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INTRODUCTION

Peripheral artery disease (PAD) reduces blood flow to the limbs and can lead to pain, numbness, tissue damage and limb loss. Primarily caused by atherosclerosis, it also increases the risk of heart attack and stroke. With a prevalence of 7.82% in Bulgaria, PAD is a significant healthcare concern.

OBJECTIVE

The objective of this analysis is to quantify the economic, social, and health burden of PAD in Bulgaria, focusing on direct medical costs, lost productivity, and disability-adjusted life years (DALYs). The analysed time horizon is one year. The perspective of the analysis is societal and payer (National Health Insurance Fund, NHIF).

RESULTS: DIRECT COSTS

The direct medical costs for PAD in Bulgaria in 2024 total BGN 450.72 million per year, with BGN 98.41 million spent on drug costs and BGN 352.31 million on medical services (amputation and ischemic stroke treatment).

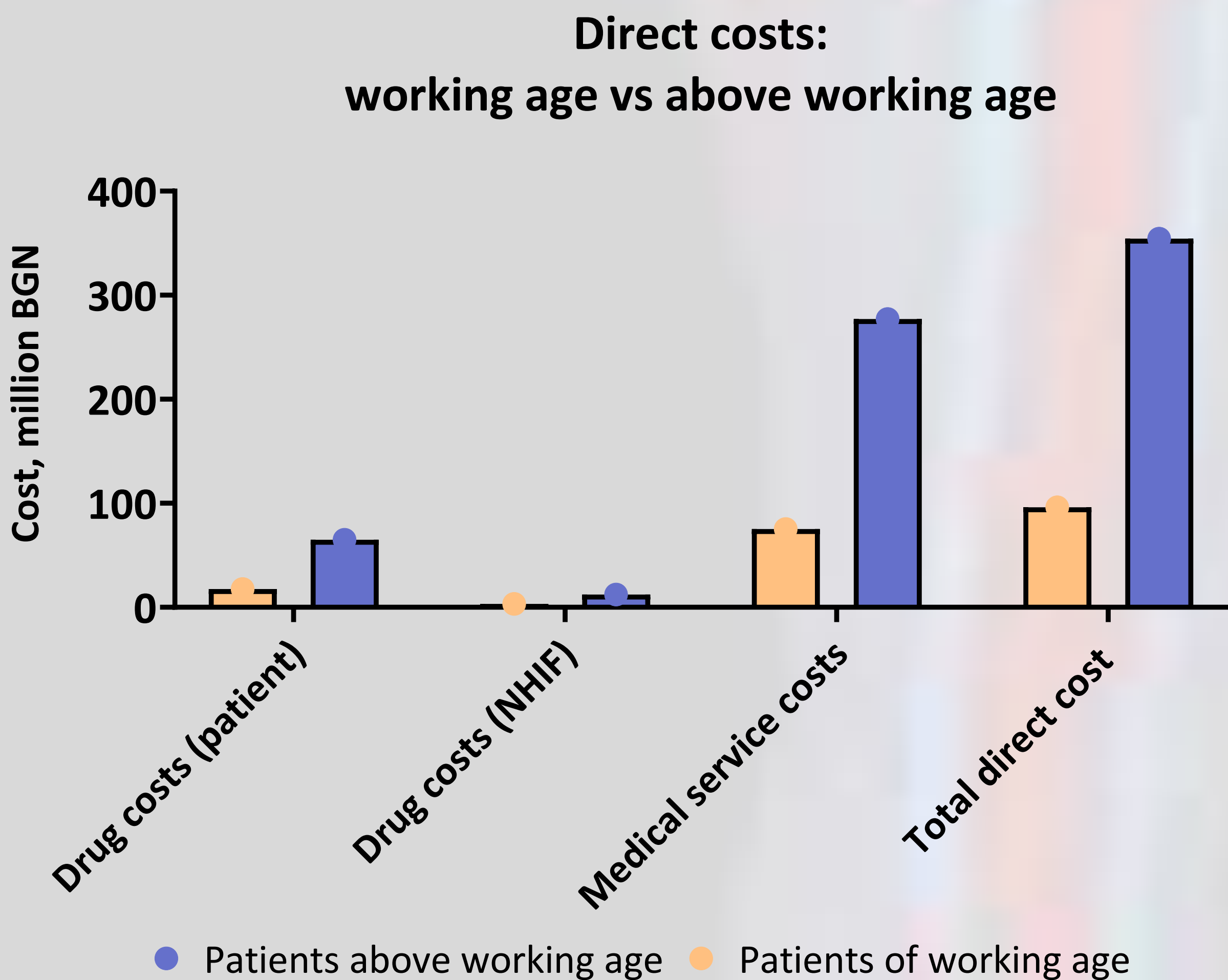


Figure 1. Direct costs of peripheral artery disease in 2024 in Bulgaria by cost category and patient age

RESULTS: DALYs & DEATHS

A 2023 study shows DALYs from PAD in Bulgaria rose by 31.96% from 1990 to 2019. PAD-related deaths increased from 52 to 90 in the same period.¹ Based on these data projections can be extrapolated with caution.

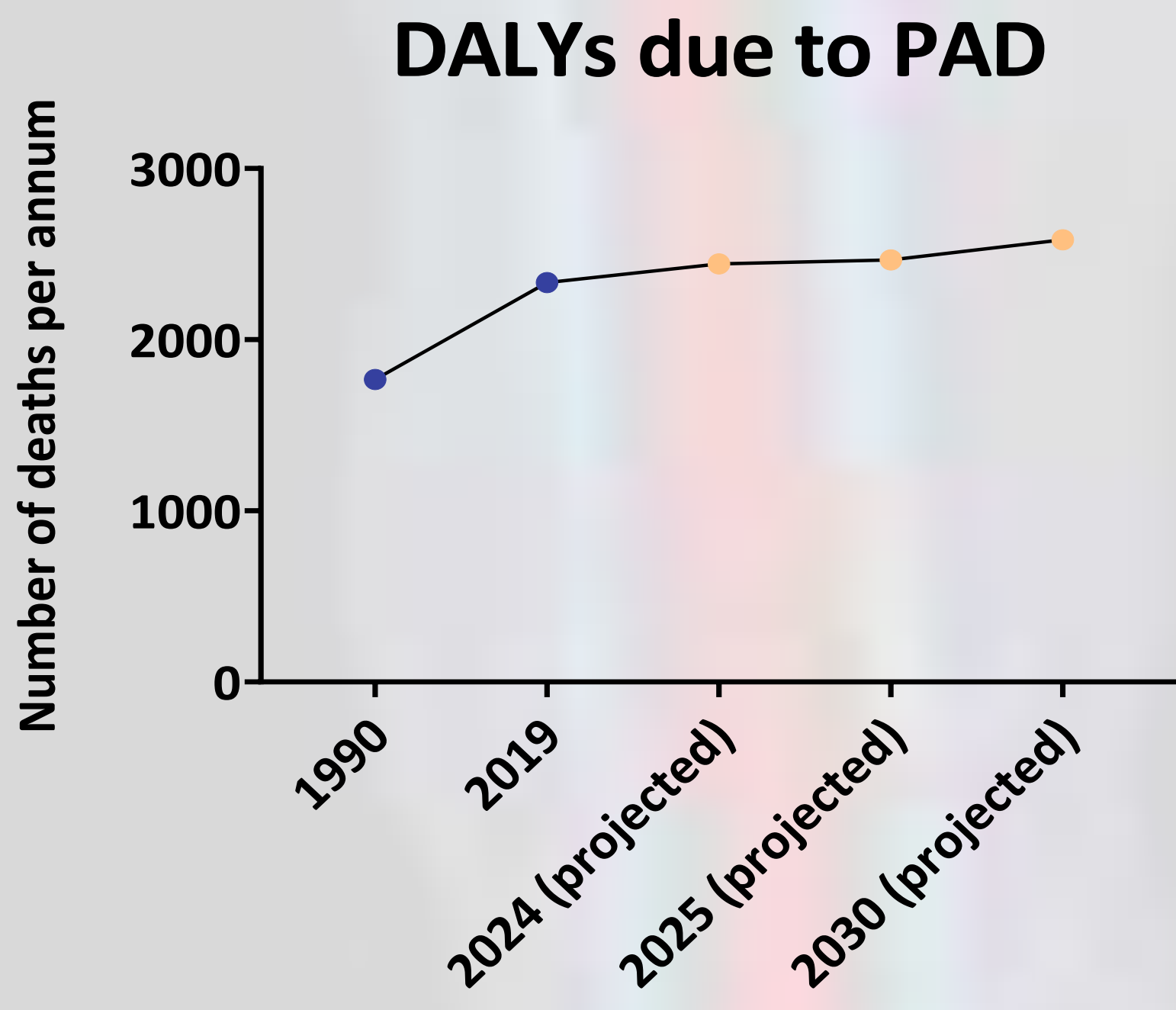


Figure 2. Disability-adjusted life years due to PAD per year in Bulgaria

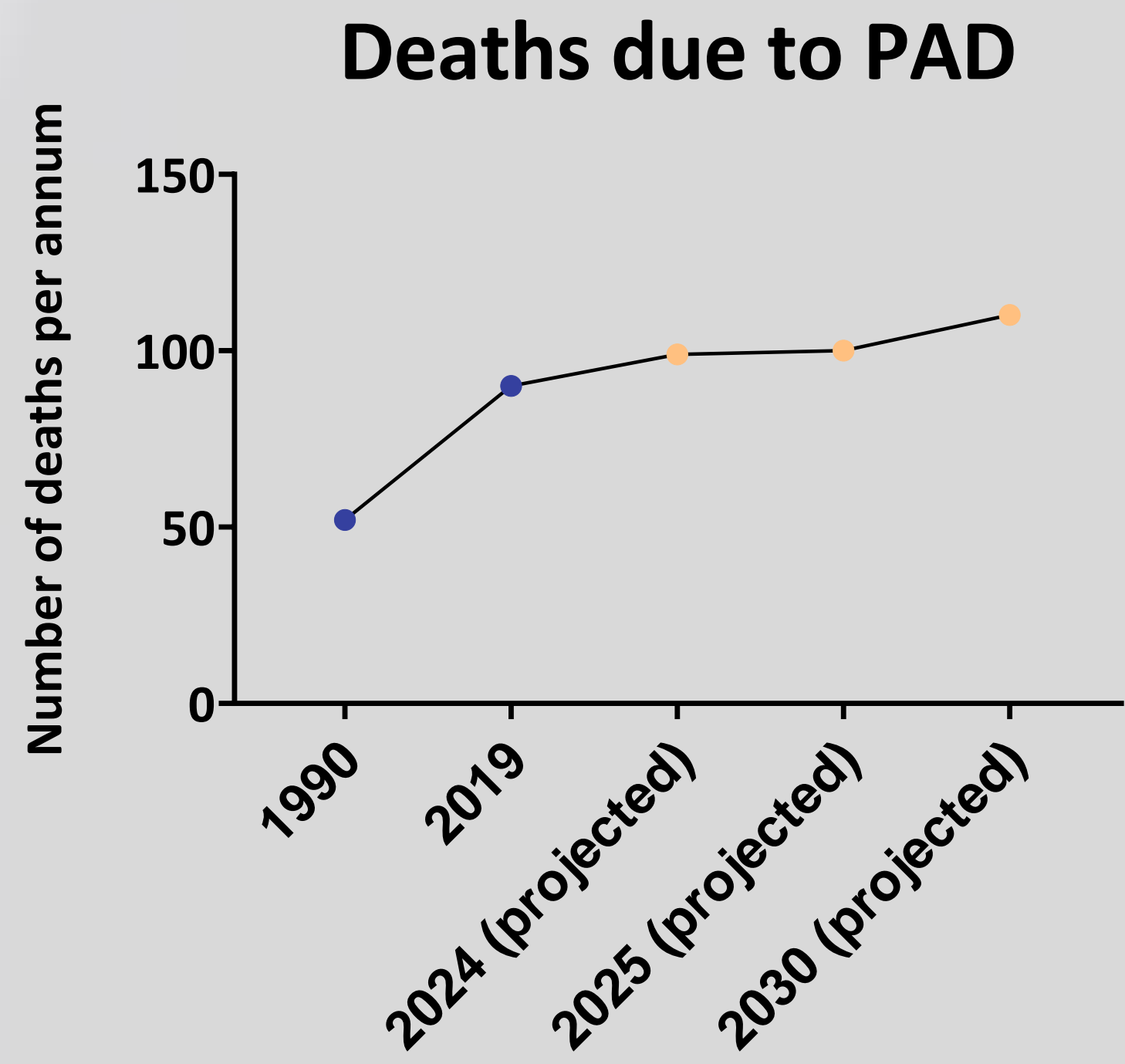


Figure 3. Number of deaths due to PAD per year in Bulgaria

RESULTS: INDIRECT COSTS

Indirect costs, including BGN 342.34 million from absenteeism and BGN 330.56 million from presenteeism, total BGN 672.9 million annually (as calculated for 2024), or 0.4% of Bulgaria's GDP in 2022.

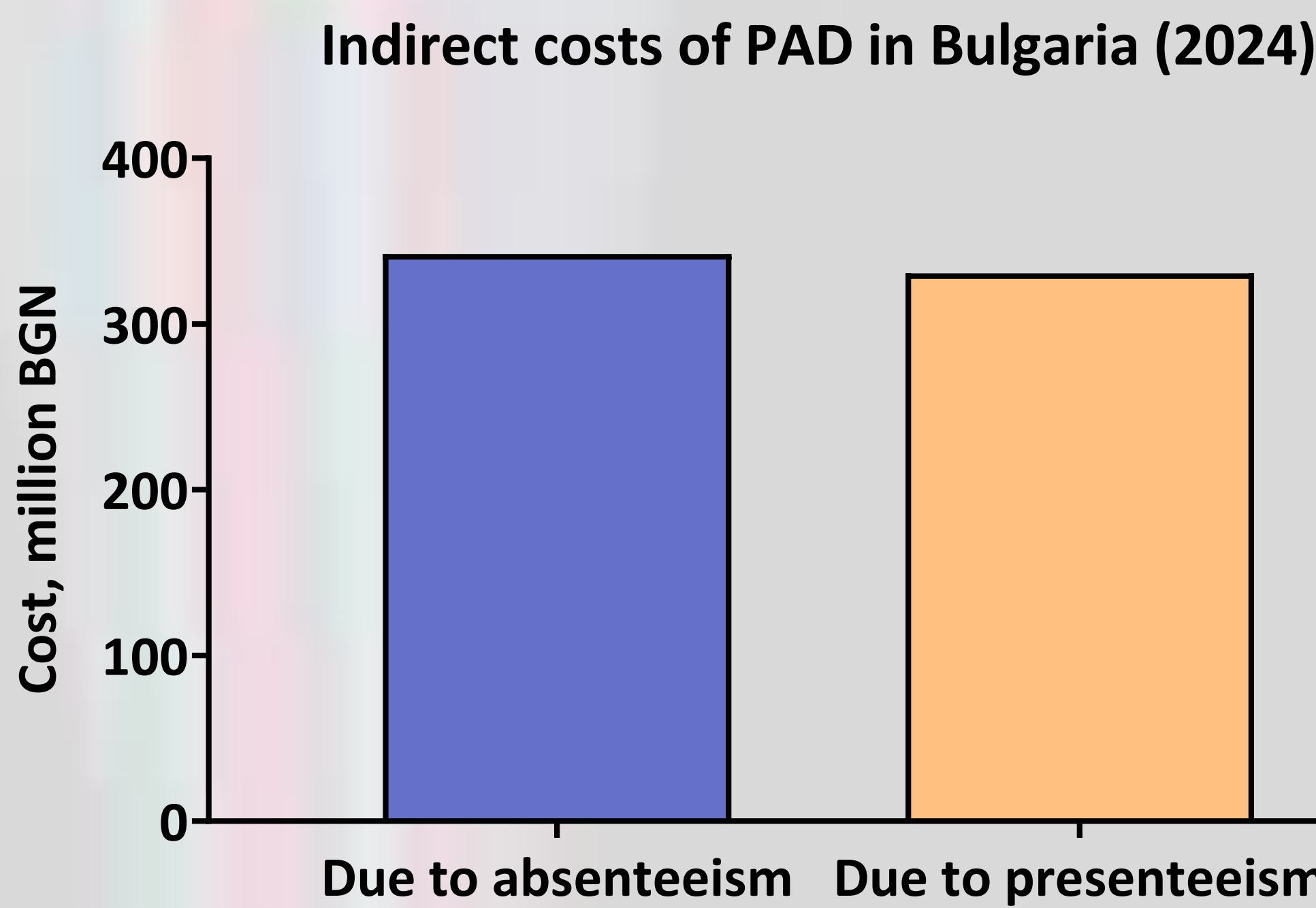


Figure 4. Indirect costs of peripheral artery disease in 2024 in Bulgaria by type of work impairment

CONCLUSION

This analysis examines the burden of PAD on Bulgaria's healthcare system and economy. For policymakers, it emphasizes the urgency of targeted interventions. For patients, the findings underscore the importance of improved access to treatment and early detection. Addressing PAD can help the NHIF reduce financial pressures, while the economy could benefit from minimizing productivity losses due to this condition. Managing PAD effectively in Bulgaria is critical for enhancing patient outcomes and promoting sustainable healthcare spending.

1. GBD 2019 Peripheral Artery Disease Collaborators. Global burden of peripheral artery disease and its risk factors, 1990-2019: a systematic analysis for the Global Burden of Disease Study 2019. Lancet Glob Health. 2023 Oct;11(10):e1553-e1565. doi: 10.1016/S2214-109X(23)00355-8. PMID: 37734799; PMCID: PMC10522777.