

# Factsheet

## CARDIOVASCULAR DISEASES

**In 2009, there were an estimated 34 million visits to nonfederally employed, office-based physicians specializing in cardiovascular diseases in the United States. More than half of the visits were made by persons 65 years of age and over.**

Percent distribution of office visits by patient's age: 2009



**The visit rate was highest for persons 65 years and over. The overall rate did not differ by sex.**

Annual office visit rates by patient's age and sex: 2009



Number of visits per 100 persons per year

**Primary expected source of payment included:**

- Private insurance — 63%
- Medicare — 53%
- Medicaid — 8%

**The major reason for visit was:**

- Chronic problem, routine — 52%
- New problem — 21%
- Chronic problem, flare-up — 9%
- Preventive Care — 9%
- Pre- or post-surgery/injury follow-up — 6%

**The top 5 reasons given by patients for visiting cardiovascular disease specialists were:**

- Progress visit
- Chest pain
- Hypertension
- Ischemic heart disease
- Shortness of breath

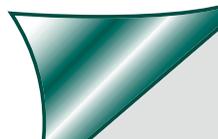
**The top 5 diagnoses were:**

- Ischemic heart disease
- Heart disease, excluding ischemic
- Essential hypertension
- Chest pain
- Disorders of lipid metabolism

**Medications were provided or prescribed at 87 percent of office visits. The top 5 generic substances utilized were:**

- Aspirin
- Metoprolol
- Furosemide
- Simvastatin
- Lisinopril

*For more information, contact the Ambulatory Care Statistics Branch at 301-458-4600 or visit our Web site at <[www.cdc.gov/namcs](http://www.cdc.gov/namcs)>.*



**NAMCS data are widely used in research studies appearing in nationally recognized medical journals, including *JAMA*, *Journal of the American College of Cardiology*, and *Archives of Internal Medicine*. Here are just a few recent publications using NAMCS data:**

Willson MN, Neumiller JJ, Sclar DA, Robison LM, Skaer TL. Ethnicity/Race, Use of Pharmacotherapy, Scope of Physician-Ordered Cholesterol Screening, and Provision of Diet/Nutrition or Exercise Counseling during US Office-Based Visits by Patients with Hyperlipidemia. *Am J Cardiovasc Drugs*. 10(2):105–8.

Bleich SN, Pickett-Blakely O, Cooper LA. Physician practice patterns of obesity diagnosis and weight-related counseling. *Patient Educ Couns*. Mar 2010. [Epub ahead of print]

Fang J, Keenan NL, Ayala C. Health care services provided during physician office visits for hypertension: differences by specialty. *J Clin Hypertens (Greenwich)*. 12(2):89–95. Feb 2010.

Neumiller JJ, Sclar DA, Robison LM, Setter SM, Skaer TL. Rate of obesity in U.S. ambulatory patients with diabetes mellitus: A national assessment of office-based physician visits. *Prim Care Diabetes*. Jul 2009. [Epub ahead of print]

Ma J, Xiao L. Assessment of body mass index and association with adolescent preventive care in U.S. outpatient settings. *J Adolesc Health*. 44(5):502–4. May 2009. [Epub Nov 2008]

Sonnenfeld N, Schappert SM, Lin SX. Racial and Ethnic Differences in Delivery of Tobacco-Cessation Services. *Am J Prev Med*. Oct 2008. [Epub ahead of print]

Aparasu RR, Aparasu A. Hypertension management in outpatient visits by diabetic patients. *Res Social Adm Pharm*. (3):284–91. Sep 2008. [Epub Aug 2008]

Keyhani S, Scobie JV, Hebert PL, McLaughlin MA. Gender disparities in blood pressure control and cardiovascular care in a national sample of ambulatory care visits. *Hypertension*. 51(4):1149–55. Apr 2008. [Epub Feb 2008]

Huebschmann AD, Bublitz C, Anderson RJ. Are hypertensive elderly patients treated differently? *Clin Interv Aging*. 1(3):289–94. 2006.

Coyne KS, Paramore C, Grandy S, Mercader M, Reynolds M, Zimetbaum P. Assessing the direct costs of treating nonvalvular atrial fibrillation in the United States. *Value Health*. 9(5):348–56. Sep–Oct 2006.

Holmes JS, Arispe IE, Moy E. Heart disease and prevention: race and age differences in heart disease prevention, treatment, and mortality. *Med Care*. 43:I-33–I-41. 2005.

**The complete list of publications using NAMCS data which includes hundreds of articles and reports is available on our Web site.**