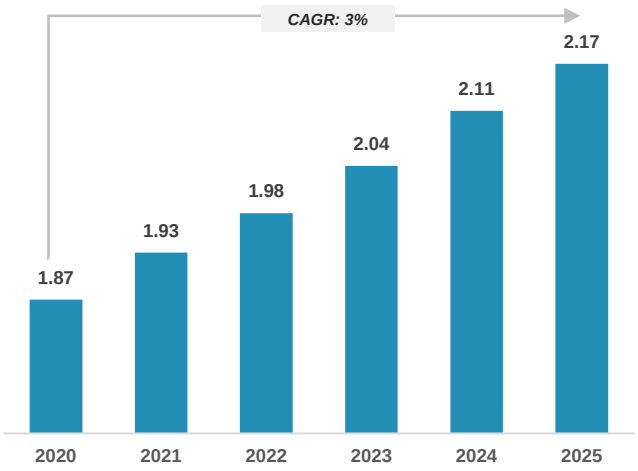
CARDIOVASCULAR DISEASES IN MALAYSIA:

AN OVERVIEW

Cardiovascular diseases (CVDs) pose a significant threat to the Malaysian population's health and well-being. CVDs caused **~1.7 Mn** hospital admissions in Malaysia in 2017, stressing the healthcare system. Lifestyle factors like unhealthy diets and lack of physical activity contribute significantly to the problem. However, initiatives such as public health campaigns, personalized medicine and promotion of healthy lifestyles foster hope for a healthier future.

DISEASE PREVALANCE

Malaysia 2020–25 | Figures in Mn



- Cardiovascular diseases remain the top causes of death in Malaysia, accounting for **~18%** of all deaths.
- **One in 5 adults, i.e., ~20%** of the adults, in Malaysia live with at least one form of CVD, with Ischemic heart disease accounting for the majority.
- Hypertension, unhealthy lifestyle, physical inactivity and obesity are some of the factors responsible for CVDs.
- In Malaysia, ~ 54.8% of adults are obese, 51.5% have hypercholesterolemia, and 39.3% suffer from hypertension.
- Efforts like healthy lifestyle, early detection programs and managing existing conditions can help to reduce the risk.

TOP CARDIOVASCULAR DISEASES

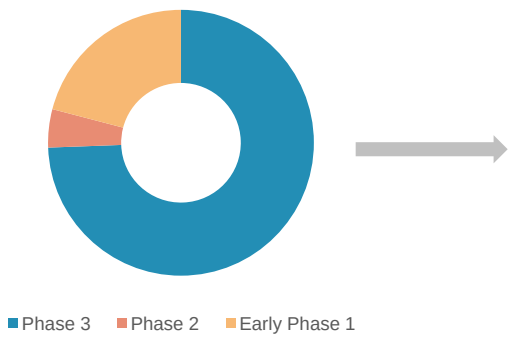
Ischemic heart disease is the leading CVD in Malaysia, affecting a significant portion of the adult population followed by stroke.

Diseases	% Prevalence
Ischemic Heart Disease	20% of adults
Stroke	5–10% of adults
Congestive Heart Failure	3–5% of adults
Peripheral Arterial Disease	2–4% of adults

- Statins, Antiplatelets, Beta blockers, Anticoagulants, Diuretics, ACE inhibitors are some of the commonly prescribed medications to treat CVDs.
- Public health initiatives such as the National Strategic Plan for Non-Communicable Diseases outline strategies to tackle CVDs by promoting healthy lifestyles, early detection, and improved disease management.
- To combat obesity and related heart disorders, the government imposes taxes on sugary beverages and restricts advertisements for unhealthy foods.

PIPELINE DEVELOPMENT

Currently, ~42 drugs for CVDs are in development, most of which are in Phase 3 of the trials



Players	Top Drugs under Phase 3 Trials
gsk	Fondaparinux sodium
BAYER	Xarelto
Bristol Myers Squibb	Apixaban
Boston Scientific	Xience V

FUTURE OUTLOOK

Collaborators	Description
Personalized Medicine	▪ Genetic Testing: Identifying individuals at high risk based on their genetic makeup allows for preventative measures and tailoring treatments to individual vulnerabilities ▪ Precision medicine: Developing targeted therapies based on a patient's specific profile, optimizing treatment effectiveness and reducing side effects
Advanced Technologies	▪ Gene editing: Potentially correcting disease-causing genes to prevent or treat CVDs, although ethical and safety considerations need careful evaluation ▪ 3D printing of tissues and organs: Creating biocompatible heart valves or even entire hearts using 3D printing for transplantation, offering personalized replacement options
Digital Health and AI	▪ AI-powered diagnostics: Faster, more accurate analysis of medical scans and images, aiding in early disease detection and personalized treatment planning ▪ AI-powered virtual assistants: Providing personalized education, support, and reminders to patients, aiding in medication adherence and healthy lifestyle choices

The battle against CVDs in Malaysia holds immense promise, fueled by a potent mix of scientific advancements, strategic initiatives, and collaborative efforts.

From understanding key issues to advising you through the right set of insights and recommendations, Aranca's research, consolidation, and insightful analysis will aid in comprehensive understanding of therapy and effective decision-making

HOW CAN ARANCA HELP?

01 **Epidemiological Analysis**: Prevalence and diagnosis of diseases based on geography, gender, race and ethnicity, etc.

02 **Diagnosis and Treatment Paradigm**: Analysis of diagnosis and treatment algorithm adopted in clinical practice

03 **Current and Future Landscape**: Current treatments and latest pipeline landscape assessment for a particular therapy area

04 **Humanistic, Economic Burden and Unmet Need Analysis**: Impact of a disease on the patient's mental and economic well-being

05 **Health Technology Assessment**: Analysis of HTA decisions published by various countries

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