WEBVTT

NOTE duration:"00:52:28"

NOTE recognizability:0.865

NOTE language:en-us

NOTE Confidence: 0.816113805833333
00:00:00.000 --> 00:00:02.198 Q All for being here this morning

NOTE Confidence: 0.816113805833333
00:00:02.198 --> 00:00:04.581 and to for the opportunity to

NOTE Confidence: 0.816113805833333
00:00:04.581 --> 00:00:06.856 present in today's grant rounds.

NOTE Confidence: 0.816113805833333
00:00:06.860 --> 00:00:08.116 It's my great honor.

NOTE Confidence: 0.816113805833333
00:00:08.116 --> 00:00:10.401 The topic that I would like to

NOTE Confidence: 0.816113805833333
00:00:10.401 --> 00:00:12.399 highlight today is the emergence of

NOTE Confidence: 0.816113805833333
00:00:12.399 --> 00:00:14.471 the field of cardiac psychology and

NOTE Confidence: 0.816113805833333
00:00:14.471 --> 00:00:17.227 to make a case how we should broaden

NOTE Confidence: 0.816113805833333
00:00:17.227 --> 00:00:19.729 it to include vascular populations and

NOTE Confidence: 0.816113805833333
00:00:19.729 --> 00:00:22.772 how both cardiac as well as vascular

NOTE Confidence: 0.816113805833333
00:00:22.772 --> 00:00:24.922 populations all would benefit from

NOTE Confidence: 0.816113805833333
00:00:24.922 --> 00:00:27.166 integrated cardiovascular, behavioral

NOTE Confidence: 0.816113805833333
00:00:27.166 --> 00:00:30.896 healthcare in the specialty setting.

NOTE Confidence: 0.816113805833333

00:00:30.900 --> 00:00:32.548 These are my disclosures.

00:00:36.350 --> 00:00:38.456 I would like to dedicate today's

00:00:38.456 --> 00:00:40.410 lecture to my great mentor,

00:00:40.410 --> 00:00:42.630 alluded to in the introduction,

00:00:42.630 --> 00:00:44.172 who has been a great support

00:00:44.172 --> 00:00:44.943 throughout my career.

00:00:44.950 --> 00:00:47.335 Yohan done on it also

00:00:47.335 --> 00:00:49.243 Belgian native like myself.

00:00:49.250 --> 00:00:51.610 Whose theory focused on a

00:00:51.610 --> 00:00:53.498 combination of personality traits

00:00:53.498 --> 00:00:56.256 that proved to be particularly

00:00:56.256 --> 00:00:58.468 toxic for cardiovascular outcomes.

00:00:58.470 --> 00:01:00.420 Without his encouragement and support,

00:01:00.420 --> 00:01:02.908 I would not stand here today and so

00:01:02.908 --> 00:01:05.551 his work and passion for the field

00:01:05.551 --> 00:01:07.800 has definitely been passed on to

NOTE Confidence: 0.935290196363636

00:01:07.800 --> 00:01:10.195 many of us who have spread out and

NOTE Confidence: 0.935290196363636

00:01:10.195 --> 00:01:12.973 trained under him and all of us have

NOTE Confidence: 0.935290196363636

00:01:12.973 --> 00:01:15.311 spread out over the world to continue

NOTE Confidence: 0.935290196363636

00:01:15.382 --> 00:01:17.678 the the work that is ahead of us.

NOTE Confidence: 0.896964118888889

00:01:20.310 --> 00:01:22.034 So for today's presentation,

NOTE Confidence: 0.896964118888889

00:01:22.034 --> 00:01:25.478 I would like to take you back to

NOTE Confidence: 0.896964118888889

00:01:25.478 --> 00:01:27.794 some of the origins of health,

NOTE Confidence: 0.896964118888889

00:01:27.800 --> 00:01:30.512 psychology and some of the defining

NOTE Confidence: 0.896964118888889

00:01:30.512 --> 00:01:33.030 moments as a response to the

NOTE Confidence: 0.896964118888889

00:01:33.030 --> 00:01:35.090 post war chronic disease burden.

NOTE Confidence: 0.896964118888889

00:01:35.090 --> 00:01:37.071 And following that I would like to

NOTE Confidence: 0.896964118888889

00:01:37.071 --> 00:01:38.843 zoom in on further subspecialization

NOTE Confidence: 0.896964118888889

00:01:38.843 --> 00:01:41.839 that occurred and as an example would

NOTE Confidence: 0.896964118888889

00:01:41.839 --> 00:01:44.594 like to highlight the feel of cardiac

NOTE Confidence: 0.896964118888889

00:01:44.594 --> 00:01:46.876 psychology and the research and the

NOTE Confidence: 0.896964118888889

00:01:46.876 --> 00:01:49.174 interventions that led up to it.

NOTE Confidence: 0.896964118888889

00:01:49.180 --> 00:01:51.476 Next I would like to broaden the

NOTE Confidence: 0.896964118888889

00:01:51.476 --> 00:01:53.362 focus to include populations with

NOTE Confidence: 0.896964118888889

00:01:53.362 --> 00:01:55.852 vascular disease and those as those

NOTE Confidence: 0.896964118888889

00:01:55.852 --> 00:01:58.067 have been the primary focus of

NOTE Confidence: 0.896964118888889

00:01:58.067 --> 00:02:00.404 our work and I will conclude with

NOTE Confidence: 0.896964118888889

00:02:00.404 --> 00:02:02.224 making the case for integrated

NOTE Confidence: 0.896964118888889

00:02:02.224 --> 00:02:04.185 behavioral health care for both

NOTE Confidence: 0.896964118888889

00:02:04.185 --> 00:02:05.969 cardiac and vascular populations.

NOTE Confidence: 0.920614262857143

00:02:09.210 --> 00:02:12.059 So before we dive back in history,

NOTE Confidence: 0.920614262857143

00:02:12.060 --> 00:02:14.934 I want to highlight what the

NOTE Confidence: 0.920614262857143

00:02:14.934 --> 00:02:16.371 American Psychological Association

NOTE Confidence: 0.920614262857143

00:02:16.371 --> 00:02:19.330 today defines as health psychology.

NOTE Confidence: 0.920614262857143

00:02:19.330 --> 00:02:23.316 They defined as discipline as a discipline

NOTE Confidence: 0.920614262857143

00:02:23.316 --> 00:02:25.597 that examines how biological, social,

NOTE Confidence: 0.920614262857143

00:02:25.597 --> 00:02:27.625 and psychosocial factors influence

NOTE Confidence: 0.920614262857143

00:02:27.625 --> 00:02:30.740 health but also illness and health.

NOTE Confidence: 0.920614262857143

00:02:30.740 --> 00:02:32.696 Psychologists use their psychological

NOTE Confidence: 0.920614262857143

00:02:32.696 --> 00:02:35.630 signs to promote health to prevent

NOTE Confidence: 0.920614262857143

00:02:35.700 --> 00:02:38.350 illness and improve healthcare systems.

NOTE Confidence: 0.920614262857143

00:02:38.350 --> 00:02:41.356 So I want you to keep in mind that

NOTE Confidence: 0.920614262857143

00:02:41.356 --> 00:02:45.520 definition as we dive into today's lecture.

NOTE Confidence: 0.920614262857143

00:02:45.520 --> 00:02:48.400 So some of the historical origins of the

NOTE Confidence: 0.920614262857143

00:02:48.400 --> 00:02:51.280 field are traced back to the post World

NOTE Confidence: 0.920614262857143

00:02:51.280 --> 00:02:54.370 War Two period where how psychology

NOTE Confidence: 0.920614262857143

00:02:54.370 --> 00:02:58.207 really emerged as a reaction to some

NOTE Confidence: 0.920614262857143

00:02:58.207 --> 00:03:01.573 of the changing phenomena in society.

NOTE Confidence: 0.920614262857143

00:03:01.580 --> 00:03:02.456 First of all,

NOTE Confidence: 0.920614262857143

00:03:02.456 --> 00:03:04.500 we saw a decline of infectious diseases,

NOTE Confidence: 0.920614262857143

00:03:04.500 --> 00:03:07.390 but at the same time also a rise of chronic

NOTE Confidence: 0.920614262857143

00:03:07.465 --> 00:03:10.159 conditions due to the changed lifestyle,

NOTE Confidence: 0.920614262857143

00:03:10.160 --> 00:03:14.270 working and living conditions in the

00:03:14.270 --> 00:03:17.010 populations in industrialized nations.

00:03:17.010 --> 00:03:20.850 And the origins of health psychology

00:03:20.850 --> 00:03:22.645 technically can be traced back

00:03:22.645 --> 00:03:25.593 in in the US to this publication

00:03:25.593 --> 00:03:28.147 of Williams Schofield in 1969,

00:03:28.147 --> 00:03:31.066 where the Roll of Psychology in the

00:03:31.066 --> 00:03:33.639 delivery of health services was a

00:03:33.639 --> 00:03:36.786 report that was published by the

00:03:36.786 --> 00:03:38.682 American Psychological Association

00:03:38.682 --> 00:03:41.210 in the American psychologist.

00:03:41.210 --> 00:03:43.870 And all over the world we saw

00:03:43.870 --> 00:03:45.576 similar developments taking place,

00:03:45.576 --> 00:03:47.344 and as an example,

00:03:47.350 --> 00:03:50.350 French psychology after World War Two.

00:03:50.350 --> 00:03:52.410 Increasingly clinical psychology was

NOTE Confidence: 0.920614262857143

00:03:52.410 --> 00:03:54.985 being delivered in health settings.

NOTE Confidence: 0.920614262857143

00:03:54.990 --> 00:03:58.950 It was influenced by psychoanalysis,

NOTE Confidence: 0.920614262857143

00:03:58.950 --> 00:04:00.814 social and clinical psychology

NOTE Confidence: 0.920614262857143

00:04:00.814 --> 00:04:01.746 and psychopathology,

NOTE Confidence: 0.920614262857143

00:04:01.750 --> 00:04:03.334 and so this blend,

NOTE Confidence: 0.920614262857143

00:04:03.334 --> 00:04:05.710 in addition with the influence of

NOTE Confidence: 0.920614262857143

00:04:05.791 --> 00:04:07.849 American social psychology,

NOTE Confidence: 0.920614262857143

00:04:07.850 --> 00:04:10.355 social cognitive theories of health

NOTE Confidence: 0.920614262857143

00:04:10.355 --> 00:04:11.357 and illness.

NOTE Confidence: 0.920614262857143

00:04:11.360 --> 00:04:14.360 Brought it together to this health

NOTE Confidence: 0.920614262857143

00:04:14.360 --> 00:04:16.360 psychology field that emerged.

NOTE Confidence: 0.920614262857143

00:04:16.360 --> 00:04:17.172 And increasingly,

NOTE Confidence: 0.920614262857143

00:04:17.172 --> 00:04:19.608 this new discipline was being disseminated

NOTE Confidence: 0.920614262857143

00:04:19.608 --> 00:04:22.522 in the hospital setting and in the public

NOTE Confidence: 0.920614262857143

00:04:22.522 --> 00:04:24.980 health sphere and all around the world.

NOTE Confidence: 0.920614262857143

00:04:24.980 --> 00:04:27.458 We saw similar developments taking place,

NOTE Confidence: 0.920614262857143

00:04:27.460 --> 00:04:28.640 such as in the UK,

NOTE Confidence: 0.920614262857143

00:04:28.640 --> 00:04:29.888 Brazil, South Africa,

NOTE Confidence: 0.920614262857143

00:04:29.888 --> 00:04:31.163 the Netherlands, Australia,

NOTE Confidence: 0.920614262857143

00:04:31.163 --> 00:04:32.049 and elsewhere.

NOTE Confidence: 0.887911075454545

00:04:36.090 --> 00:04:38.650 Other key critical developments that

NOTE Confidence: 0.887911075454545

00:04:38.650 --> 00:04:42.141 allow this new discipline to emerge is

NOTE Confidence: 0.887911075454545

00:04:42.141 --> 00:04:44.738 really a variety and and a fortunate

NOTE Confidence: 0.887911075454545

00:04:44.738 --> 00:04:47.723 set of circumstances and and critical

NOTE Confidence: 0.887911075454545

00:04:47.723 --> 00:04:50.963 breakthroughs down to we saw evolve.

NOTE Confidence: 0.887911075454545

00:04:50.970 --> 00:04:54.099 So first of all, we had high-quality

NOTE Confidence: 0.887911075454545

00:04:54.099 --> 00:04:55.959 epidemiological evidence how behavior

NOTE Confidence: 0.887911075454545

00:04:55.959 --> 00:04:58.194 and disease incidents were causally

NOTE Confidence: 0.887911075454545

00:04:58.194 --> 00:05:00.487 related and the most prominent

NOTE Confidence: 0.887911075454545

00:05:00.487 --> 00:05:03.085 example of that is smoking behavior

NOTE Confidence: 0.887911075454545

00:05:03.085 --> 00:05:05.587 and the incidence of lung cancer.

NOTE Confidence: 0.887911075454545

00:05:05.587 --> 00:05:07.981 So that is an important development

NOTE Confidence: 0.887911075454545

00:05:07.981 --> 00:05:10.508 that took place and then with the

NOTE Confidence: 0.887911075454545

00:05:10.508 --> 00:05:12.949 rise of the chronic health burden.

NOTE Confidence: 0.887911075454545

00:05:12.950 --> 00:05:14.846 Of course came also the rise of the

NOTE Confidence: 0.887911075454545

00:05:14.846 --> 00:05:17.136 cost of healthcare and the need for

NOTE Confidence: 0.887911075454545

00:05:17.136 --> 00:05:18.896 more effectiveness and efficiency in

NOTE Confidence: 0.887911075454545

00:05:18.960 --> 00:05:21.109 the delivery of health care and health.

NOTE Confidence: 0.887911075454545

00:05:21.110 --> 00:05:24.790 Ecology was one of the responses to that.

NOTE Confidence: 0.887911075454545

00:05:24.790 --> 00:05:27.492 At medical schools we saw also an

NOTE Confidence: 0.887911075454545

00:05:27.492 --> 00:05:29.535 uptake in teaching of behavioral

NOTE Confidence: 0.887911075454545

00:05:29.535 --> 00:05:32.342 sciences as a part of the curriculum

NOTE Confidence: 0.887911075454545

00:05:32.342 --> 00:05:35.575 and an increase in communication skills

NOTE Confidence: 0.887911075454545

00:05:35.575 --> 00:05:38.325 training to improve patient adherence,

NOTE Confidence: 0.887911075454545

00:05:38.330 --> 00:05:39.938 patient satisfaction satisfaction.

NOTE Confidence: 0.887911075454545

00:05:39.938 --> 00:05:44.169 So an increased focus and an openness to

NOTE Confidence: 0.887911075454545

00:05:44.169 --> 00:05:47.345 that in the medical schools was taking place.

NOTE Confidence: 0.887911075454545

00:05:47.350 --> 00:05:50.066 We saw more and more clinical psychology

NOTE Confidence: 0.887911075454545

00:05:50.066 --> 00:05:51.686 behavioral medicine also moving

NOTE Confidence: 0.887911075454545

00:05:51.686 --> 00:05:54.050 into the primary care setting and

NOTE Confidence: 0.887911075454545

00:05:54.050 --> 00:05:56.130 collaborative care models being offered.

NOTE Confidence: 0.887911075454545

00:05:56.130 --> 00:05:59.504 During this era also we had important

NOTE Confidence: 0.887911075454545

00:05:59.504 --> 00:06:01.621 theories for behavioral change

NOTE Confidence: 0.887911075454545

00:06:01.621 --> 00:06:03.397 models being developed,

NOTE Confidence: 0.887911075454545

00:06:03.400 --> 00:06:06.230 tested and used for interventions

NOTE Confidence: 0.887911075454545

00:06:06.230 --> 00:06:08.494 with evidence based interventions

NOTE Confidence: 0.887911075454545

00:06:08.494 --> 00:06:11.898 that we still use up until this day

NOTE Confidence: 0.887911075454545

00:06:11.898 --> 00:06:14.579 that were developed during this period

NOTE Confidence: 0.887911075454545

00:06:14.580 --> 00:06:17.112 and we actually became pretty good

NOTE Confidence: 0.887911075454545

00:06:17.112 --> 00:06:19.178 in predicting health behavior change

NOTE Confidence: 0.887911075454545

00:06:19.178 --> 00:06:21.614 with an emphasis on health beliefs,

NOTE Confidence: 0.887911075454545

00:06:21.620 --> 00:06:24.968 attitudes and behavior.

NOTE Confidence: 0.887911075454545

00:06:24.970 --> 00:06:27.544 And then another parallel of development

NOTE Confidence: 0.887911075454545

00:06:27.544 --> 00:06:31.228 was the field of second neural immunology,

NOTE Confidence: 0.887911075454545

00:06:31.230 --> 00:06:33.414 where we really saw the relationship

NOTE Confidence: 0.887911075454545

00:06:33.414 --> 00:06:35.554 between the immune system and the

NOTE Confidence: 0.887911075454545

00:06:35.554 --> 00:06:37.420 central nervous system and the role

NOTE Confidence: 0.887911075454545

00:06:37.420 --> 00:06:39.571 of stress being documented in a in

NOTE Confidence: 0.887911075454545

00:06:39.571 --> 00:06:40.743 a very detailed way,

NOTE Confidence: 0.887911075454545

00:06:40.750 --> 00:06:43.380 and then finally unfortunately the

NOTE Confidence: 0.887911075454545

00:06:43.380 --> 00:06:46.820 AIDS and HIV epidemic in the 80s.

NOTE Confidence: 0.887911075454545

00:06:46.820 --> 00:06:49.245 Also spurred funding in behavioral

NOTE Confidence: 0.887911075454545

00:06:49.245 --> 00:06:50.215 health research,

NOTE Confidence: 0.887911075454545

00:06:50.220 --> 00:06:53.450 so those developments were critical

NOTE Confidence: 0.887911075454545

00:06:53.450 --> 00:06:56.680 for this discipline to emerge.

NOTE Confidence: 0.887911075454545

00:06:56.680 --> 00:06:58.969 Yale had a very important role also

NOTE Confidence: 0.887911075454545

00:06:58.969 --> 00:07:01.688 in helping to shape this field of

NOTE Confidence: 0.887911075454545

00:07:01.688 --> 00:07:03.356 health technology with yields,

NOTE Confidence: 0.887911075454545

00:07:03.360 --> 00:07:06.258 President Peter Salovey being one of

NOTE Confidence: 0.887911075454545

00:07:06.258 --> 00:07:09.083 the Inspirators who helped define the

NOTE Confidence: 0.887911075454545

00:07:09.083 --> 00:07:11.444 field with others and highlighting the

NOTE Confidence: 0.887911075454545

00:07:11.444 --> 00:07:14.340 fact that people sense of their own health,

NOTE Confidence: 0.887911075454545

00:07:14.340 --> 00:07:17.245 is not only the reflection of their

NOTE Confidence: 0.887911075454545

00:07:17.245 --> 00:07:19.299 psychological and physical well being,

NOTE Confidence: 0.887911075454545

00:07:19.300 --> 00:07:21.736 but also a good predictor for

NOTE Confidence: 0.887911075454545

00:07:21.736 --> 00:07:23.828 subsequent physical health and how

NOTE Confidence: 0.887911075454545

00:07:23.828 --> 00:07:26.204 these two are are really intertwined.

NOTE Confidence: 0.770955804

00:07:29.550 --> 00:07:31.578 Further formalization took

NOTE Confidence: 0.770955804

00:07:31.578 --> 00:07:35.588 them place with in 1976.

NOTE Confidence: 0.770955804

00:07:35.588 --> 00:07:37.878 The establishment of the Division

NOTE Confidence: 0.770955804

00:07:37.878 --> 00:07:41.017 38 that was referred to in the

NOTE Confidence: 0.770955804

00:07:41.017 --> 00:07:43.067 beginning of of the introduction.

NOTE Confidence: 0.770955804

00:07:43.070 --> 00:07:45.214 Where the American Psychological

NOTE Confidence: 0.770955804

00:07:45.214 --> 00:07:47.358 Association established a separate

NOTE Confidence: 0.770955804

00:07:47.358 --> 00:07:49.635 division directed towards health psychology

NOTE Confidence: 0.770955804

00:07:49.635 --> 00:07:52.281 and which is still up until today.

NOTE Confidence: 0.770955804

00:07:52.290 --> 00:07:54.470 Very active.

NOTE Confidence: 0.770955804

00:07:54.470 --> 00:07:57.438 You had also one of the foundational

NOTE Confidence: 0.770955804

00:07:57.438 --> 00:08:00.024 conferences that really brought behavioral

NOTE Confidence: 0.770955804

00:08:00.024 --> 00:08:03.109 health and biomedical scientists together.

NOTE Confidence: 0.770955804

00:08:03.110 --> 00:08:04.945 How we should together solve

NOTE Confidence: 0.770955804

00:08:04.945 --> 00:08:06.780 problems of health and illness

NOTE Confidence: 0.770955804

00:08:06.846 --> 00:08:08.590 in an interdisciplinary way.

NOTE Confidence: 0.770955804

00:08:08.590 --> 00:08:11.086 And this was led by Gary

NOTE Confidence: 0.770955804

00:08:11.086 --> 00:08:12.750 Schwartz and Stephen Weiss.

NOTE Confidence: 0.770955804

00:08:12.750 --> 00:08:14.490 And then in the early 80s,

NOTE Confidence: 0.770955804

00:08:14.490 --> 00:08:17.505 the Arden House Conference really

NOTE Confidence: 0.770955804

00:08:17.505 --> 00:08:19.917 scoped out the professional

NOTE Confidence: 0.770955804

13

00:08:19.917 --> 00:08:22.419 responsibilities and the training

NOTE Confidence: 0.770955804

00:08:22.419 --> 00:08:24.847 requirements for health psychologists.

NOTE Confidence: 0.770955804

00:08:24.850 --> 00:08:27.238 So together these multidisciplinary

NOTE Confidence: 0.770955804

00:08:27.238 --> 00:08:29.029 developments and professionals

NOTE Confidence: 0.770955804

00:08:29.029 --> 00:08:31.754 promoted the importance of behavioral

NOTE Confidence: 0.770955804

00:08:31.754 --> 00:08:34.340 health and and spurring more research

NOTE Confidence: 0.770955804

00:08:34.340 --> 00:08:36.270 and education in this domain.

NOTE Confidence: 0.884027469375

00:08:39.850 --> 00:08:42.560 So in the next part I would like to zoom

NOTE Confidence: 0.884027469375

00:08:42.630 --> 00:08:45.408 in more on the further subspecialization.

NOTE Confidence: 0.884027469375

00:08:45.410 --> 00:08:47.854 Since this new discipline

NOTE Confidence: 0.884027469375

00:08:47.854 --> 00:08:50.298 emerged and the observations,

NOTE Confidence: 0.884027469375

00:08:50.300 --> 00:08:52.267 the research that led up to this,

NOTE Confidence: 0.884027469375

00:08:52.270 --> 00:08:54.330 and while not officially

NOTE Confidence: 0.884027469375

00:08:54.330 --> 00:08:56.390 recognized as a subspecialty,

NOTE Confidence: 0.884027469375

00:08:56.390 --> 00:08:58.777 it certainly is emerging and the relevance

NOTE Confidence: 0.884027469375

00:08:58.777 --> 00:09:01.569 of it has become increasingly clear.

NOTE Confidence: 0.884027469375

00:09:01.570 --> 00:09:04.225 So I'm talking about cardiac

NOTE Confidence: 0.884027469375

00:09:04.225 --> 00:09:07.998 psychology as people refer to it.

NOTE Confidence: 0.884027469375

00:09:08.000 --> 00:09:11.256 Also, a little bit of history here that

NOTE Confidence: 0.884027469375

00:09:11.260 --> 00:09:13.620 took place around the same time as health

NOTE Confidence: 0.884027469375

00:09:13.620 --> 00:09:15.499 psychology in general was developing,

NOTE Confidence: 0.884027469375

00:09:15.500 --> 00:09:17.845 taking us back to the work on

NOTE Confidence: 0.884027469375

00:09:17.845 --> 00:09:20.069 type A personality in which I will

NOTE Confidence: 0.884027469375

00:09:20.069 --> 00:09:22.279 talk a little bit more in a bit.

NOTE Confidence: 0.884027469375

00:09:22.280 --> 00:09:25.588 Going from type A personality

NOTE Confidence: 0.884027469375

00:09:25.588 --> 00:09:27.473 to elements of its personality,

NOTE Confidence: 0.884027469375

00:09:27.480 --> 00:09:28.896 anger, hostility, focusing,

NOTE Confidence: 0.884027469375

00:09:28.896 --> 00:09:31.728 then the next wave of research

NOTE Confidence: 0.884027469375

00:09:31.728 --> 00:09:34.079 on depression and the individual

NOTE Confidence: 0.884027469375

00:09:34.079 --> 00:09:37.550 elements of all the types of symptoms,

NOTE Confidence: 0.884027469375

00:09:37.550 --> 00:09:39.734 somatic versus cognitive,

NOTE Confidence: 0.884027469375

00:09:39.734 --> 00:09:44.102 in the toxicity of cardiovascular outcomes.

NOTE Confidence: 0.884027469375

00:09:44.110 --> 00:09:46.756 A related concept where the emphasis was

NOTE Confidence: 0.884027469375

00:09:46.756 --> 00:09:49.320 on fatigue was vital exhaustion that

NOTE Confidence: 0.884027469375

00:09:49.320 --> 00:09:52.026 was also coming from the Netherlands,

NOTE Confidence: 0.884027469375

00:09:52.030 --> 00:09:54.564 studied by apples in mass thrift and

NOTE Confidence: 0.884027469375

00:09:54.564 --> 00:09:57.604 for some of you might be familiar

NOTE Confidence: 0.884027469375

00:09:57.604 --> 00:09:59.944 with the mass Thrift Questionnaire

NOTE Confidence: 0.884027469375

00:09:59.944 --> 00:10:02.379 which was developed over there.

NOTE Confidence: 0.884027469375

00:10:02.380 --> 00:10:04.630 And then further research on

NOTE Confidence: 0.884027469375

00:10:04.630 --> 00:10:05.980 other psychosocial factors,

NOTE Confidence: 0.884027469375

00:10:05.980 --> 00:10:07.840 anxiety and of course a large

NOTE Confidence: 0.884027469375

00:10:07.840 --> 00:10:09.590 body of research on stress,

NOTE Confidence: 0.884027469375

00:10:09.590 --> 00:10:12.908 both acute and chronic stress that

NOTE Confidence: 0.884027469375

00:10:12.908 --> 00:10:14.896 was developed in highlighting.

NOTE Confidence: 0.884027469375

00:10:14.896 --> 00:10:17.962 Again the work of my mentor going

NOTE Confidence: 0.884027469375

00:10:17.962 --> 00:10:20.902 hunting led to a developed a theory and

NOTE Confidence: 0.884027469375

00:10:20.902 --> 00:10:23.194 described the phenomenon of the depressed,

NOTE Confidence: 0.884027469375

00:10:23.200 --> 00:10:26.060 the distressed type D personality,

NOTE Confidence: 0.884027469375

00:10:26.060 --> 00:10:28.330 which is a combination of

NOTE Confidence: 0.884027469375

00:10:28.330 --> 00:10:29.238 negative affectivity,

NOTE Confidence: 0.884027469375

00:10:29.240 --> 00:10:32.486 the tendency to experience negative emotions.

NOTE Confidence: 0.884027469375

00:10:32.490 --> 00:10:34.110 But at the same time,

NOTE Confidence: 0.884027469375

00:10:34.110 --> 00:10:36.225 also scoring high on social

NOTE Confidence: 0.884027469375

00:10:36.225 --> 00:10:38.340 inhibition so people not sharing

NOTE Confidence: 0.884027469375

00:10:38.412 --> 00:10:41.586 their emotions and he documented in

NOTE Confidence: 0.884027469375

00:10:41.586 --> 00:10:43.173 several cardiovascular populations

NOTE Confidence: 0.884027469375

00:10:43.173 --> 00:10:45.640 that that combination is particularly

NOTE Confidence: 0.884027469375

00:10:45.640 --> 00:10:48.308 cardiotoxic as as we refer to it.

NOTE Confidence: 0.880269895333333

00:10:50.900 --> 00:10:54.290 So the first description that was

NOTE Confidence: 0.880269895333333

00:10:54.290 --> 00:10:58.349 published and where we saw a parallel

NOTE Confidence: 0.880269895333333

00:10:58.349 --> 00:11:01.100 trend between people's mindsets and

NOTE Confidence: 0.880269895333333

00:11:01.100 --> 00:11:03.800 outcomes for coronary artery disease

NOTE Confidence: 0.880269895333333

00:11:03.800 --> 00:11:07.291 was done by a UK physician in 1950.

NOTE Confidence: 0.880269895333333

00:11:07.291 --> 00:11:10.846 Where there was a link.

NOTE Confidence: 0.880269895333333

00:11:10.850 --> 00:11:12.994 Describe between potentially changing

NOTE Confidence: 0.880269895333333

00:11:12.994 --> 00:11:15.138 lifestyle and working conditions

NOTE Confidence: 0.880269895333333

00:11:15.138 --> 00:11:16.760 and cardiovascular disease.

NOTE Confidence: 0.880269895333333

00:11:16.760 --> 00:11:21.640 And his first letter was met with highly

NOTE Confidence: 0.880269895333333

00:11:21.640 --> 00:11:25.198 contested responses to these observations.

NOTE Confidence: 0.880269895333333

00:11:25.200 --> 00:11:27.664 So the only thing that this doctor

NOTE Confidence: 0.880269895333333

00:11:27.664 --> 00:11:30.637 Stewart noted was that there was an

NOTE Confidence: 0.880269895333333

00:11:30.637 --> 00:11:32.481 increase in cardiovascular disease

NOTE Confidence: 0.880269895333333

00:11:32.481 --> 00:11:34.419 coronary artery disease during

NOTE Confidence: 0.880269895333333

00:11:34.420 --> 00:11:36.658 this century is what he describes,

NOTE Confidence: 0.880269895333333

00:11:36.660 --> 00:11:40.272 and that the malady mostly effects men

NOTE Confidence: 0.880269895333333

00:11:40.272 --> 00:11:43.996 in middle life and in his further the

NOTE Confidence: 0.880269895333333

00:11:43.996 --> 00:11:46.208 scription he refers to the work pace

NOTE Confidence: 0.880269895333333

00:11:46.208 --> 00:11:48.620 and notes a parallel between the two.

NOTE Confidence: 0.852903004545454

00:11:52.030 --> 00:11:54.515 So that was the first publication in

NOTE Confidence: 0.852903004545454

00:11:54.515 --> 00:11:58.510 the UK and then a little later in the US

NOTE Confidence: 0.852903004545454

00:11:58.510 --> 00:12:02.676 there was a duel of cardiologists that

NOTE Confidence: 0.852903004545454

00:12:02.676 --> 00:12:07.548 presented the work on type A personality,

NOTE Confidence: 0.852903004545454

00:12:07.550 --> 00:12:10.765 and Rosamond and Friedman described

NOTE Confidence: 0.852903004545454

00:12:10.765 --> 00:12:14.734 as type A personality that was

NOTE Confidence: 0.852903004545454

00:12:14.734 --> 00:12:17.833 characterized by an intense Dr.

NOTE Confidence: 0.852903004545454

00:12:17.833 --> 00:12:19.402 Need for achievement,

NOTE Confidence: 0.852903004545454

00:12:19.402 --> 00:12:22.017 constantly being on the go.

NOTE Confidence: 0.852903004545454

00:12:22.020 --> 00:12:24.333 Being very competitive.

NOTE Confidence: 0.852903004545454

00:12:24.333 --> 00:12:27.963 Hostile and having high anger

NOTE Confidence: 0.852903004545454

00:12:27.963 --> 00:12:31.764 and and and So what they observed

NOTE Confidence: 0.852903004545454

00:12:31.764 --> 00:12:34.598 was in this personality profile.

NOTE Confidence: 0.852903004545454

00:12:34.598 --> 00:12:38.072 When they contrasted it with other

NOTE Confidence: 0.852903004545454

00:12:38.072 --> 00:12:40.740 personality profiles is that they had

NOTE Confidence: 0.852903004545454

00:12:40.740 --> 00:12:43.461 a much higher rate of coronary artery

NOTE Confidence: 0.852903004545454

00:12:43.461 --> 00:12:46.431 disease and also in their subsequent

NOTE Confidence: 0.852903004545454

00:12:46.431 --> 00:12:49.230 work described higher mortality rates

NOTE Confidence: 0.852903004545454

00:12:49.230 --> 00:12:52.505 linked with this personality profile.

NOTE Confidence: 0.852903004545454

00:12:52.510 --> 00:12:55.898 This construct was only studied in men,

NOTE Confidence: 0.852903004545454

00:12:55.900 --> 00:12:59.550 and as the research accrued.

NOTE Confidence: 0.852903004545454

00:12:59.550 --> 00:13:02.540 There was some issues with

NOTE Confidence: 0.852903004545454

00:13:02.540 --> 00:13:05.530 replication of this work and.

NOTE Confidence: 0.852903004545454

00:13:05.530 --> 00:13:08.282 One started to focus on some of the

NOTE Confidence: 0.852903004545454

00:13:08.282 --> 00:13:11.148 most toxic aspects of this personality.

NOTE Confidence: 0.852903004545454

00:13:11.150 --> 00:13:13.598 Trade anger and hostility,

NOTE Confidence: 0.852903004545454

00:13:13.598 --> 00:13:16.990 which then was studied in isolation.

NOTE Confidence: 0.852903004545454

00:13:16.990 --> 00:13:19.398 And and so over time this this research

NOTE Confidence: 0.852903004545454

00:13:19.398 --> 00:13:21.891 line had gotten out of favor because

NOTE Confidence: 0.852903004545454

00:13:21.891 --> 00:13:23.970 there were several issues with it.

NOTE Confidence: 0.852903004545454

00:13:23.970 --> 00:13:25.770 And so with that overall,

NOTE Confidence: 0.852903004545454

00:13:25.770 --> 00:13:28.760 the study of psychosocial factors

NOTE Confidence: 0.852903004545454

00:13:28.760 --> 00:13:31.152 in coronary artery disease.

NOTE Confidence: 0.852903004545454

00:13:31.160 --> 00:13:36.698 The enthusiasm for it temporarily lowered.

NOTE Confidence: 0.852903004545454

00:13:36.700 --> 00:13:39.220 Until this Canadian dual of researchers

NOTE Confidence: 0.852903004545454

00:13:39.220 --> 00:13:42.447 were able to put the interest for

NOTE Confidence: 0.852903004545454

00:13:42.447 --> 00:13:44.887 psychosocial factors and cardiac disease

NOTE Confidence: 0.852903004545454

00:13:44.887 --> 00:13:47.967 back on the map with their landmark

NOTE Confidence: 0.852903004545454

00:13:47.967 --> 00:13:51.056 study published in the 90s in in JAMA,

NOTE Confidence: 0.852903004545454

00:13:51.056 --> 00:13:53.860 Nancy, Fraser, Smith and Plasma.

NOTE Confidence: 0.852903004545454

00:13:53.860 --> 00:13:57.852 Let's billons they followed in Quebec.

NOTE Confidence: 0.852903004545454

00:13:57.852 --> 00:14:01.092 A population of acute micro

NOTE Confidence: 0.852903004545454

00:14:01.092 --> 00:14:04.119 cardial infarction survivors.

NOTE Confidence: 0.852903004545454

00:14:04.120 --> 00:14:06.730 78% of them was male.

NOTE Confidence: 0.852903004545454

00:14:06.730 --> 00:14:09.670 And they were interviewed with a

NOTE Confidence: 0.852903004545454

00:14:09.670 --> 00:14:12.058 diagnostic interview for Depression 5

NOTE Confidence: 0.852903004545454

00:14:12.058 --> 00:14:14.515 to 15 days following the acute event.

NOTE Confidence: 0.852903004545454

00:14:14.520 --> 00:14:17.028 And they simply looked at their

NOTE Confidence: 0.852903004545454

00:14:17.028 --> 00:14:19.364 survival state at six months

NOTE Confidence: 0.852903004545454

00:14:19.364 --> 00:14:21.696 obtained from medical records.

NOTE Confidence: 0.852903004545454

00:14:21.700 --> 00:14:25.010 And what they saw is that upon assessment,

NOTE Confidence: 0.852903004545454

00:14:25.010 --> 00:14:28.085 when people had their acute

NOTE Confidence: 0.852903004545454

00:14:28.085 --> 00:14:29.315 myocardial infarction,

NOTE Confidence: 0.852903004545454

00:14:29.320 --> 00:14:32.772 16% met the criteria of major depressive

NOTE Confidence: 0.852903004545454

00:14:32.772 --> 00:14:35.474 disorder at the time of the interview.

NOTE Confidence: 0.852903004545454

00:14:35.480 --> 00:14:38.248 And then at follow-up,

NOTE Confidence: 0.852903004545454

00:14:38.248 --> 00:14:42.289 the people who died 50% was

NOTE Confidence: 0.852903004545454

00:14:42.289 --> 00:14:44.906 marked as depressed at inclusion.

NOTE Confidence: 0.852903004545454

00:14:44.906 --> 00:14:47.530 And so the mortality in the press was

NOTE Confidence: 0.852903004545454

00:14:47.597 --> 00:14:49.847 much higher than the non depressed.

NOTE Confidence: 0.852903004545454

00:14:49.850 --> 00:14:52.754 And all of the mortality causes

NOTE Confidence: 0.852903004545454

00:14:52.754 --> 00:14:54.206 were cardiac related.

NOTE Confidence: 0.852903004545454

00:14:54.210 --> 00:14:57.258 So the risk that they observed was a

NOTE Confidence: 0.852903004545454

00:14:57.258 --> 00:14:59.630 fourfold risk of adverse outcomes.

NOTE Confidence: 0.852903004545454

00:14:59.630 --> 00:15:02.276 And so this really opened up this

NOTE Confidence: 0.852903004545454

00:15:02.276 --> 00:15:04.620 line of research again and and

NOTE Confidence: 0.852903004545454

00:15:04.620 --> 00:15:06.510 gotten a lot of attention.

NOTE Confidence: 0.852903004545454

00:15:06.510 --> 00:15:06.804 Why?

NOTE Confidence: 0.852903004545454

00:15:06.804 --> 00:15:08.568 Why is this a landmark paper,

NOTE Confidence: 0.852903004545454

00:15:08.570 --> 00:15:10.243 even though today we would say this

NOTE Confidence: 0.852903004545454

00:15:10.243 --> 00:15:12.306 is a small study, short follow-up,

NOTE Confidence: 0.852903004545454

00:15:12.306 --> 00:15:12.794 etcetera.

NOTE Confidence: 0.852903004545454

00:15:12.794 --> 00:15:15.722 It reopened a discussion of the

NOTE Confidence: 0.852903004545454

00:15:15.722 --> 00:15:18.394 importance of psychosocial and behavioral

NOTE Confidence: 0.852903004545454

00:15:18.394 --> 00:15:21.029 factors in cardiac disease outcomes.

NOTE Confidence: 0.852903004545454

00:15:21.030 --> 00:15:23.060 And by focusing on depression

NOTE Confidence: 0.852903004545454

00:15:23.060 --> 00:15:24.684 as opposed to personality,

NOTE Confidence: 0.852903004545454

00:15:24.690 --> 00:15:27.170 it offered a manageable explanation,

NOTE Confidence: 0.852903004545454

00:15:27.170 --> 00:15:29.613 for which we know treatments for the

NOTE Confidence: 0.852903004545454

00:15:29.613 --> 00:15:32.028 mind body link in cardiac disease,

NOTE Confidence: 0.852903004545454

00:15:32.030 --> 00:15:34.060 and importantly this this work for the

NOTE Confidence: 0.852903004545454

00:15:34.060 --> 00:15:36.249 first time did not have a gender bias.

NOTE Confidence: 0.852903004545454

00:15:36.250 --> 00:15:38.166 It also included women.

NOTE Confidence: 0.852903004545454

00:15:38.166 --> 00:15:41.646 And it also offered an important concept

NOTE Confidence: 0.852903004545454

00:15:41.646 --> 00:15:44.730 that could serve as an explanation

NOTE Confidence: 0.852903004545454

00:15:44.730 --> 00:15:46.776 for the racial and gender disparities

NOTE Confidence: 0.852903004545454

00:15:46.776 --> 00:15:48.594 that were Dan already described

NOTE Confidence: 0.852903004545454

00:15:48.594 --> 00:15:50.569 in in cardiac disease outcomes.

NOTE Confidence: 0.907494502727273

00:15:52.590 --> 00:15:55.542 So since then, people have further

NOTE Confidence: 0.907494502727273

00:15:55.542 --> 00:15:58.310 looked at much larger cohorts.

NOTE Confidence: 0.907494502727273

00:15:58.310 --> 00:16:01.035 2000 plus cohorts in in

NOTE Confidence: 0.907494502727273

00:16:01.035 --> 00:16:03.215 a variety of populations,

NOTE Confidence: 0.907494502727273

00:16:03.220 --> 00:16:06.920 stable coronary artery disease.

NOTE Confidence: 0.907494502727273

00:16:06.920 --> 00:16:09.040 As well as outpatients

NOTE Confidence: 0.907494502727273

00:16:09.040 --> 00:16:10.630 heart failure patients.

NOTE Confidence: 0.907494502727273

00:16:10.630 --> 00:16:13.990 Longer follow-up periods and.

NOTE Confidence: 0.907494502727273

00:16:13.990 --> 00:16:14.830 Essentially,

NOTE Confidence: 0.907494502727273

00:16:14.830 --> 00:16:16.489 these these observations

NOTE Confidence: 0.907494502727273

00:16:16.489 --> 00:16:18.148 were replicated further,

NOTE Confidence: 0.907494502727273

00:16:18.150 --> 00:16:21.690 and then the endpoints that one

NOTE Confidence: 0.907494502727273

00:16:21.690 --> 00:16:24.090 became attuned to was expanded

NOTE Confidence: 0.907494502727273

00:16:24.090 --> 00:16:27.530 not only to focus on mortality,

NOTE Confidence: 0.907494502727273

00:16:27.530 --> 00:16:30.266 but especially the quality of life.

NOTE Confidence: 0.907494502727273

00:16:30.270 --> 00:16:32.270 Of these patients that go

NOTE Confidence: 0.907494502727273

00:16:32.270 --> 00:16:33.470 through this experience,

NOTE Confidence: 0.907494502727273

00:16:33.470 --> 00:16:35.805 adherence issues and lifestyle factors

NOTE Confidence: 0.907494502727273

00:16:35.805 --> 00:16:39.112 were also related to the study of

NOTE Confidence: 0.907494502727273

00:16:39.112 --> 00:16:41.337 depression in in this population.

NOTE Confidence: 0.883757322

00:16:47.300 --> 00:16:51.154 The numbers for today that I would

NOTE Confidence: 0.883757322

00:16:51.154 --> 00:16:53.933 like to highlight that overall we we

NOTE Confidence: 0.883757322

00:16:53.933 --> 00:16:57.195 find evidence for acute myocardial

NOTE Confidence: 0.883757322

00:16:57.195 --> 00:16:59.280 infarction survival survivors.

NOTE Confidence: 0.883757322

00:16:59.280 --> 00:17:01.344 That's about one in five percents

NOTE Confidence: 0.883757322

00:17:01.344 --> 00:17:03.330 with a major depressive disorder.

NOTE Confidence: 0.883757322

00:17:03.330 --> 00:17:07.202 And one in three does not meet the

NOTE Confidence: 0.883757322

00:17:07.202 --> 00:17:09.718 threshold for major depressive disorder,

NOTE Confidence: 0.883757322

00:17:09.718 --> 00:17:12.298 but still presents with clinically

NOTE Confidence: 0.883757322

00:17:12.298 --> 00:17:13.970 relevant depressive symptoms,

NOTE Confidence: 0.883757322

00:17:13.970 --> 00:17:16.208 and it doesn't matter whether people

NOTE Confidence: 0.883757322

00:17:16.208 --> 00:17:18.676 meet the formal threshold or have

NOTE Confidence: 0.883757322

00:17:18.676 --> 00:17:20.047 increased depressive symptoms.

NOTE Confidence: 0.883757322

00:17:20.050 --> 00:17:22.702 They are at risk of subsequent

NOTE Confidence: 0.883757322

00:17:22.702 --> 00:17:25.210 adverse outcomes, and that has

NOTE Confidence: 0.883757322

00:17:25.210 --> 00:17:27.370 been multiple times demonstrated.

NOTE Confidence: 0.883757322

00:17:27.370 --> 00:17:27.834 Unfortunately,

NOTE Confidence: 0.883757322

00:17:27.834 --> 00:17:31.082 only a third of patients are recognized

NOTE Confidence: 0.883757322

00:17:31.082 --> 00:17:34.274 as such as depressed during their

NOTE Confidence: 0.883757322

00:17:34.274 --> 00:17:36.458 acute myocardial infarction admission

NOTE Confidence: 0.883757322

00:17:36.458 --> 00:17:38.682 even when systematic screening

NOTE Confidence: 0.883757322

00:17:38.682 --> 00:17:41.826 programs in hospitals are in place.

NOTE Confidence: 0.883757322

00:17:41.830 --> 00:17:44.942 We do find that there is a large

NOTE Confidence: 0.883757322

00:17:44.942 --> 00:17:46.890 under recognition of depression,

NOTE Confidence: 0.883757322

00:17:46.890 --> 00:17:49.389 and the problem is also tied to

NOTE Confidence: 0.883757322

00:17:49.389 --> 00:17:52.004 the care linkage and the linking

NOTE Confidence: 0.883757322

00:17:52.004 --> 00:17:53.960 them to appropriate treatment.

NOTE Confidence: 0.899351694666667

00:17:57.780 --> 00:18:01.660 Next, I want to highlight a larger global

NOTE Confidence: 0.899351694666667

00:18:01.660 --> 00:18:05.430 study that has since then been conducted

NOTE Confidence: 0.899351694666667

00:18:05.430 --> 00:18:09.280 and was published in The Lancet in 2004,

NOTE Confidence: 0.899351694666667

00:18:09.280 --> 00:18:13.412 which caught a lot of attention in

NOTE Confidence: 0.899351694666667

00:18:13.412 --> 00:18:16.770 the space of cardiology and allied.

NOTE Confidence: 0.899351694666667

00:18:16.770 --> 00:18:18.770 Specialties that are interested

NOTE Confidence: 0.899351694666667

00:18:18.770 --> 00:18:20.270 in cardiovascular populations,

NOTE Confidence: 0.899351694666667

00:18:20.270 --> 00:18:23.245 and this was a case control design

NOTE Confidence: 0.899351694666667

00:18:23.250 --> 00:18:26.250 where they studied over 11,000

NOTE Confidence: 0.899351694666667

00:18:26.250 --> 00:18:29.568 patients who had suffered their first

NOTE Confidence: 0.899351694666667

00:18:29.568 --> 00:18:32.604 heart attack and they matched them

NOTE Confidence: 0.899351694666667

00:18:32.604 --> 00:18:36.630 with age and sex matched controls.

NOTE Confidence: 0.899351694666667

00:18:36.630 --> 00:18:41.268 Control set of over 13,000 individuals.

NOTE Confidence: 0.899351694666667

00:18:41.270 --> 00:18:43.545 And they recruited them from

NOTE Confidence: 0.899351694666667

00:18:43.545 --> 00:18:45.712 centers around the world, Asia,

NOTE Confidence: 0.899351694666667

00:18:45.712 --> 00:18:47.080 Europe, Middle East, Africa,

NOTE Confidence: 0.899351694666667

00:18:47.080 --> 00:18:49.756 Australia and North and South America.

NOTE Confidence: 0.899351694666667

00:18:49.760 --> 00:18:51.428 And then they measured

NOTE Confidence: 0.899351694666667

00:18:51.428 --> 00:18:53.096 the variety of factors,

NOTE Confidence: 0.899351694666667

00:18:53.100 --> 00:18:55.200 the risk factors that are known

NOTE Confidence: 0.899351694666667

00:18:55.200 --> 00:18:57.432 to be associated with my cardio,

NOTE Confidence: 0.899351694666667

00:18:57.432 --> 00:18:58.680 infarction and psychosocial

NOTE Confidence: 0.899351694666667

00:18:58.680 --> 00:19:00.760 stress was one of them.

NOTE Confidence: 0.899351694666667

00:19:00.760 --> 00:19:03.819 It was assessed with four simple questions

NOTE Confidence: 0.899351694666667

00:19:03.819 --> 00:19:06.488 about stress at work and at home.

NOTE Confidence: 0.899351694666667

00:19:06.490 --> 00:19:08.485 Financial stress and major life

NOTE Confidence: 0.899351694666667

00:19:08.485 --> 00:19:11.447 events in the past year and then

NOTE Confidence: 0.899351694666667

00:19:11.447 --> 00:19:13.219 additional questions also ask

NOTE Confidence: 0.899351694666667

00:19:13.219 --> 00:19:15.939 people about the locus of control

NOTE Confidence: 0.899351694666667

00:19:15.939 --> 00:19:18.119 and the presence of depression.

NOTE Confidence: 0.899351694666667

00:19:18.120 --> 00:19:21.137 And here all of these factors that

NOTE Confidence: 0.899351694666667

00:19:21.137 --> 00:19:23.897 they studied are listed together and

NOTE Confidence: 0.899351694666667

00:19:23.897 --> 00:19:27.143 put together in a model where the

NOTE Confidence: 0.899351694666667

00:19:27.143 --> 00:19:30.041 contribution of how much each individual

NOTE Confidence: 0.899351694666667

00:19:30.041 --> 00:19:32.990 factor contributed to the risk of

NOTE Confidence: 0.899351694666667

00:19:32.990 --> 00:19:35.440 acute myocardial infarction was presented.

NOTE Confidence: 0.899351694666667

00:19:35.440 --> 00:19:38.500 Other risk factors studied were smoking,

NOTE Confidence: 0.899351694666667

00:19:38.500 --> 00:19:39.140 diabetes,

NOTE Confidence: 0.899351694666667

00:19:39.140 --> 00:19:40.420 hypertension, obesity,

NOTE Confidence: 0.899351694666667

00:19:40.420 --> 00:19:43.620 intake of fruits and vegetables,

NOTE Confidence: 0.899351694666667

00:19:43.620 --> 00:19:48.300 exercising alcohol intake and lipid profiles.

NOTE Confidence: 0.899351694666667

00:19:48.300 --> 00:19:51.708 And so when you look at

NOTE Confidence: 0.899351694666667

00:19:51.708 --> 00:19:53.412 the psychosocial index,

NOTE Confidence: 0.899351694666667

00:19:53.420 --> 00:19:57.290 you see that it was a robust predictor of

NOTE Confidence: 0.899351694666667

00:19:57.290 --> 00:20:00.359 experiencing and acute myocardial infarction.

NOTE Confidence: 0.899351694666667

00:20:00.360 --> 00:20:03.768 And in this column they also calculated the

NOTE Confidence: 0.899351694666667

00:20:03.768 --> 00:20:05.829 population attributable attributable risk,

NOTE Confidence: 0.899351694666667

00:20:05.830 --> 00:20:08.680 which is the proportion of the

NOTE Confidence: 0.899351694666667

00:20:08.680 --> 00:20:11.622 incidents of getting an AMI in

NOTE Confidence: 0.899351694666667

00:20:11.622 --> 00:20:13.997 the population between those who

NOTE Confidence: 0.899351694666667

00:20:13.997 --> 00:20:16.776 are exposed to particular risk

NOTE Confidence: 0.899351694666667

00:20:16.776 --> 00:20:19.300 factors versus non exposed.

NOTE Confidence: 0.899351694666667

00:20:19.300 --> 00:20:23.072 Is calculated and so if you focus

NOTE Confidence: 0.899351694666667

00:20:23.072 --> 00:20:26.848 on the rate for women it has a

NOTE Confidence: 0.899351694666667

00:20:26.848 --> 00:20:29.938 population attributable risk of 40%.

NOTE Confidence: 0.899351694666667

00:20:29.940 --> 00:20:32.676 And so if you translate that that's 40,

NOTE Confidence: 0.899351694666667

00:20:32.680 --> 00:20:34.668 it means that 40% of the incidence

NOTE Confidence: 0.899351694666667

00:20:34.668 --> 00:20:36.511 of an acute myocardial infarction

NOTE Confidence: 0.899351694666667

00:20:36.511 --> 00:20:39.350 in women is due to the exposure

NOTE Confidence: 0.899351694666667

00:20:39.350 --> 00:20:40.878 of psychosocial risk factors.

NOTE Confidence: 0.899351694666667

00:20:40.880 --> 00:20:43.336 So that was an eye opening study also

NOTE Confidence: 0.899351694666667

00:20:43.336 --> 00:20:46.015 for the larger medical community to

NOTE Confidence: 0.899351694666667

00:20:46.015 --> 00:20:49.003 acknowledge the role of psychosocial factors.

NOTE Confidence: 0.899351694666667

00:20:49.010 --> 00:20:50.778 In cardiovascular disease and

NOTE Confidence: 0.899351694666667

00:20:50.778 --> 00:20:52.546 in acute myocardial infarction,

NOTE Confidence: 0.899351694666667

00:20:52.550 --> 00:20:53.340 in particular.

NOTE Confidence: 0.8244064

00:20:56.120 --> 00:21:00.280 So with all this work and follow up,

NOTE Confidence: 0.8244064

00:21:00.280 --> 00:21:01.815 it became clear that stress

NOTE Confidence: 0.8244064

00:21:01.815 --> 00:21:03.350 is a significant risk factor

NOTE Confidence: 0.8244064

00:21:03.405 --> 00:21:04.937 for coronary artery disease.

NOTE Confidence: 0.8244064

00:21:04.940 --> 00:21:06.448 Both incidents and progression.

NOTE Confidence: 0.8244064

00:21:06.448 --> 00:21:07.956 It is very common.

NOTE Confidence: 0.8244064

00:21:07.960 --> 00:21:10.088 It can be confused with cardiac symptoms.

NOTE Confidence: 0.8244064

00:21:10.090 --> 00:21:12.772 It is linked to behavioral and

NOTE Confidence: 0.8244064

00:21:12.772 --> 00:21:14.113 cardiovascular risk factors,

NOTE Confidence: 0.8244064

00:21:14.120 --> 00:21:16.490 and it really forms a barrier

NOTE Confidence: 0.8244064

00:21:16.490 --> 00:21:17.675 for medical interventions.

NOTE Confidence: 0.8244064

00:21:17.680 --> 00:21:20.466 And also sometimes it may be a

NOTE Confidence: 0.8244064

00:21:20.466 --> 00:21:22.320 direct trigger for experiencing

NOTE Confidence: 0.8244064

00:21:22.320 --> 00:21:25.165 acute cardiac events such as.

NOTE Confidence: 0.8244064

00:21:25.170 --> 00:21:28.098 Anger has been linked with the

NOTE Confidence: 0.8244064

00:21:28.098 --> 00:21:30.700 experience of an acute event.

NOTE Confidence: 0.86218501

00:21:33.250 --> 00:21:36.230 Since this research was proposed,

NOTE Confidence: 0.86218501

00:21:36.230 --> 00:21:39.480 many also studied underlying mechanisms

NOTE Confidence: 0.86218501

00:21:39.480 --> 00:21:44.052 that would explain why stress is linked

NOTE Confidence: 0.86218501

00:21:44.052 --> 00:21:47.112 to atherosclerosis and the following

NOTE Confidence: 0.86218501

00:21:47.112 --> 00:21:50.688 model has been proposed as the underlying

NOTE Confidence: 0.86218501

00:21:50.688 --> 00:21:53.720 stress model for cardiovascular disease.

NOTE Confidence: 0.86218501

00:21:53.720 --> 00:21:57.595 Now with atherosclerosis as the

NOTE Confidence: 0.86218501

00:21:57.595 --> 00:21:59.679 underlying pathological process,

NOTE Confidence: 0.86218501

00:21:59.679 --> 00:22:02.853 so chronic stress and affective disorders

NOTE Confidence: 0.86218501

00:22:02.853 --> 00:22:06.928 that lead to the activation of the HP

NOTE Confidence: 0.86218501

00:22:06.928 --> 00:22:10.000 axis and the sympathetic nervous system.

NOTE Confidence: 0.86218501

00:22:10.000 --> 00:22:12.580 And it further affects our behaviors,

NOTE Confidence: 0.86218501

00:22:12.580 --> 00:22:15.804 how our health behaviors and and due to

NOTE Confidence: 0.86218501

00:22:15.804 --> 00:22:18.816 the prolonged activation and the imbalance

NOTE Confidence: 0.86218501

00:22:18.816 --> 00:22:21.476 of the sympathetic nervous system,

NOTE Confidence: 0.86218501

00:22:21.480 --> 00:22:23.259 there are heightened

NOTE Confidence: 0.86218501

00:22:23.259 --> 00:22:25.038 physiological responsiveness to,

NOTE Confidence: 0.86218501

00:22:25.040 --> 00:22:26.642 to acute stressors.

NOTE Confidence: 0.86218501

00:22:26.642 --> 00:22:29.312 Also interactions with chronic stressors

NOTE Confidence: 0.86218501

00:22:29.312 --> 00:22:32.658 that further cause more downstream effects,

NOTE Confidence: 0.86218501

00:22:32.660 --> 00:22:35.900 such as the ones listed on the right,

NOTE Confidence: 0.86218501

00:22:35.900 --> 00:22:37.310 increased inflammation,

NOTE Confidence: 0.86218501

00:22:37.310 --> 00:22:40.130 platelet reactivity and endothelial.

NOTE Confidence: 0.86218501

00:22:40.130 --> 00:22:42.618 Dysfunction to name a few of those effects.

NOTE Confidence: 0.879770255333334

00:22:45.890 --> 00:22:47.738 So following these insights,

NOTE Confidence: 0.879770255333334

00:22:47.738 --> 00:22:51.205 people also came together to design several

NOTE Confidence: 0.879770255333334

00:22:51.205 --> 00:22:54.554 interventions to address depression as a

NOTE Confidence: 0.879770255333334

00:22:54.554 --> 00:22:56.714 risk factor for cardiovascular disease

NOTE Confidence: 0.879770255333334

00:22:56.714 --> 00:22:59.270 and depression and stress reduction.

NOTE Confidence: 0.879770255333334

00:22:59.270 --> 00:23:02.035 Interventions have been developed and

34

NOTE Confidence: 0.879770255333334

00:23:02.035 --> 00:23:05.575 tested mostly in coronary populations and

NOTE Confidence: 0.879770255333334

00:23:05.575 --> 00:23:09.080 the most prominent ones highlighted here.

NOTE Confidence: 0.879770255333334

00:23:09.080 --> 00:23:11.978 And so these trials they overall were

NOTE Confidence: 0.879770255333334

00:23:11.978 --> 00:23:14.040 successful in improving depression,

NOTE Confidence: 0.879770255333334

00:23:14.040 --> 00:23:16.160 symptoms, quality of life.

NOTE Confidence: 0.879770255333334

00:23:16.160 --> 00:23:18.810 But at the same time,

NOTE Confidence: 0.879770255333334

00:23:18.810 --> 00:23:20.903 the hopes and the fields were high

NOTE Confidence: 0.879770255333334

00:23:20.903 --> 00:23:23.357 also to be able to reduce adverse

NOTE Confidence: 0.879770255333334

00:23:23.357 --> 00:23:26.699 cardiovascular events and which did not

NOTE Confidence: 0.879770255333334

00:23:26.699 --> 00:23:29.769 materialize for many of these trials.

NOTE Confidence: 0.879770255333334

00:23:29.770 --> 00:23:32.563 Often due to the ways the studies

NOTE Confidence: 0.879770255333334

00:23:32.563 --> 00:23:34.995 were designed or powered, however,

NOTE Confidence: 0.879770255333334

00:23:34.995 --> 00:23:38.600 this trial out of Sweden which focused

NOTE Confidence: 0.879770255333334

00:23:38.600 --> 00:23:41.980 specifically on women who survived an

NOTE Confidence: 0.879770255333334

00:23:41.980 --> 00:23:44.840 acute myocardial infarction or underwent

NOTE Confidence: 0.879770255333334

00:23:44.936 --> 00:23:48.020 a major coronary revascularization.

NOTE Confidence: 0.879770255333334

00:23:48.020 --> 00:23:53.100 They offered these women a program where

NOTE Confidence: 0.879770255333334

00:23:53.100 --> 00:23:56.820 the focus was on psychoeducation stress

NOTE Confidence: 0.879770255333334

00:23:56.820 --> 00:23:59.468 reduction through relaxation training,

NOTE Confidence: 0.879770255333334

00:23:59.468 --> 00:24:00.820 self monitoring,

NOTE Confidence: 0.879770255333334

00:24:00.820 --> 00:24:02.932 cognitive restructuring and to

NOTE Confidence: 0.879770255333334

00:24:02.932 --> 00:24:06.100 realize a more adaptive coping skill

NOTE Confidence: 0.879770255333334

00:24:06.183 --> 00:24:08.535 set when they were dealing with

NOTE Confidence: 0.879770255333334

00:24:08.535 --> 00:24:10.650 family and work related stressors.

NOTE Confidence: 0.879770255333334

00:24:10.650 --> 00:24:13.779 Ends simultaneously also focus on self care

NOTE Confidence: 0.879770255333334

00:24:13.779 --> 00:24:16.610 and compliance with the medical regimen,

NOTE Confidence: 0.879770255333334

00:24:16.610 --> 00:24:20.074 and so this trial did show a significant

NOTE Confidence: 0.879770255333334

00:24:20.074 --> 00:24:22.441 survival effect that was actually

NOTE Confidence: 0.879770255333334

00:24:22.441 --> 00:24:24.801 threefold in comparison with the

NOTE Confidence: 0.879770255333334

00:24:24.801 --> 00:24:27.862 usual care for long term mortality.

NOTE Confidence: 0.879770255333334

00:24:27.862 --> 00:24:32.460 So so these are some of the critical

NOTE Confidence: 0.879770255333334

00:24:32.460 --> 00:24:35.516 trials that were conducted,

NOTE Confidence: 0.879770255333334

00:24:35.516 --> 00:24:38.696 and our colleague Matthew Berg,

NOTE Confidence: 0.879770255333334

00:24:38.700 --> 00:24:39.252 Dr Burke,

NOTE Confidence: 0.879770255333334

00:24:39.252 --> 00:24:41.184 was also one of the key pioneers

NOTE Confidence: 0.879770255333334

00:24:41.184 --> 00:24:42.390 of many of those.

NOTE Confidence: 0.879770255333334

00:24:42.390 --> 00:24:45.338 Interventions that were tested

NOTE Confidence: 0.879770255333334

00:24:45.338 --> 00:24:48.286 in coronary artery populations,

NOTE Confidence: 0.879770255333334

00:24:48.290 --> 00:24:51.536 so all of these developments in

NOTE Confidence: 0.879770255333334

00:24:51.536 --> 00:24:53.700 the cardiovascular population gave

NOTE Confidence: 0.879770255333334

00:24:53.787 --> 00:24:56.538 rise to what we now today referred

NOTE Confidence: 0.879770255333334

00:24:56.538 --> 00:24:58.710 to as cardiac psychology,

NOTE Confidence: 0.879770255333334

00:24:58.710 --> 00:25:02.334 and it was described in in these works.

NOTE Confidence: 0.879770255333334

00:25:02.340 --> 00:25:04.872 That that this is really a

NOTE Confidence: 0.879770255333334

00:25:04.872 --> 00:25:06.560 subspecialization of health psychology.

NOTE Confidence: 0.879770255333334

00:25:06.560 --> 00:25:08.228 And, as I mentioned,

NOTE Confidence: 0.879770255333334

00:25:08.228 --> 00:25:09.896 colleague Doctor Matthew Burke

NOTE Confidence: 0.879770255333334

00:25:09.896 --> 00:25:13.007 being one of the lead figures of

NOTE Confidence: 0.879770255333334

00:25:13.007 --> 00:25:15.468 this subspecialization The EPA also

NOTE Confidence: 0.879770255333334

00:25:15.468 --> 00:25:18.624 recognizes this term of cardiac psychology,

NOTE Confidence: 0.879770255333334

00:25:18.630 --> 00:25:22.116 although it it does label it as

NOTE Confidence: 0.879770255333334

00:25:22.116 --> 00:25:23.610 an emerging subspecialty.

NOTE Confidence: 0.879770255333334

00:25:23.610 --> 00:25:25.906 So it's still very much under development.

NOTE Confidence: 0.873615242

00:25:28.500 --> 00:25:31.560 So in what comes next?

NOTE Confidence: 0.873615242

00:25:31.560 --> 00:25:33.884 I want to make the case that.

NOTE Confidence: 0.873615242

00:25:33.890 --> 00:25:36.200 Hard mind and vascular really are so

NOTE Confidence: 0.873615242

00:25:36.200 --> 00:25:38.384 intertwined that we should be looking

NOTE Confidence: 0.873615242

00:25:38.384 --> 00:25:40.269 at the spectrum of cardiovascular

NOTE Confidence: 0.873615242

00:25:40.269 --> 00:25:42.481 diseases and also when we think

NOTE Confidence: 0.873615242

00:25:42.481 --> 00:25:44.221 about psychosocial factors and keep

NOTE Confidence: 0.873615242

00:25:44.221 --> 00:25:47.180 that whole entire spectrum in mind.

NOTE Confidence: 0.873615242

00:25:47.180 --> 00:25:49.345 And it also highlights the

38

NOTE Confidence: 0.873615242

00:25:49.345 --> 00:25:51.077 need for further support.

NOTE Confidence: 0.873615242

00:25:51.080 --> 00:25:52.262 Specialization and expansion.

NOTE Confidence: 0.873615242

00:25:52.262 --> 00:25:54.626 Early insights in in these populations

NOTE Confidence: 0.873615242

00:25:54.626 --> 00:25:56.978 and our treatment models and how we

NOTE Confidence: 0.873615242

00:25:56.978 --> 00:25:58.580 translate them to clinical care.

NOTE Confidence: 0.810794074952381

00:26:01.430 --> 00:26:05.112 As you all know, atherosclerosis is a

NOTE Confidence: 0.810794074952381

00:26:05.112 --> 00:26:07.447 generalized disease and significant

NOTE Confidence: 0.810794074952381

00:26:07.447 --> 00:26:10.103 atherothrombotic events may manifest

NOTE Confidence: 0.810794074952381

00:26:10.103 --> 00:26:13.950 in different arteries of the body.

NOTE Confidence: 0.810794074952381

00:26:13.950 --> 00:26:15.882 It may happen in in your carotid

NOTE Confidence: 0.810794074952381

00:26:15.882 --> 00:26:18.308 artery in in lower extremity arteries,

NOTE Confidence: 0.810794074952381

00:26:18.310 --> 00:26:20.558 and much of our work has focused on

NOTE Confidence: 0.810794074952381

00:26:20.558 --> 00:26:22.949 on that lower extremity population,

NOTE Confidence: 0.810794074952381

00:26:22.950 --> 00:26:24.429 peripheral artery disease,

NOTE Confidence: 0.810794074952381

00:26:24.429 --> 00:26:27.387 or PAD as one refers to.

NOTE Confidence: 0.810794074952381

00:26:27.390 --> 00:26:30.505 And it is often still a very

NOTE Confidence: 0.810794074952381

00:26:30.505 --> 00:26:31.395 underrecognized condition,

NOTE Confidence: 0.810794074952381

00:26:31.400 --> 00:26:33.626 for which there is great unawareness

NOTE Confidence: 0.810794074952381

00:26:33.626 --> 00:26:35.110 and also under treatment.

NOTE Confidence: 0.810794074952381

00:26:35.110 --> 00:26:38.001 And what we see is that the

NOTE Confidence: 0.810794074952381

00:26:38.001 --> 00:26:39.746 cardiovascular event rates are

NOTE Confidence: 0.810794074952381

00:26:39.746 --> 00:26:42.693 often worse than as we see for

NOTE Confidence: 0.810794074952381

00:26:42.693 --> 00:26:44.230 coronary populations because.

NOTE Confidence: 0.810794074952381

00:26:44.230 --> 00:26:46.936 That field has progressed so much

NOTE Confidence: 0.810794074952381

00:26:46.936 --> 00:26:49.300 further and risk management and

NOTE Confidence: 0.810794074952381

00:26:49.300 --> 00:26:51.224 and recognition and population

NOTE Confidence: 0.810794074952381

00:26:51.224 --> 00:26:53.629 awareness as opposed to other.

NOTE Confidence: 0.810794074952381

00:26:53.630 --> 00:26:55.274 Atherothrombotic diseases on

NOTE Confidence: 0.810794074952381

00:26:55.274 --> 00:26:56.918 the cardiovascular spectrum.

NOTE Confidence: 0.78728296

00:26:59.470 --> 00:27:01.030 Before I highlight on PED,

NOTE Confidence: 0.78728296

00:27:01.030 --> 00:27:04.396 I also want to make a mention

NOTE Confidence: 0.78728296

00:27:04.396 --> 00:27:05.844 of the REACH registry,

NOTE Confidence: 0.78728296

00:27:05.850 --> 00:27:08.586 which was another big global study,

NOTE Confidence: 0.78728296

00:27:08.590 --> 00:27:12.720 a landmark study that studied the spectrum

NOTE Confidence: 0.78728296

00:27:12.720 --> 00:27:17.200 of atherosclerosis in a global setting.

NOTE Confidence: 0.78728296

00:27:17.200 --> 00:27:19.824 And the strength of that study was that

NOTE Confidence: 0.78728296

00:27:19.824 --> 00:27:23.117 it it focused on coronary artery disease,

NOTE Confidence: 0.78728296

00:27:23.120 --> 00:27:24.260 peripheral artery disease,

NOTE Confidence: 0.78728296

00:27:24.260 --> 00:27:25.400 and cerebrovascular disease,

NOTE Confidence: 0.78728296

00:27:25.400 --> 00:27:28.220 but really demonstrated that these are

NOTE Confidence: 0.78728296

00:27:28.220 --> 00:27:30.760 manifestations of the same process.

NOTE Confidence: 0.78728296

00:27:30.760 --> 00:27:32.980 Many people have overlapping disease,

NOTE Confidence: 0.78728296

00:27:32.980 --> 00:27:36.536 and it also contrasted some of the

NOTE Confidence: 0.78728296

00:27:36.536 --> 00:27:39.344 differences in outcomes and under

NOTE Confidence: 0.78728296

00:27:39.344 --> 00:27:41.736 treatment for these conditions.

NOTE Confidence: 0.78728296

00:27:41.740 --> 00:27:44.197 So there was also a cohort of PD patients,

NOTE Confidence: 0.78728296

00:27:44.200 --> 00:27:46.512 and as you see there is much overlap

NOTE Confidence: 0.78728296

00:27:46.512 --> 00:27:48.388 with coronary artery disease as

NOTE Confidence: 0.78728296

00:27:48.388 --> 00:27:50.040 well as cerebrovascular disease.

NOTE Confidence: 0.78728296

00:27:50.040 --> 00:27:52.205 So patients may never present

NOTE Confidence: 0.78728296

00:27:52.205 --> 00:27:54.370 with with an isolated condition.

NOTE Confidence: 0.78728296

00:27:54.370 --> 00:27:56.465 There's always that broader conglomerate

NOTE Confidence: 0.78728296

00:27:56.465 --> 00:27:59.597 of risk that we need to be in mind,

NOTE Confidence: 0.78728296

00:27:59.600 --> 00:28:03.338 and it depends on where the

NOTE Confidence: 0.78728296

00:28:03.338 --> 00:28:05.207 atherothrombotic events manifest

NOTE Confidence: 0.78728296

00:28:05.207 --> 00:28:08.670 first as to what you're presenting.

NOTE Confidence: 0.78728296

00:28:08.670 --> 00:28:10.806 Complaint is and how you entered

NOTE Confidence: 0.78728296

00:28:10.806 --> 00:28:12.580 the system for cardiovascular care.

NOTE Confidence: 0.813028042

00:28:17.030 --> 00:28:20.998 So the PD disease burden to give you

NOTE Confidence: 0.813028042

00:28:20.998 --> 00:28:24.174 an idea when people present with PD is

NOTE Confidence: 0.813028042

00:28:24.174 --> 00:28:27.713 it's often a marker of very aggressive

NOTE Confidence: 0.813028042

00:28:27.713 --> 00:28:29.717 generalized atherosclerotic disease.

NOTE Confidence: 0.813028042

00:28:29.720 --> 00:28:32.792 And resulting in in reduced what

NOTE Confidence: 0.813028042

00:28:32.792 --> 00:28:36.555 filling their leg arteries and over 200

NOTE Confidence: 0.813028042

00:28:36.555 --> 00:28:39.265 million people are affected globally.

NOTE Confidence: 0.813028042

00:28:39.270 --> 00:28:41.290 And in the US alone,

NOTE Confidence: 0.813028042

00:28:41.290 --> 00:28:44.748 we have a population of over 8,000,000,

NOTE Confidence: 0.813028042

00:28:44.750 --> 00:28:47.040 and so it's on the rise in both high income

NOTE Confidence: 0.813028042

00:28:47.097 --> 00:28:49.386 and low income and middle income countries.

NOTE Confidence: 0.813028042

00:28:49.390 --> 00:28:50.698 Both men and women.

NOTE Confidence: 0.813028042

00:28:50.698 --> 00:28:53.136 And it's rapidly growing due to the

NOTE Confidence: 0.813028042

00:28:53.136 --> 00:28:55.596 aging population and steady increase in

NOTE Confidence: 0.813028042

00:28:55.596 --> 00:28:58.280 obesity and diabetes rates and and so

NOTE Confidence: 0.813028042

00:28:58.280 --> 00:29:00.356 it's a serious public health problem.

NOTE Confidence: 0.79750719125

00:29:02.440 --> 00:29:05.195 Katie can present as a

NOTE Confidence: 0.79750719125

00:29:05.195 --> 00:29:06.848 spectrum of manifestations.

NOTE Confidence: 0.79750719125

00:29:06.850 --> 00:29:08.800 There's people who don't know

NOTE Confidence: 0.79750719125

00:29:08.800 --> 00:29:11.556 they have it but and are labeled

NOTE Confidence: 0.79750719125

00:29:11.556 --> 00:29:14.604 as asymptomatic when they do

NOTE Confidence: 0.79750719125

00:29:14.604 --> 00:29:16.617 undergo noninvasive testing.

NOTE Confidence: 0.79750719125

00:29:16.620 --> 00:29:18.145 They might see that there's

NOTE Confidence: 0.79750719125

00:29:18.145 --> 00:29:19.060 reduced Platt flow,

NOTE Confidence: 0.79750719125

00:29:19.060 --> 00:29:23.330 but do not present with active symptoms.

NOTE Confidence: 0.79750719125

00:29:23.330 --> 00:29:25.750 And often that is because

NOTE Confidence: 0.79750719125

00:29:25.750 --> 00:29:27.686 of a sedentary lifestyle.

NOTE Confidence: 0.79750719125

00:29:27.690 --> 00:29:30.030 But these patients are also at

NOTE Confidence: 0.79750719125

00:29:30.030 --> 00:29:32.131 risk of having adverse outcomes

NOTE Confidence: 0.79750719125

00:29:32.131 --> 00:29:34.909 and then further down the spectrum.

NOTE Confidence: 0.79750719125

00:29:34.910 --> 00:29:37.098 There are symptomatic manifestations,

NOTE Confidence: 0.79750719125

00:29:37.098 --> 00:29:41.280 pain while walking that has a different.

NOTE Confidence: 0.79750719125

00:29:41.280 --> 00:29:43.265 Gradations of severity and then

NOTE Confidence: 0.79750719125

00:29:43.265 --> 00:29:46.265 towards the end we have critical limb

NOTE Confidence: 0.79750719125

00:29:46.265 --> 00:29:48.141 ischemia manifestations where the

NOTE Confidence: 0.79750719125

00:29:48.141 --> 00:29:51.396 limb is really in danger and people

NOTE Confidence: 0.79750719125

00:29:51.396 --> 00:29:53.994 are dealing with non healing wounds,

NOTE Confidence: 0.79750719125

00:29:54.000 --> 00:29:57.220 wounds and a high risk of amputation.

NOTE Confidence: 0.79750719125

00:29:57.220 --> 00:30:00.279 So people if patients present with PD

NOTE Confidence: 0.79750719125

00:30:00.279 --> 00:30:04.100 in spite of optimal medical management,

NOTE Confidence: 0.79750719125

00:30:04.100 --> 00:30:06.758 the residual risk for major adverse

NOTE Confidence: 0.79750719125

00:30:06.758 --> 00:30:08.530 cardiovascular events and live

NOTE Confidence: 0.79750719125

00:30:08.606 --> 00:30:10.982 events is about 5 to 10% per year,

NOTE Confidence: 0.79750719125

00:30:10.982 --> 00:30:12.506 which is pretty high.

NOTE Confidence: 0.79750719125

00:30:12.510 --> 00:30:14.076 If we look at critical limits,

NOTE Confidence: 0.79750719125

00:30:14.080 --> 00:30:18.736 chemia one in five has does not

NOTE Confidence: 0.79750719125

00:30:18.736 --> 00:30:21.600 survive at 6 to months to a year

NOTE Confidence: 0.79750719125

00:30:21.690 --> 00:30:24.438 and about half of the patients

NOTE Confidence: 0.79750719125

00:30:24.438 --> 00:30:26.878 would seali does not survive.

NOTE Confidence: 0.79750719125

00:30:26.878 --> 00:30:28.396 At five years.

NOTE Confidence: 0.79750719125

00:30:28.400 --> 00:30:30.990 It is also very costly and most

00:30:30.990 --> 00:30:33.172 of the expenditures are incurred

00:30:33.172 --> 00:30:35.156 for people's inpatient care,

00:30:35.160 --> 00:30:40.664 which often consists of a lot of repeat

00:30:40.664 --> 00:30:44.160 revascularizations and complicated stays.

00:30:44.160 --> 00:30:46.360 Same risk factors as the

00:30:46.360 --> 00:30:47.680 coronary artery disease.

00:30:47.680 --> 00:30:48.253 However,

00:30:48.253 --> 00:30:48.826 smoking,

00:30:48.826 --> 00:30:49.399 obesity,

00:30:49.399 --> 00:30:53.410 and aging are one of the more

00:30:53.518 --> 00:30:56.418 prominent ones as well as

00:30:56.418 --> 00:31:00.114 diabetes and a lot of people with

00:31:00.114 --> 00:31:02.190 this condition also develop.

00:31:02.190 --> 00:31:03.978 Chronic kidney disease.

00:31:03.978 --> 00:31:06.590 And so the disease profile

NOTE Confidence: 0.79750719125

00:31:06.590 --> 00:31:07.820 is fairly complex.

NOTE Confidence: 0.874462065882353

00:31:10.290 --> 00:31:12.126 So despite the magnitude of the

NOTE Confidence: 0.874462065882353

00:31:12.126 --> 00:31:14.174 problem and the role of lifestyle

NOTE Confidence: 0.874462065882353

00:31:14.174 --> 00:31:16.069 factors also for this condition,

NOTE Confidence: 0.874462065882353

00:31:16.070 --> 00:31:17.855 there's only been recent interest

NOTE Confidence: 0.874462065882353

00:31:17.855 --> 00:31:21.067 that there has been a focus on studies

NOTE Confidence: 0.874462065882353

00:31:21.067 --> 00:31:23.337 psychosocial factors in this condition,

NOTE Confidence: 0.874462065882353

00:31:23.340 --> 00:31:25.734 with most of the work highlighting

NOTE Confidence: 0.874462065882353

00:31:25.734 --> 00:31:28.437 the role of depression and in this

NOTE Confidence: 0.874462065882353

00:31:28.437 --> 00:31:30.282 illustrating that the prevalence really

NOTE Confidence: 0.874462065882353

00:31:30.282 --> 00:31:33.219 is very similar to the ones reported

NOTE Confidence: 0.874462065882353

00:31:33.219 --> 00:31:35.349 in coronary artery disease populations,

NOTE Confidence: 0.874462065882353

00:31:35.350 --> 00:31:37.336 both in stable populations as well

NOTE Confidence: 0.874462065882353

00:31:37.336 --> 00:31:39.350 as in people undergoing procedures,

NOTE Confidence: 0.874462065882353

00:31:39.350 --> 00:31:43.190 as demonstrated. Year across these cohorts.

NOTE Confidence: 0.861377631538461

00:31:45.390 --> 00:31:48.253 Also concerning is that in the US

NOTE Confidence: 0.861377631538461

00:31:48.253 --> 00:31:52.296 this is a sample that we studied a

NOTE Confidence: 0.861377631538461

00:31:52.296 --> 00:31:55.480 national sample of inpatient admissions.

NOTE Confidence: 0.861377631538461

00:31:55.480 --> 00:31:59.170 Where we see a rise in those admissions over

NOTE Confidence: 0.861377631538461

00:31:59.248 --> 00:32:02.398 the last decade for critical limits chemia,

NOTE Confidence: 0.861377631538461

00:32:02.400 --> 00:32:04.108 the most severe manifestation.

NOTE Confidence: 0.861377631538461

00:32:04.108 --> 00:32:08.109 And what we see is that the most rapid

NOTE Confidence: 0.861377631538461

00:32:08.109 --> 00:32:10.364 increase in those admissions take

NOTE Confidence: 0.861377631538461

00:32:10.364 --> 00:32:13.850 place in populations younger than 65.

NOTE Confidence: 0.861377631538461

00:32:13.850 --> 00:32:17.450 You see the squares here representing

NOTE Confidence: 0.861377631538461

00:32:17.450 --> 00:32:20.710 men below 65, and then also rapid

NOTE Confidence: 0.861377631538461

00:32:20.710 --> 00:32:23.490 uptake in women of below 65 years,

NOTE Confidence: 0.861377631538461

00:32:23.490 --> 00:32:26.690 which is very typical of how we know it,

NOTE Confidence: 0.861377631538461

00:32:26.690 --> 00:32:29.905 because typically it is disease

NOTE Confidence: 0.861377631538461

00:32:29.905 --> 00:32:32.477 presents in older populations.

NOTE Confidence: 0.861377631538461

00:32:32.480 --> 00:32:34.020 And then with those admissions,

NOTE Confidence: 0.861377631538461

00:32:34.020 --> 00:32:37.205 one in five admissions is characterized with

NOTE Confidence: 0.861377631538461

00:32:37.205 --> 00:32:40.450 a comorbid anxiety and depression diagnosis,

NOTE Confidence: 0.861377631538461

00:32:40.450 --> 00:32:42.480 and these are recognized diagnosis.

NOTE Confidence: 0.861377631538461

00:32:42.480 --> 00:32:44.132 So possibly only representing

NOTE Confidence: 0.861377631538461

00:32:44.132 --> 00:32:46.197 the tip of the iceberg.

NOTE Confidence: 0.861377631538461

00:32:46.200 --> 00:32:49.182 But here we also see a steady

NOTE Confidence: 0.861377631538461

00:32:49.182 --> 00:32:51.703 increase over time in the last

NOTE Confidence: 0.861377631538461

00:32:51.703 --> 00:32:54.377 decade for both PD and and CLI.

NOTE Confidence: 0.861377631538461

00:32:54.380 --> 00:32:56.998 Which may be related to the younger

NOTE Confidence: 0.861377631538461

00:32:56.998 --> 00:32:59.599 population that is is affected by

NOTE Confidence: 0.861377631538461

00:32:59.599 --> 00:33:01.939 these admissions or better recognition,

NOTE Confidence: 0.861377631538461

00:33:01.940 --> 00:33:04.330 or a true greater prevalence,

NOTE Confidence: 0.861377631538461

00:33:04.330 --> 00:33:07.210 and that we don't know.

NOTE Confidence: 0.861377631538461

00:33:07.210 --> 00:33:09.378 And if we zoom in on the risk

NOTE Confidence: 0.861377631538461

00:33:09.378 --> 00:33:11.010 profile of these patients,

NOTE Confidence: 0.861377631538461

00:33:11.010 --> 00:33:14.930 we see that underrepresented minorities.

NOTE Confidence: 0.861377631538461

00:33:14.930 --> 00:33:17.504 People without insurance are more likely

NOTE Confidence: 0.861377631538461

00:33:17.504 --> 00:33:20.610 to represent it in the younger group,

NOTE Confidence: 0.861377631538461

00:33:20.610 --> 00:33:23.706 and they also present with lower

NOTE Confidence: 0.861377631538461

00:33:23.710 --> 00:33:28.438 household income, more diabetes.

NOTE Confidence: 0.861377631538461

00:33:28.440 --> 00:33:30.234 Obesity prior amputation,

NOTE Confidence: 0.861377631538461

00:33:30.234 --> 00:33:32.626 addiction and mood disorders,

NOTE Confidence: 0.861377631538461

00:33:32.630 --> 00:33:35.283 and this is a profile that we

NOTE Confidence: 0.861377631538461

00:33:35.283 --> 00:33:38.089 really don't see as much reoccurring

NOTE Confidence: 0.861377631538461

00:33:38.089 --> 00:33:40.205 in the older populations.

NOTE Confidence: 0.801321095

00:33:42.220 --> 00:33:43.976 Recognize depression in patients

NOTE Confidence: 0.801321095

00:33:43.976 --> 00:33:46.171 with Celine during an admission

NOTE Confidence: 0.801321095

00:33:46.171 --> 00:33:48.776 is also associated with a higher

NOTE Confidence: 0.801321095

00:33:48.776 --> 00:33:50.871 odds of undergoing and imputation,

NOTE Confidence: 0.801321095

00:33:50.880 --> 00:33:52.720 both for endovascular procedures

NOTE Confidence: 0.801321095

00:33:52.720 --> 00:33:55.480 presented here on the left and

NOTE Confidence: 0.801321095

00:33:55.557 --> 00:33:57.529 surgical revascularization.

NOTE Confidence: 0.801321095

00:33:57.530 --> 00:33:59.115 And so whether this is

NOTE Confidence: 0.801321095

00:33:59.115 --> 00:34:00.383 constantly related or not,

NOTE Confidence: 0.801321095

00:34:00.390 --> 00:34:02.658 the fact is that people who

NOTE Confidence: 0.801321095

00:34:02.658 --> 00:34:04.709 who go through this experience

NOTE Confidence: 0.801321095

00:34:04.709 --> 00:34:07.415 are much more likely to also

NOTE Confidence: 0.801321095

00:34:07.415 --> 00:34:10.220 copresent with a major depression.

NOTE Confidence: 0.801321095

00:34:10.220 --> 00:34:10.890 Depression.

NOTE Confidence: 0.863270010833333

00:34:12.960 --> 00:34:15.308 In this same cohort,

NOTE Confidence: 0.863270010833333

00:34:15.308 --> 00:34:17.656 we demonstrated that having

NOTE Confidence: 0.863270010833333

00:34:17.656 --> 00:34:19.572 comorbid depression translated

NOTE Confidence: 0.863270010833333

00:34:19.572 --> 00:34:21.800 into a longer length of stay,

NOTE Confidence: 0.863270010833333

00:34:21.800 --> 00:34:23.408 both for endovascular procedures

NOTE Confidence: 0.863270010833333

00:34:23.408 --> 00:34:25.418 as well as surgical procedures,

NOTE Confidence: 0.863270010833333

00:34:25.420 --> 00:34:28.360 and it also results in higher

NOTE Confidence: 0.863270010833333

00:34:28.360 --> 00:34:31.084 total charges for their states are

NOTE Confidence: 0.863270010833333

00:34:31.084 --> 00:34:33.876 really it is a group that warns

NOTE Confidence: 0.863270010833333

00:34:33.876 --> 00:34:37.044 more care and has is at risk of

NOTE Confidence: 0.863270010833333

00:34:37.044 --> 00:34:40.038 more complex disease outcomes.

NOTE Confidence: 0.86890949125

00:34:43.120 --> 00:34:45.712 When we pull all the work done in PD

NOTE Confidence: 0.86890949125

00:34:45.712 --> 00:34:48.178 together on the risk factor of depression,

NOTE Confidence: 0.86890949125

00:34:48.180 --> 00:34:50.178 which we recently did with this

NOTE Confidence: 0.86890949125

00:34:50.178 --> 00:34:51.960 meta analysis in our group,

NOTE Confidence: 0.86890949125

00:34:51.960 --> 00:34:54.669 we see a definite trend emerging for

NOTE Confidence: 0.86890949125

00:34:54.669 --> 00:34:56.563 an association between depression and

NOTE Confidence: 0.86890949125

00:34:56.563 --> 00:34:59.597 mortality as we see in the top panel for

NOTE Confidence: 0.86890949125

00:34:59.597 --> 00:35:01.739 major adverse live events and amputation.

NOTE Confidence: 0.86890949125

00:35:01.740 --> 00:35:03.972 Unfortunately, there is still a possibility

NOTE Confidence: 0.86890949125

00:35:03.972 --> 00:35:06.618 of data out there to show that link,

NOTE Confidence: 0.86890949125

00:35:06.620 --> 00:35:09.594 but we do see announcing a nonsignificant

NOTE Confidence: 0.86890949125

00:35:09.594 --> 00:35:11.779 trend towards higher risk emerging.

NOTE Confidence: 0.852422174666667

00:35:14.640 --> 00:35:17.391 Making a switch now to the portrait

NOTE Confidence: 0.852422174666667

00:35:17.391 --> 00:35:19.696 registry work that we have done

NOTE Confidence: 0.852422174666667

00:35:19.696 --> 00:35:22.139 where we followed people with a new

NOTE Confidence: 0.852422174666667

00:35:22.220 --> 00:35:25.230 diagnosis of PTSD and who presented at

NOTE Confidence: 0.852422174666667

00:35:25.230 --> 00:35:27.927 vascular clinics and sought out care

NOTE Confidence: 0.852422174666667

00:35:27.927 --> 00:35:30.741 at their vascular specialty clinic in

NOTE Confidence: 0.852422174666667

00:35:30.741 --> 00:35:34.009 the US and Netherlands and Australia.

NOTE Confidence: 0.852422174666667

00:35:34.010 --> 00:35:38.890 So we see that 35% either presents with a

NOTE Confidence: 0.852422174666667

00:35:38.890 --> 00:35:41.140 positive screen on depressive symptoms,

NOTE Confidence: 0.852422174666667

00:35:41.140 --> 00:35:45.070 anxiety, or perceived stress upon arrival.

NOTE Confidence: 0.852422174666667

00:35:45.070 --> 00:35:48.031 And a year following one in five

NOTE Confidence: 0.852422174666667

00:35:48.031 --> 00:35:50.795 unique patients still score high on

NOTE Confidence: 0.852422174666667

00:35:50.795 --> 00:35:53.145 either one of those questionnaires

NOTE Confidence: 0.852422174666667

00:35:53.150 --> 00:35:55.982 for those depressive symptoms,

NOTE Confidence: 0.852422174666667

00:35:55.982 --> 00:35:58.814 anxiety and perceived stress.

NOTE Confidence: 0.852422174666667

00:35:58.820 --> 00:36:00.242 So people do.

00:36:00.242 --> 00:36:03.086 Report these symptoms as they navigate

00:36:03.086 --> 00:36:06.138 their care and zooming in on the

00:36:06.138 --> 00:36:09.200 experience of stress for this population.

00:36:09.200 --> 00:36:11.310 When people report increase scores

00:36:11.310 --> 00:36:13.934 for perceived stress at 2 subsequent

00:36:13.934 --> 00:36:16.550 times as they are navigating their

00:36:16.550 --> 00:36:20.130 care within that study, we.

00:36:20.130 --> 00:36:22.230 Linked that with their long term

00:36:22.230 --> 00:36:24.726 survival and what we see is that

00:36:24.726 --> 00:36:26.784 in the four year subsequent to

00:36:26.784 --> 00:36:27.989 receiving care for PD,

00:36:27.990 --> 00:36:29.418 those who reported the

00:36:29.418 --> 00:36:30.489 highest trust experiences.

00:36:30.490 --> 00:36:33.800 They also have much higher.

00:36:33.800 --> 00:36:37.635 Mortality rates over the long

NOTE Confidence: 0.852422174666667

00:36:37.635 --> 00:36:39.936 term observation period.

NOTE Confidence: 0.852422174666667

00:36:39.940 --> 00:36:43.160 Same what we see in the disease,

NOTE Confidence: 0.852422174666667

00:36:43.160 --> 00:36:46.040 specific health status and

NOTE Confidence: 0.852422174666667

00:36:46.040 --> 00:36:48.292 trajectory of these patients.

NOTE Confidence: 0.852422174666667

00:36:48.292 --> 00:36:51.134 People in blue are the ones who

NOTE Confidence: 0.852422174666667

00:36:51.134 --> 00:36:53.558 represent those with chronic stress

NOTE Confidence: 0.852422174666667

00:36:53.558 --> 00:36:55.983 experiences and their health status

NOTE Confidence: 0.852422174666667

00:36:55.983 --> 00:36:58.356 scores are mapped out over the

NOTE Confidence: 0.852422174666667

00:36:58.356 --> 00:37:00.577 year of their treatment and what

NOTE Confidence: 0.852422174666667

00:37:00.577 --> 00:37:02.959 we see is that the differences

NOTE Confidence: 0.852422174666667

00:37:02.959 --> 00:37:04.150 accomplished between distressed

NOTE Confidence: 0.852422174666667

00:37:04.211 --> 00:37:06.136 and non distressed populations is

NOTE Confidence: 0.852422174666667

00:37:06.136 --> 00:37:08.061 exceeding 3 times the minimally

NOTE Confidence: 0.852422174666667

00:37:08.123 --> 00:37:10.019 clinically important difference.

NOTE Confidence: 0.852422174666667

00:37:10.020 --> 00:37:12.084 Overdose health status outcomes.

NOTE Confidence: 0.852422174666667

00:37:12.084 --> 00:37:15.278 So really very impactful and detrimental

NOTE Confidence: 0.852422174666667

00:37:15.278 --> 00:37:18.098 to their PD rehabilitation trajectory.

NOTE Confidence: 0.801009296153846

00:37:21.060 --> 00:37:23.196 We then further looked at two

NOTE Confidence: 0.801009296153846

00:37:23.196 --> 00:37:24.620 who was experiencing these

NOTE Confidence: 0.801009296153846

00:37:24.684 --> 00:37:26.400 chronic stress experiences,

NOTE Confidence: 0.801009296153846

00:37:26.400 --> 00:37:30.434 and we found that these chronic stress

NOTE Confidence: 0.801009296153846

00:37:30.434 --> 00:37:33.219 experiences can be reliably predicted.

NOTE Confidence: 0.801009296153846

00:37:33.220 --> 00:37:36.427 We assessed their stress at baseline 1/6

NOTE Confidence: 0.801009296153846

00:37:36.427 --> 00:37:39.550 and 12 month follow up and we did that

NOTE Confidence: 0.801009296153846

00:37:39.637 --> 00:37:42.777 in acute myocardial infarction cohort,

NOTE Confidence: 0.801009296153846

00:37:42.780 --> 00:37:45.160 which was our derivation cohort

NOTE Confidence: 0.801009296153846

00:37:45.160 --> 00:37:47.979 for developing this model and we

NOTE Confidence: 0.801009296153846

00:37:47.979 --> 00:37:50.133 validated our model in the PD

NOTE Confidence: 0.801009296153846

00:37:50.133 --> 00:37:52.459 cohort that I just described.

NOTE Confidence: 0.801009296153846

00:37:52.460 --> 00:37:54.450 And again, chronic stress was

NOTE Confidence: 0.801009296153846

00:37:54.450 --> 00:37:57.540 defined as A at least two follow-up

NOTE Confidence: 0.801009296153846

00:37:57.540 --> 00:38:00.892 assessment periods with exceeding

NOTE Confidence: 0.801009296153846

00:38:00.892 --> 00:38:05.082 scores above the population norms.

NOTE Confidence: 0.801009296153846

00:38:05.090 --> 00:38:08.198 Factors that explain people's chronic stress,

NOTE Confidence: 0.801009296153846

00:38:08.200 --> 00:38:11.084 experiences and the predictive

NOTE Confidence: 0.801009296153846

00:38:11.084 --> 00:38:14.070 probability was 77% for the model

NOTE Confidence: 0.801009296153846

00:38:14.070 --> 00:38:17.390 that we developed and younger age

NOTE Confidence: 0.801009296153846

00:38:17.390 --> 00:38:20.990 female sex and socioeconomic factors.

NOTE Confidence: 0.801009296153846

00:38:20.990 --> 00:38:22.826 Economic hardship in particular,

NOTE Confidence: 0.801009296153846

00:38:22.826 --> 00:38:26.159 access to care barriers and low social

NOTE Confidence: 0.801009296153846

00:38:26.159 --> 00:38:29.171 support really explained why people of

NOTE Confidence: 0.801009296153846

00:38:29.171 --> 00:38:32.188 course were experiencing this chronic stress.

NOTE Confidence: 0.801009296153846

00:38:32.190 --> 00:38:33.634 Knowing that this population

NOTE Confidence: 0.801009296153846

00:38:33.634 --> 00:38:35.800 is so much affected by it,

NOTE Confidence: 0.801009296153846

00:38:35.800 --> 00:38:39.400 this is important treatment information

NOTE Confidence: 0.801009296153846

00:38:39.400 --> 00:38:43.562 to integrate as people get offered

NOTE Confidence: 0.801009296153846

00:38:43.562 --> 00:38:46.767 expensive procedures and and complicated

NOTE Confidence: 0.801009296153846

00:38:46.767 --> 00:38:48.690 disease management trajectories.

NOTE Confidence: 0.86294465952381

00:38:51.310 --> 00:38:54.102 And then lastly I want to highlight how

NOTE Confidence: 0.86294465952381

00:38:54.102 --> 00:38:56.865 depression and stress in PD populations may

NOTE Confidence: 0.86294465952381

00:38:56.865 --> 00:38:59.390 relate to their physical activity levels,

NOTE Confidence: 0.86294465952381

00:38:59.390 --> 00:39:02.696 and that's that concludes the portrait

NOTE Confidence: 0.86294465952381

00:39:02.700 --> 00:39:06.168 data that I wanted to highlight.

NOTE Confidence: 0.86294465952381

00:39:06.170 --> 00:39:09.026 The cornerstone of PD management at class.

NOTE Confidence: 0.86294465952381

00:39:09.030 --> 00:39:11.195 One recommendation is that people

NOTE Confidence: 0.86294465952381

00:39:11.195 --> 00:39:14.005 get off for walking therapy and they

NOTE Confidence: 0.86294465952381

00:39:14.005 --> 00:39:15.870 are encouraged to walk three times

NOTE Confidence: 0.86294465952381

00:39:15.870 --> 00:39:18.219 a week for at least 30 minutes.

NOTE Confidence: 0.86294465952381

00:39:18.220 --> 00:39:19.836 To stimulate their cardiovascular

NOTE Confidence: 0.86294465952381

00:39:19.836 --> 00:39:21.856 fitness and growth of collaterals.

NOTE Confidence: 0.86294465952381

00:39:21.860 --> 00:39:24.828 To improve the provision in their legs.

NOTE Confidence: 0.86294465952381

00:39:24.830 --> 00:39:27.050 In portrait, we had the depression,

NOTE Confidence: 0.86294465952381

00:39:27.050 --> 00:39:28.290 perceived stress,

NOTE Confidence: 0.86294465952381

00:39:28.290 --> 00:39:30.150 repeated assessments available,

NOTE Confidence: 0.86294465952381

00:39:30.150 --> 00:39:33.072 but we also had repeated assessments

NOTE Confidence: 0.86294465952381

00:39:33.072 --> 00:39:35.868 for physical activity and we took

NOTE Confidence: 0.86294465952381

00:39:35.868 --> 00:39:38.034 the same questions as were done

NOTE Confidence: 0.86294465952381

00:39:38.034 --> 00:39:39.644 for the inter heart study.

NOTE Confidence: 0.86294465952381

00:39:39.650 --> 00:39:42.950 The global study where we could

NOTE Confidence: 0.86294465952381

00:39:42.950 --> 00:39:45.150 rank people as sedentary,

NOTE Confidence: 0.86294465952381

00:39:45.150 --> 00:39:48.234 engaged in wild activity

NOTE Confidence: 0.86294465952381

00:39:48.234 --> 00:39:50.547 or strenuous exercise.

NOTE Confidence: 0.86294465952381

00:39:50.550 --> 00:39:53.196 And here are the levels of depression

NOTE Confidence: 0.86294465952381

00:39:53.196 --> 00:39:56.072 and stress in those line graphs and

NOTE Confidence: 0.86294465952381

00:39:56.072 --> 00:39:58.562 then the bar charts really present

NOTE Confidence: 0.86294465952381

00:39:58.645 --> 00:40:01.093 the sedentary behavior levels and you

NOTE Confidence: 0.86294465952381

00:40:01.093 --> 00:40:04.798 can see that this is very high upon

NOTE Confidence: 0.86294465952381

00:40:04.798 --> 00:40:07.383 presentation with a new diagnosis,

NOTE Confidence: 0.86294465952381

00:40:07.390 --> 00:40:11.128 44% of reports being sedentary at baseline.

NOTE Confidence: 0.86294465952381

00:40:11.130 --> 00:40:12.430 And even though those levels

NOTE Confidence: 0.86294465952381

00:40:12.430 --> 00:40:13.470 go down over time,

NOTE Confidence: 0.86294465952381

00:40:13.470 --> 00:40:16.990 they still remain pretty high.

NOTE Confidence: 0.86294465952381

00:40:16.990 --> 00:40:20.546 And when we tried to reconstruct the

NOTE Confidence: 0.86294465952381

00:40:20.546 --> 00:40:23.426 causal pathways of stress and physical

NOTE Confidence: 0.86294465952381

00:40:23.426 --> 00:40:25.686 activity in PV with generalized

NOTE Confidence: 0.86294465952381

00:40:25.686 --> 00:40:27.230 structural equation modeling,

NOTE Confidence: 0.86294465952381

00:40:27.230 --> 00:40:29.822 we see that stress at the

NOTE Confidence: 0.86294465952381

00:40:29.822 --> 00:40:32.450 top here and lowered physical

NOTE Confidence: 0.86294465952381

00:40:32.450 --> 00:40:35.149 activity reinforce each other,

NOTE Confidence: 0.86294465952381

00:40:35.149 --> 00:40:38.947 and we see bidirectional relations emerge,

NOTE Confidence: 0.86294465952381

00:40:38.950 --> 00:40:41.248 meaning that a decrease in physical

NOTE Confidence: 0.86294465952381

00:40:41.248 --> 00:40:43.323 activity results in higher stress

NOTE Confidence: 0.86294465952381

00:40:43.323 --> 00:40:45.219 experiences and higher stress

NOTE Confidence: 0.86294465952381

00:40:45.219 --> 00:40:47.115 experiences result in decreased.

NOTE Confidence: 0.86294465952381

00:40:47.120 --> 00:40:49.740 Physical activity which is a

NOTE Confidence: 0.86294465952381

00:40:49.740 --> 00:40:52.360 problem for the management of

NOTE Confidence: 0.86294465952381

00:40:52.457 --> 00:40:55.167 of these patients and disease.

NOTE Confidence: 0.86294465952381

00:40:55.170 --> 00:40:56.109 For the pression,

NOTE Confidence: 0.86294465952381

00:40:56.109 --> 00:40:57.987 we see a slightly different picture,

NOTE Confidence: 0.86294465952381

00:40:57.990 --> 00:41:01.110 and as you can see the

NOTE Confidence: 0.86294465952381

00:41:01.110 --> 00:41:03.190 following strong trends emerged.

NOTE Confidence: 0.86294465952381

00:41:03.190 --> 00:41:07.691 Patients who lower their level of physical

NOTE Confidence: 0.86294465952381

00:41:07.691 --> 00:41:11.258 activity at baseline or then result.

NOTE Confidence: 0.86294465952381

00:41:11.260 --> 00:41:13.644 Subsequently they present with

NOTE Confidence: 0.86294465952381

00:41:13.644 --> 00:41:16.471 higher levels of depression and

NOTE Confidence: 0.86294465952381

00:41:16.471 --> 00:41:18.676 these effects are reinforced further

NOTE Confidence: 0.86294465952381

00:41:18.676 --> 00:41:21.749 downstream of the PD rehab trajectory.

NOTE Confidence: 0.86294465952381

00:41:21.750 --> 00:41:22.704 Underscoring that.

NOTE Confidence: 0.86294465952381

00:41:22.704 --> 00:41:23.181 Again,

NOTE Confidence: 0.86294465952381

00:41:23.181 --> 00:41:26.520 the role of physical activity and the

NOTE Confidence: 0.86294465952381

00:41:26.605 --> 00:41:31.180 risk of depression go hand in hand and.

NOTE Confidence: 0.86294465952381

00:41:31.180 --> 00:41:34.030 Need to be seen together as

NOTE Confidence: 0.86294465952381

00:41:34.030 --> 00:41:36.850 as one manages this disease.

NOTE Confidence: 0.86294465952381

00:41:36.850 --> 00:41:39.986 So the key takeaways from this line

NOTE Confidence: 0.86294465952381

00:41:39.986 --> 00:41:42.214 of research are, not surprisingly,

NOTE Confidence: 0.86294465952381

00:41:42.214 --> 00:41:44.424 that depression and perceived stress

NOTE Confidence: 0.86294465952381

00:41:44.424 --> 00:41:47.366 are very common in PD that PD and

NOTE Confidence: 0.86294465952381

00:41:47.366 --> 00:41:50.250 overall is on the rise with increasingly

NOTE Confidence: 0.86294465952381

00:41:50.332 --> 00:41:53.142 complex patient profiles and people

NOTE Confidence: 0.86294465952381

00:41:53.142 --> 00:41:55.952 presenting with more severe disease

NOTE Confidence: 0.86294465952381

00:41:56.040 --> 00:41:59.365 and a rapid growth in younger populations.

NOTE Confidence: 0.86294465952381

00:41:59.370 --> 00:42:00.002 Number two,

NOTE Confidence: 0.86294465952381

00:42:00.002 --> 00:42:03.128 what I like to highlight is that it is

NOTE Confidence: 0.86294465952381

00:42:03.128 --> 00:42:05.228 associated with increased mortality,

NOTE Confidence: 0.86294465952381

00:42:05.230 --> 00:42:06.950 poor PD, health status,

NOTE Confidence: 0.86294465952381

00:42:06.950 --> 00:42:07.810 recovery trajectories,

NOTE Confidence: 0.86294465952381

00:42:07.810 --> 00:42:11.506 higher cost and longer admissions and #3.

NOTE Confidence: 0.86294465952381

00:42:11.510 --> 00:42:13.589 We do know who is at risk

NOTE Confidence: 0.86294465952381

00:42:13.589 --> 00:42:15.450 of high stress experiences,

NOTE Confidence: 0.86294465952381

00:42:15.450 --> 00:42:18.936 and we also know that it is.

NOTE Confidence: 0.86294465952381

00:42:18.940 --> 00:42:21.325 Very much intertwined with people's

NOTE Confidence: 0.86294465952381

00:42:21.325 --> 00:42:23.233 levels of physical activity,

NOTE Confidence: 0.86294465952381

00:42:23.240 --> 00:42:26.656 which is part of of the cornerstone

NOTE Confidence: 0.86294465952381

00:42:26.656 --> 00:42:28.120 of PD management,

NOTE Confidence: 0.86294465952381

00:42:28.120 --> 00:42:31.032 behavioral activation and and.

NOTE Confidence: 0.86294465952381

00:42:31.032 --> 00:42:34.672 Physical activity to achieve successful

NOTE Confidence: 0.86294465952381

00:42:34.672 --> 00:42:38.692 outcomes and stress and depression

NOTE Confidence: 0.86294465952381

00:42:38.692 --> 00:42:42.484 may exacerbate the cycle of of

NOTE Confidence: 0.86294465952381

00:42:42.484 --> 00:42:45.368 sedentary behavior in this population.

NOTE Confidence: 0.93673392125

00:42:47.740 --> 00:42:51.500 So in the final part of my presentation,

NOTE Confidence: 0.93673392125

00:42:51.500 --> 00:42:54.156 I would like to make the case for

NOTE Confidence: 0.93673392125

00:42:54.156 --> 00:42:56.410 how integrated care options for

NOTE Confidence: 0.93673392125

00:42:56.410 --> 00:42:57.925 cardiovascular populations and

NOTE Confidence: 0.93673392125

00:42:57.925 --> 00:43:00.698 specialty care are needed to come

NOTE Confidence: 0.93673392125

00:43:00.698 --> 00:43:03.064 to a more value based care delivery.

NOTE Confidence: 0.93673392125

00:43:03.070 --> 00:43:06.269 So, as I highlighted throughout my talk,

NOTE Confidence: 0.93673392125

00:43:06.270 --> 00:43:08.438 atherosclerotic disease is a

NOTE Confidence: 0.93673392125

00:43:08.438 --> 00:43:10.606 generalized process and manifestations

NOTE Confidence: 0.93673392125

00:43:10.606 --> 00:43:12.888 can occur in the coronary,

NOTE Confidence: 0.93673392125

00:43:12.890 --> 00:43:15.480 carotid and lower extremity arteries.

NOTE Confidence: 0.93673392125

00:43:15.480 --> 00:43:18.196 And even though the interest in the

NOTE Confidence: 0.93673392125

00:43:18.196 --> 00:43:20.688 field started in coronary disease

NOTE Confidence: 0.93673392125

00:43:20.688 --> 00:43:23.180 because those manifestations were

NOTE Confidence: 0.93673392125

00:43:23.180 --> 00:43:25.736 probably also more dramatic and and,

NOTE Confidence: 0.93673392125

00:43:25.740 --> 00:43:28.990 and that's where everything started.

00:43:28.990 --> 00:43:31.816 I feel like we're just at the beginning of

00:43:31.816 --> 00:43:33.871 documenting and understanding the impacts

00:43:33.871 --> 00:43:36.385 of other manifestations on people's lives.

00:43:36.390 --> 00:43:38.138 I haven't even covered

00:43:38.138 --> 00:43:39.449 carotid artery stenosis,

00:43:39.450 --> 00:43:44.084 which is another unique set of symptoms

00:43:44.084 --> 00:43:48.173 and care interactions that need to

00:43:48.173 --> 00:43:51.493 be considered for those populations.

00:43:51.500 --> 00:43:54.620 So really it makes sense to.

00:43:54.620 --> 00:43:56.512 Start broadening the subspecialty

00:43:56.512 --> 00:43:58.877 of cardiac psychology and and

00:43:58.877 --> 00:44:01.508 to include vascular populations.

00:44:01.510 --> 00:44:04.905 Because it's really a spectrum of disease.

00:44:04.910 --> 00:44:08.046 And recently we came together with a

00:44:08.046 --> 00:44:10.988 few colleagues here at Yale colleagues,

00:44:10.990 --> 00:44:15.830 psychologist and cardiologist were we.

NOTE Confidence: 0.93673392125

00:44:15.830 --> 00:44:19.232 Reflected on the role of what cardiovascular

NOTE Confidence: 0.93673392125

00:44:19.232 --> 00:44:22.044 psychology or health psychology could

NOTE Confidence: 0.93673392125

00:44:22.044 --> 00:44:24.588 contribute to cardiovascular care.

NOTE Confidence: 0.93673392125

00:44:24.590 --> 00:44:26.210 There is a, of course,

NOTE Confidence: 0.93673392125

00:44:26.210 --> 00:44:28.146 a role for intervention,

NOTE Confidence: 0.93673392125

00:44:28.146 --> 00:44:28.630 design,

NOTE Confidence: 0.93673392125

00:44:28.630 --> 00:44:30.109 delivery and testing,

NOTE Confidence: 0.93673392125

00:44:30.109 --> 00:44:33.067 and there's a role to address

NOTE Confidence: 0.93673392125

00:44:33.067 --> 00:44:34.732 psychosocial behavioral factors

NOTE Confidence: 0.93673392125

00:44:34.732 --> 00:44:37.467 to promote lifestyle changes that

NOTE Confidence: 0.93673392125

00:44:37.467 --> 00:44:40.002 we often recommend these patients

NOTE Confidence: 0.93673392125

00:44:40.002 --> 00:44:42.858 to make and the support that they

NOTE Confidence: 0.93673392125

00:44:42.858 --> 00:44:45.810 need to help make these changes.

NOTE Confidence: 0.93673392125

00:44:45.810 --> 00:44:48.904 And the impact on their health outcomes.

NOTE Confidence: 0.93673392125

00:44:48.910 --> 00:44:50.450 Health psychology can contribute

NOTE Confidence: 0.93673392125

00:44:50.450 --> 00:44:52.760 to the assessment and the design

NOTE Confidence: 0.93673392125

00:44:52.820 --> 00:44:54.955 and the analysis and interpretation

NOTE Confidence: 0.93673392125

00:44:54.955 --> 00:44:56.663 of psychosocial risk factors,

NOTE Confidence: 0.93673392125

00:44:56.670 --> 00:44:58.930 both at the patient level,

NOTE Confidence: 0.93673392125

00:44:58.930 --> 00:45:01.849 but also measures at the programmatic level.

NOTE Confidence: 0.93673392125

00:45:01.850 --> 00:45:04.181 As a lot of of the fields in in

NOTE Confidence: 0.93673392125

00:45:04.181 --> 00:45:06.835 in medical specialties and in

NOTE Confidence: 0.93673392125

00:45:06.835 --> 00:45:09.151 behavioral healthcare are moving

NOTE Confidence: 0.93673392125

00:45:09.151 --> 00:45:11.229 into measurement based care.

NOTE Confidence: 0.93673392125

00:45:11.230 --> 00:45:14.558 Where we let patients.

NOTE Confidence: 0.881971152727273

00:45:17.140 --> 00:45:20.276 Say what quality of care means and and

NOTE Confidence: 0.881971152727273

00:45:20.276 --> 00:45:23.764 and how that is reflected in the scores

NOTE Confidence: 0.881971152727273

00:45:23.764 --> 00:45:26.790 on on these domains of assessment.

NOTE Confidence: 0.881971152727273

00:45:26.790 --> 00:45:29.180 Treating comorbid mental mental health

NOTE Confidence: 0.881971152727273

00:45:29.180 --> 00:45:32.181 disorders in the context of medical

NOTE Confidence: 0.881971152727273

00:45:32.181 --> 00:45:35.397 illness and facilitate patient care team

NOTE Confidence: 0.881971152727273

00:45:35.397 --> 00:45:37.950 relationships and provide insight and.

NOTE Confidence: 0.881971152727273

00:45:37.950 --> 00:45:41.010 Expertise and the role of psychology

NOTE Confidence: 0.881971152727273

00:45:41.010 --> 00:45:43.726 for physiological interactions that take

NOTE Confidence: 0.881971152727273

00:45:43.726 --> 00:45:46.110 place within cardiovascular diseases.

NOTE Confidence: 0.881971152727273

00:45:46.110 --> 00:45:48.792 And understanding how it affects the

NOTE Confidence: 0.881971152727273

00:45:48.792 --> 00:45:51.398 patients experience and in the last

NOTE Confidence: 0.881971152727273

00:45:51.398 --> 00:45:53.981 decade a lot of the treatments for

NOTE Confidence: 0.881971152727273

00:45:53.981 --> 00:45:55.991 coronary and cardiovascular disease

NOTE Confidence: 0.881971152727273

00:45:55.991 --> 00:45:58.596 in general has gotten increasingly

NOTE Confidence: 0.881971152727273

00:45:58.596 --> 00:46:01.736 more technical and with a lot of

NOTE Confidence: 0.881971152727273

00:46:01.736 --> 00:46:03.480 technological innovations taking place.

NOTE Confidence: 0.881971152727273

00:46:03.480 --> 00:46:06.231 So it's also important to consider what

NOTE Confidence: 0.881971152727273

00:46:06.231 --> 00:46:08.229 treatment options are available and

NOTE Confidence: 0.881971152727273

00:46:08.229 --> 00:46:10.473 how that impacts the disease process

NOTE Confidence: 0.881971152727273

00:46:10.473 --> 00:46:13.157 and the role of psychosocial factors.

NOTE Confidence: 0.881971152727273

00:46:13.160 --> 00:46:16.130 And so there too is a role for cardiac.

NOTE Confidence: 0.881971152727273

00:46:16.130 --> 00:46:17.860 Would carry a vascular sychology.

NOTE Confidence: 0.823918453333333

00:46:20.230 --> 00:46:22.575 So for integrated PED care it is

NOTE Confidence: 0.823918453333333

00:46:22.575 --> 00:46:25.173 not only what are the patient wants

NOTE Confidence: 0.823918453333333

00:46:25.173 --> 00:46:27.447 stents or or what are surgical

NOTE Confidence: 0.823918453333333

00:46:27.522 --> 00:46:29.706 bypass is the right way to go,

NOTE Confidence: 0.823918453333333

00:46:29.710 --> 00:46:31.314 or supervised exercise is

NOTE Confidence: 0.823918453333333

00:46:31.314 --> 00:46:33.319 something that people might want

NOTE Confidence: 0.823918453333333

00:46:33.319 --> 00:46:35.944 to try and the medications to

NOTE Confidence: 0.823918453333333

00:46:35.944 --> 00:46:37.668 lower their cardiovascular risk.

NOTE Confidence: 0.823918453333333

00:46:37.670 --> 00:46:41.198 But it is also do people have the

NOTE Confidence: 0.823918453333333

00:46:41.198 --> 00:46:44.771 support and the capacity to navigate all

NOTE Confidence: 0.823918453333333

00:46:44.771 --> 00:46:47.422 of these disease experiences and the

NOTE Confidence: 0.823918453333333

00:46:47.422 --> 00:46:49.437 interaction with their treatment and.

NOTE Confidence: 0.823918453333333

00:46:49.440 --> 00:46:51.920 Is their care being addressed

NOTE Confidence: 0.823918453333333

00:46:51.920 --> 00:46:54.400 from a whole person perspective

NOTE Confidence: 0.823918453333333

00:46:54.483 --> 00:46:57.393 and or psychosocial factors also

NOTE Confidence: 0.823918453333333

00:46:57.393 --> 00:47:00.544 considered for the disease management?

NOTE Confidence: 0.823918453333333

00:47:00.544 --> 00:47:03.749 So increasingly our teams become

NOTE Confidence: 0.823918453333333

00:47:03.749 --> 00:47:05.930 multidisciplinary and models of

NOTE Confidence: 0.823918453333333

00:47:05.930 --> 00:47:08.355 Co treatment and cross training

NOTE Confidence: 0.823918453333333

00:47:08.355 --> 00:47:10.720 actually make sense if we want

NOTE Confidence: 0.823918453333333

00:47:10.720 --> 00:47:13.214 to meet the patient's needs.

NOTE Confidence: 0.823918453333333

00:47:13.214 --> 00:47:16.265 And as specialties move in and out

NOTE Confidence: 0.823918453333333

00:47:16.265 --> 00:47:18.180 the circle depending on on the

NOTE Confidence: 0.823918453333333

00:47:18.180 --> 00:47:19.998 different needs and we feel that.

NOTE Confidence: 0.823918453333333

00:47:20.000 --> 00:47:22.460 There is definitely a place also

NOTE Confidence: 0.823918453333333

00:47:22.460 --> 00:47:24.604 for health psychology to help

NOTE Confidence: 0.823918453333333

00:47:24.604 --> 00:47:26.889 support the specialty care of

NOTE Confidence: 0.823918453333333

00:47:26.889 --> 00:47:29.058 these populations as they manage

NOTE Confidence: 0.823918453333333

00:47:29.058 --> 00:47:30.306 their cardiovascular condition.

NOTE Confidence: 0.848824837894737

00:47:33.600 --> 00:47:36.400 Many of of the goals for managing a

NOTE Confidence: 0.848824837894737

00:47:36.400 --> 00:47:39.336 depression or managing stress and managing

NOTE Confidence: 0.848824837894737

00:47:39.336 --> 00:47:42.036 peripheral artery disease as discussed,

NOTE Confidence: 0.848824837894737

00:47:42.040 --> 00:47:44.970 overlap, and so increasingly an

NOTE Confidence: 0.848824837894737

00:47:44.970 --> 00:47:47.314 interdisciplinary team based approach

NOTE Confidence: 0.848824837894737

00:47:47.314 --> 00:47:50.479 makes sense to to realize more

NOTE Confidence: 0.848824837894737

00:47:50.479 --> 00:47:52.979 successful outcomes in this population.

NOTE Confidence: 0.856718283125

00:47:55.520 --> 00:47:58.508 Collaborative work and care has been

NOTE Confidence: 0.856718283125

00:47:58.508 --> 00:48:01.768 shown to be effective for medical

NOTE Confidence: 0.856718283125

00:48:01.768 --> 00:48:04.116 populations such as diabetes.

NOTE Confidence: 0.856718283125

00:48:04.120 --> 00:48:06.165 Oftentimes, these models were offered

NOTE Confidence: 0.856718283125

00:48:06.165 --> 00:48:08.780 offered in the primary care setting,

NOTE Confidence: 0.856718283125

00:48:08.780 --> 00:48:11.868 and so there is a model for success

NOTE Confidence: 0.856718283125

00:48:11.868 --> 00:48:14.319 that has been demonstrated.

NOTE Confidence: 0.856718283125

00:48:14.320 --> 00:48:16.820 But with the increasingly complex

NOTE Confidence: 0.856718283125

00:48:16.820 --> 00:48:19.320 populations and the intensity of

NOTE Confidence: 0.856718283125

00:48:19.400 --> 00:48:22.676 care that people undergo and complex

NOTE Confidence: 0.856718283125

00:48:22.676 --> 00:48:24.860 interactions with their treatments.

NOTE Confidence: 0.856718283125

00:48:24.860 --> 00:48:27.476 There's a case to make to offer behavioral

NOTE Confidence: 0.856718283125

00:48:27.476 --> 00:48:29.959 health care within the specialty setting,

NOTE Confidence: 0.856718283125

00:48:29.960 --> 00:48:32.949 as it also is perhaps desired from

NOTE Confidence: 0.856718283125

00:48:32.949 --> 00:48:35.616 the patient's perspective and from a

NOTE Confidence: 0.856718283125

00:48:35.616 --> 00:48:37.796 referral and care linkage perspective.

NOTE Confidence: 0.856718283125

00:48:37.800 --> 00:48:39.990 Being part of the same treatment

NOTE Confidence: 0.856718283125

00:48:39.990 --> 00:48:42.490 team is is something to strive for.

NOTE Confidence: 0.834342462857143

00:48:46.150 --> 00:48:49.349 We're finding ourselves at a new juncture.

NOTE Confidence: 0.834342462857143

00:48:49.350 --> 00:48:51.890 Is is what I feel.

NOTE Confidence: 0.834342462857143

00:48:51.890 --> 00:48:55.040 We described the post war chronic

NOTE Confidence: 0.834342462857143

00:48:55.040 --> 00:48:57.221 disease burden, but we're still

NOTE Confidence: 0.834342462857143

00:48:57.221 --> 00:48:59.106 dealing with that disease burden.

NOTE Confidence: 0.834342462857143

00:48:59.110 --> 00:49:02.122 And as you look at the

NOTE Confidence: 0.834342462857143

00:49:02.122 --> 00:49:04.130 global burden of disease,

NOTE Confidence: 0.834342462857143

00:49:04.130 --> 00:49:07.580 ischemic heart disease tops this list

NOTE Confidence: 0.834342462857143

00:49:07.580 --> 00:49:11.476 in both populations 50 + 75 years

NOTE Confidence: 0.834342462857143

00:49:11.476 --> 00:49:14.476 and plus or populations age rapidly.

NOTE Confidence: 0.834342462857143

00:49:14.480 --> 00:49:17.266 And the demands on our health services

NOTE Confidence: 0.834342462857143

00:49:17.266 --> 00:49:19.297 and healthcare systems continue to

NOTE Confidence: 0.834342462857143

00:49:19.297 --> 00:49:21.985 increase and so this is something really.

NOTE Confidence: 0.834342462857143

00:49:21.990 --> 00:49:24.998 Policy makers and healthcare

NOTE Confidence: 0.834342462857143

00:49:24.998 --> 00:49:28.006 administrators need to integrate

NOTE Confidence: 0.834342462857143

00:49:28.006 --> 00:49:31.664 in their policy and and the way we

NOTE Confidence: 0.834342462857143

00:49:31.664 --> 00:49:33.895 deliver and design care for patients

NOTE Confidence: 0.834342462857143

00:49:33.895 --> 00:49:36.767 and how that care is value based and

NOTE Confidence: 0.834342462857143

00:49:36.843 --> 00:49:39.627 and it is a good return on investment.

NOTE Confidence: 0.834342462857143

00:49:39.630 --> 00:49:42.302 So there's still an enormous wave of of

NOTE Confidence: 0.834342462857143

00:49:42.302 --> 00:49:44.620 new challenges for the sustainability of

NOTE Confidence: 0.834342462857143

00:49:44.620 --> 00:49:46.996 our healthcare systems that is coming.

NOTE Confidence: 0.834342462857143

00:49:47.000 --> 00:49:49.570 Towards us.

NOTE Confidence: 0.834342462857143

00:49:49.570 --> 00:49:51.930 So we found ourselves at a such a

NOTE Confidence: 0.834342462857143

00:49:51.930 --> 00:49:53.958 junction before as I explained in

NOTE Confidence: 0.834342462857143

00:49:53.958 --> 00:49:55.668 the beginning of my presentation,

NOTE Confidence: 0.834342462857143

00:49:55.670 --> 00:49:58.076 but today's reality adds a little

NOTE Confidence: 0.834342462857143

00:49:58.076 --> 00:50:00.290 bit more complexities into the mix,

NOTE Confidence: 0.834342462857143

00:50:00.290 --> 00:50:03.500 so I gains in prevention for

NOTE Confidence: 0.834342462857143

00:50:03.500 --> 00:50:04.570 cardiovascular disease.

NOTE Confidence: 0.834342462857143

00:50:04.570 --> 00:50:06.586 Seem to need to be reinvigorated.

NOTE Confidence: 0.834342462857143

00:50:06.590 --> 00:50:09.080 Given that younger populations present

NOTE Confidence: 0.834342462857143

00:50:09.080 --> 00:50:11.570 earlier with much more aggressive

NOTE Confidence: 0.834342462857143

00:50:11.645 --> 00:50:13.930 disease due to lifestyle factors.

NOTE Confidence: 0.834342462857143

00:50:13.930 --> 00:50:16.526 Cost are really unsustainable.

NOTE Confidence: 0.834342462857143

00:50:16.526 --> 00:50:19.122 There's highly technological care

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00:50:19.122 --> 00:50:21.679 being incentivized over basic high

00:50:21.679 --> 00:50:24.416 value care and the people who have

00:50:24.499 --> 00:50:27.004 access to that highly technological

00:50:27.004 --> 00:50:29.509 care versus those who don't.

00:50:29.510 --> 00:50:33.010 Those disparities continue to increase,

00:50:33.010 --> 00:50:35.630 and there's an enormous burden

00:50:35.630 --> 00:50:38.038 towards vulnerable populations who

00:50:38.038 --> 00:50:40.446 even have difficulties accessing

00:50:40.446 --> 00:50:43.126 care and are being diagnosed early.

00:50:43.126 --> 00:50:46.380 And so it does show up late in the

00:50:46.380 --> 00:50:49.218 disease process with more complex disease,

00:50:49.220 --> 00:50:52.670 and we see decreasing life expectancy

00:50:52.670 --> 00:50:55.739 in younger generations because of that.

00:50:55.740 --> 00:50:58.337 And and then we face the post

00:50:58.340 --> 00:51:01.260 pandemic and and global challenges,

00:51:01.260 --> 00:51:04.158 which really has increased the mental

00:51:04.158 --> 00:51:06.749 health burden overall and strain

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00:51:06.749 --> 00:51:09.077 communities that are suffering.

NOTE Confidence: 0.834342462857143

00:51:09.080 --> 00:51:12.476 So health psychology can yet again

NOTE Confidence: 0.834342462857143

00:51:12.480 --> 00:51:14.634 provide an answer to these complexities

NOTE Confidence: 0.834342462857143

00:51:14.634 --> 00:51:17.272 and how to deal with this reality

NOTE Confidence: 0.834342462857143

00:51:17.272 --> 00:51:19.534 and contribute to more value based

NOTE Confidence: 0.834342462857143

00:51:19.540 --> 00:51:23.476 care models that can address medical

NOTE Confidence: 0.834342462857143

00:51:23.476 --> 00:51:26.656 populations from a whole person.

NOTE Confidence: 0.834342462857143

00:51:26.660 --> 00:51:29.756 Perspective and offer our expertise in

NOTE Confidence: 0.834342462857143

00:51:29.756 --> 00:51:33.010 in the chronic disease trajectories.

NOTE Confidence: 0.965525914

00:51:35.760 --> 00:51:40.028 I would like to thank all of the

NOTE Confidence: 0.965525914

00:51:40.028 --> 00:51:41.692 faculty collaborators here at

NOTE Confidence: 0.965525914

00:51:41.692 --> 00:51:44.260 Yale and outside and and globally.

NOTE Confidence: 0.965525914

00:51:44.260 --> 00:51:46.255 Also, who have contributed to

NOTE Confidence: 0.965525914

00:51:46.255 --> 00:51:49.031 this work and the people in our

NOTE Confidence: 0.965525914

00:51:49.031 --> 00:51:51.137 research team and here at Yale,

NOTE Confidence: 0.965525914

00:51:51.140 --> 00:51:54.045 but also at the America Heart Institute.

NOTE Confidence: 0.965525914

00:51:54.050 --> 00:51:58.388 In Kansas City and the team in in Tillburg,

NOTE Confidence: 0.965525914

00:51:58.390 --> 00:52:00.574 and of course all the patients

NOTE Confidence: 0.965525914

00:52:00.574 --> 00:52:02.554 that have contributed to this

NOTE Confidence: 0.965525914

00:52:02.554 --> 00:52:05.648 data of of this body of work.

NOTE Confidence: 0.965525914

00:52:05.650 --> 00:52:07.575 And I want to thank you for

NOTE Confidence: 0.965525914

00:52:07.575 --> 00:52:09.721 listening to my talk and having me

NOTE Confidence: 0.965525914

00:52:09.721 --> 00:52:12.030 in this grand Round series and also

NOTE Confidence: 0.965525914

00:52:12.030 --> 00:52:14.178 would like to encourage people to

NOTE Confidence: 0.965525914

00:52:14.178 --> 00:52:16.502 join our upcoming health Ecology

NOTE Confidence: 0.965525914

00:52:16.502 --> 00:52:19.607 Virtual Forum happening May 20.

NOTE Confidence: 0.965525914

00:52:19.610 --> 00:52:21.578 Where the growth and contributions of

NOTE Confidence: 0.965525914

00:52:21.578 --> 00:52:23.890 health psychology will be further discussed,

NOTE Confidence: 0.965525914

00:52:23.890 --> 00:52:26.226 and I'd be glad to take any questions

NOTE Confidence: 0.965525914

00:52:26.226 --> 00:52:27.998 and thank you for listening.