

EVERYDAY HEALTH ADRESSES THE IMPORTANCE OF PRIORITIZING HEART HEALTH DURING THE COVID-19 PANDEMIC

Cardiovascular-related deaths on the rise since COVID-19, compared with pre-pandemic statistics. Everyday Health's latest survey provides startling new data.

NEW YORK, NY, USA, February 22, 2021 /EINPresswire.com/ -- A new survey-based report from Everyday Health reveals the impact of the COVID-19 pandemic on the heart health community

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The most alarming finding is that 78% of our respondents expressed some level of concern about seeing their doctor in person because of the pandemic, and may be postponing necessary appointments.”

Tom Carr, SVP, Data, Everyday Health

and illuminates the potential negative repercussions of ignoring warning signs and delaying treatment. This 710-person survey, conducted in January 2021, asked people affected by heart disease to evaluate their lifestyle and self-care habits and offer insights as to how COVID-19 has impacted their care.

“The most alarming finding is that 78% of our respondents expressed some level of concern about seeing their doctor in person because of the pandemic,” states Tom Carr, SVP, Data, Content, and Marketing Science at Everyday Health.” JAMA Cardiology also reported that people have been 2.4 times more likely to die of a heart attack during the COVID-

19 outbreak than before. People are likely avoiding hospitals out of fear of contracting the virus, and may be postponing necessary appointments with their cardiologists.”

Highlights of the Survey

Telehealth for Heart Health: How Doctor Visits are Evolving During the COVID-19 Pandemic

The concern around in-person visits during the pandemic is likely why 42% of survey respondents have had a virtual visit for their heart health. 70% found that telehealth has made receiving heart care easier, and 69% felt safer using telehealth than visiting their doctor in person. Everyday Health's findings support that the telemedicine trend is here to stay, as 92% of respondents found their telehealth appointment to be a generally positive experience.

The Importance of Self-Care to Prevent and Manage Heart Disease

Survey respondents attribute their heart disease diagnosis to both controllable and uncontrollable risk factors, with family history as the top reported factor :

- 58% family history
- 38% smoking
- 36% lack of exercise
- 33% poor diet
- 30% excess weight

Survey respondents have taken meaningful steps towards living a more heart-healthy lifestyle:

- 58% have switched to a heart-healthy diet
- 55% have become more active
- 52% have lost weight
- 35% have quit smoking

The survey did uncover some worrisome knowledge gaps. Of the 47% of [Everyday Health survey](#) respondents who have had a heart attack, 38% were not aware of their increased risk of a second heart attack.

In support of American Heart Month, Everyday Health is committed to leveraging these findings to provide the heart health community with the tools and information to take control of their health and prevent future heart attacks.

The full report can be found here: <https://www.everydayhealth.com/heart-health/special-report/>

About the Everyday Health Group

The Everyday Health Group (EHG) is a recognized leader in patient and provider education attracting an engaged audience of over 56 million U.S. health consumers and over 830,000 U.S. practicing physicians and clinicians to its premier health and wellness digital properties. EHG combines social listening data and analytics expertise to deliver highly personalized healthcare consumer content and effective patient engagement solutions. EHG's vision is to drive better clinical and health outcomes through decision-making informed by highly relevant data and analytics. Healthcare professionals and consumers are empowered with trusted content and services through the Everyday Health Group's flagship brands including Everyday Health®, What to Expect®, BabyCenter®, MedPage Today®, Health eCareers®, PRIME® Education, Castle Connolly Top Doctors®, and our exclusive partnership with MayoClinic.org® and The Mayo Clinic Diet®.

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EVERYDAY HEALTH
February is American Heart Month

It's important to stay on top of your heart health to avoid the risks of a pandemic. In honor of American Heart Month, Everyday Health surveyed 75 people who were affected by heart disease to learn how COVID-19 has impacted their care.

63% of everyday health survey respondents are highly concerned about contracting the COVID-19 virus.

Worried about the impact COVID-19 may have on their heart?

78%

Turning to Telehealth During the Pandemic
To keep our health nearby during the pandemic, telehealth usage in the nation. Of survey respondents, 78% reported concerns over seeing their doctor in person because of the pandemic, and 78% have said they need to stay on top of their heart health, more so than they thought after using telehealth.

92% heart disease telehealth appointments to be a generally positive experience.

70% heart disease telehealth has made reaching heart care easier.

69% feel safer using telehealth appointments with their doctor in person.

65% feel their condition has helped improve conversations with their doctor.

Many practitioners across a variety of specialties are making a case for telehealth to take forward as a viable practice option after the pandemic concludes.

Why Heart Health Checkups Still Matter During COVID-19
According to a study published in the journal *Circulation*, cardiovascular disease-related deaths rose 10% compared with pre-pandemic statistics.

Hospitalizations related to acute cardiovascular disease, like heart attack, heart failure, and stroke, have declined during the pandemic.

Many people aren't going to the hospital for heart operations and to test for contracting the COVID-19 virus.

Facts and Stats About Heart Attack
Preventing your heart health can help prevent serious complications such as heart attack — and there's no time like the present. A study published in *Journal of the American College of Cardiology* found that people who were likely to die of a heart attack during the pandemic that tested for cardiovascular disease before — a strategy aimed at a population that already has had a large health impact.

805,000 Americans reported heart symptoms such as chest pain, shortness of breath, or dizziness.	1 in 5 people who had heart surgery or had a heart procedure during the pandemic.	38% of survey respondents who had heart health issues reported a second heart attack.
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Everyday Health/American Heart Month Survey: Has COVID-19 impacted care?

Visit www.everydayhealth.com for more information.

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