1969–2004

1969 USA First use of artificial heart in human by Denton Cooley.

1972 USA The Stanford Three: Community Study started (later The Stanford Five-City Community Study started). Risk caused by community-based lifestyle-related risk factors such as physical activity, dietary habits and tobacco use.

1972 Italy The Martignacco Project opened a blockage and restored blood flow.

1973 Japan M. Okada used a laser to burn channels in the heart muscle to help revascularize the heart in patients with coronary heart disease.

1974 Framingham, USA Diabetes linked to cardiovascular disease.


1976 Framingham, USA Effects of triglycerides and HDL and LDL cholesterol on heart disease.

1976 Framingham, USA Psychosocial factors found to affect heart disease.

1977 Australia North Coast Healthy Lifestyle Programme showed significant reduction in smoking.

1978 Switzerland Swiss National Research Programme community prevention trial resulted in reduction of smoking, blood pressure and obesity.

1979 Austria Artificial defibrillation (irregular heart beat) found to increase the risk of stroke.

1979 South Africa Coronary Risk Factor Study communities prevention trial resulted in reduction of smoking, blood pressure and composite coronary heart disease risk.

1979 Germany First use by Peter Rentrop of intracoronary streptokinase, a clot-dissolving drug to stop a heart attack in progress.

1980 USA List of 246 coronary risk factors published by Hopkins and Williams (but now much longer).

1980s Minimization of random error for the reliable assessment of cardiovascular treatments by introduction of large scale “megatrials” (an invitation of Sir Richard Peto).

1983 Framingham, USA High blood cholesterol levels found to correlate directly with risk of death in young men.

1984 Framingham, USA High levels of HDL-cholesterol found to reduce risk of death.

1984 USA List of 266 coronary risk factors published by Hopkins and Williams (but now much longer).

1986 France First coronary stent implanted by Jacques Puel and Ulrich Sigwart.

1987 Japan M. Okada used a laser to burn channels in the heart muscle to help revascularize the heart in patients with coronary heart disease.

1988 ISS-2 trial showed emergency treatment for heart attacks with aspirin and fibrinolytic “clot-busting” drugs saves lives.

1989 Framingham, USA Isolated systolic hypertension found to increase risk of heart disease.

1989 Framingham, USA Cigarette smoking found to increase risk of stroke.

1989 USA First permanent artificial heart, designed by Robert Jarvik, and implanted by William DeVries, in a 65-year-old man.

1989 USA List of 246 coronary risk factors published by Hopkins and Williams (but now much longer).

1990s USA Hostility (including traits such as anger, cynicism, and mistrust), a major component of Type A behaviour, shown to be associated with an increased risk of heart attack and other cardiac complications in healthy persons and patients with coronary heart disease.

1992 USA First heart-lung transplant in China.

1993 USA The Lancet published the first meta-analysis showing the importance of inflammation in cardiovascular disease recognized; study on the deadly effects of smoking fewer than 10 cigarettes per day.

1995 USA The Singapore Declaration: Forging the Will for Heart Health in the Next Millennium.

1996 Framingham, USA High blood cholesterol levels found to correlate directly with risk of death in young men.

1997 USA Stentford First coronary PTCA (percutaneous transluminal coronary angioplasty).

1997 Germany First use by Peter Rentrop of intra coronary streptokinase, a clot-dissolving drug to stop a heart attack in progress.

1998 USA First heart-lung transplant in China.

1998 USA First use of the term "angioplasty".

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2000 USA The World Health OrganizationConvention on tobacco control adopted at the 53rd World Health Assembly.

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