORY

WATCH THE CONVERSATION 



Did you know?

Hypertension is one of the most pervasive and burdensome health conditions in the United States today. More than 120 million American adults currently live with it, and it's responsible for more than 500,000 deaths annually.

Since the mid-2010s, rates of uncontrolled hypertension have been rising. If something isn't done to help patients better manage their blood pressure, 25 million more Americans could have the disease by 2030.

What can we do?

Properly resourced education efforts can help patients understand the burden of hypertension, the need for regular checkups and importance of treatment adherence.

Prioritizing legislative and regulatory reforms — like the [Ensuring Patient Access to Critical Breakthrough Products Act of 2023](#) — can make it easier for patients to access personalized treatments.





HOW PATIENTS GET #LEFTOUT

WATCH THE CONVERSATION 



In a Nutshell

Utilization management practices are touted by insurers as tools that protect patients, reduce costs and prevent excessive use of expensive medications. In reality, these practices maximize health plan profits by keeping patients from accessing critical medications and treatments.

Insurers' laser focus on reducing drug costs has led them to lose sight of patients' overall care.

What can we do?

Legislative reforms — like the [Improving Seniors' Timely Access to Care Act](#) and [Safe Step Act](#) — can help reign in excessive utilization management practices.



NOVEL #NURSING: HELPING PATIENTS ADAPT TO MEDICAL INNOVATION

WATCH THE CONVERSATION 



In a Nutshell

Hypertrophic cardiomyopathy is a disease that causes thickening of the heart's left ventricle, the chamber responsible for pumping blood to the body. The first medication on the market to treat the disease's underlying causes, cardiac myosin inhibitors, were first made available to patients in 2022. Procedural constraints limit patient access, however.

These challenges include shortages of health care personnel, logistical and timing issues for appointments and administrative burdens like prior authorization and echocardiogram scheduling. These challenges not only impact the workload and stress levels of nursing staff, but also have repercussions on the quality and timeliness of patient care.

What can we do?

Efforts are needed to streamline the administrative processes governing prescriptions for cardiac myosin inhibitors. Patients also need plain-language educational materials.



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