

The background of the slide is a solid red color. In the top left corner, the word "RUTGERS" is written in a white, serif font. Below it, in a smaller, white, sans-serif font, are the words "THE STATE UNIVERSITY OF NEW JERSEY". A large, faint, circular seal of Rutgers University is visible in the background, centered behind the text. The seal features a sunburst design and the text "RUTGERS THE STATE UNIVERSITY OF NEW JERSEY" around the perimeter.

RUTGERS

THE STATE UNIVERSITY  
OF NEW JERSEY

# Prevention vs. Cure

## What is the Right Balance?

Louise B. Russell

**Annual Costs and Healthy Days per patient:  
Guided self-management and traditional care for asthma, 1997\$**

<b>Cost items/ Health effects</b>	<b>Self-management</b>	<b>Traditional</b>	<b>Difference</b>
Counseling	348	179	169
Peak flow meter	32	0	32
Drugs	613	623	-10
Physician visits	47	80	-33
Hospital stays	33	52	-20
<b>TOTAL COSTS</b>	<b>1074</b>	<b>935</b>	<b>138</b>
<b>HEALTHY DAYS</b>	<b>359.2</b>	<b>344.3</b>	<b>14.9</b>

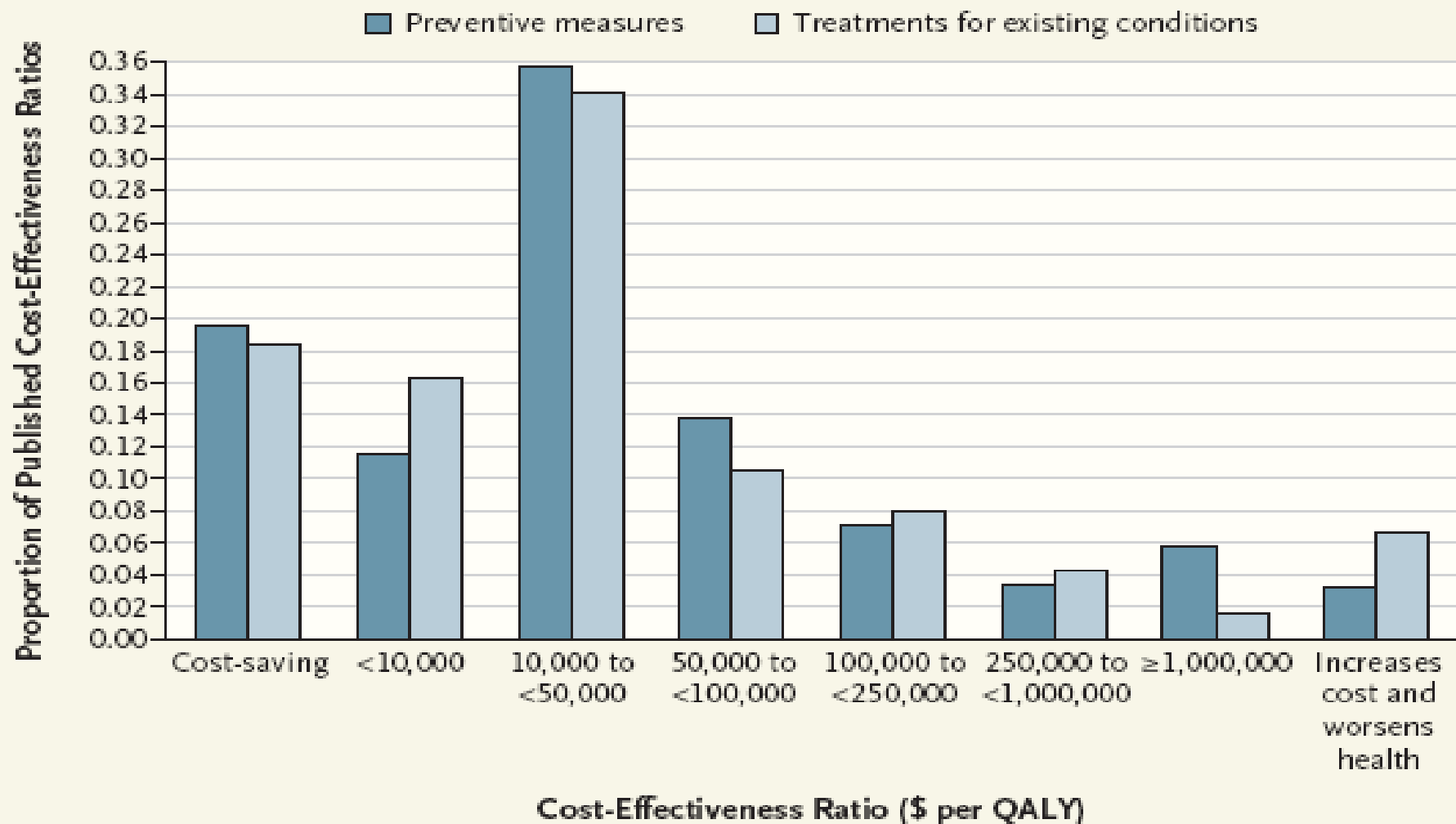
**Cost-effectiveness ratio: \$3,380 per healthy year**

**Table 2. Cost-Effectiveness of Statins in people aged 55-64, 2007 dollars**

<b>No CHD at baseline, high LDL cholesterol</b>	
<b>Men, LDL 160-189</b>	
diastolic BP<95, nonsmoker, HDL>49	344,000
diastolic BP≥95, nonsmoker, HDL>49	239,000
diastolic BP≥95, smoker, HDL<35	165,000
<b>Women, LDL 160-189</b>	
diastolic BP<95, nonsmoker, HDL>49	539,000
diastolic BP≥95, nonsmoker, HDL>49	299,000
diastolic BP≥95, smoker, HDL<35	224,000
<b>No CHD at baseline, very high LDL cholesterol</b>	
<b>Men, LDL≥190</b>	
diastolic BP<95, nonsmoker, HDL>49	210,000
diastolic BP≥95, nonsmoker, HDL>49	141,000
diastolic BP≥95, smoker, HDL<35	88,000
<b>Women, LDL≥190</b>	
diastolic BP<95, nonsmoker, HDL>49	389,000
diastolic BP≥95, nonsmoker, HDL>49	239,000
diastolic BP≥95, smoker, HDL<35	180,000
<b>CHD at baseline</b>	
<b>Men</b>	5,800
<b>Women</b>	12,600

Original numbers updated to 2007 using the medical CPI.

* Life-years unadjusted for health.	2007 dollars	Years/\$1 million
<b>Varicella (chickenpox) vaccine, pre-school children*</b>		<b>186</b>
<b>BP med, age 35-64, no heart disease*</b>	hydrochlorothiazide (diuretic)	<b>23</b>
	prazosin hydrochloride (alpha blocker)	<b>6</b>
<b>Cholesterol-lowering medications</b>	low-risk men 45-54	<b>2</b>
	high-risk men 45-54	<b>12</b>
<b>Aspirin to prevent heart disease</b>	men 45, 10-year risk 2.5%	<b>87</b>
	men 45, 10-year risk 5.0% or higher	<b>cost-saving</b>
<b>Cervical cancer screening*</b>	every 3 years vs no screening	<b>24</b>
	every 2 years vs every 3	<b>0.8</b>
	annually vs every 2 years	<b>0.3</b>
<b>Colorectal cancer screening*</b>	white men, sigmoidoscopy once at 55	<b>577</b>
	white men, sigmoidoscopy every 10 years vs at 55	<b>47</b>
<b>Mammography</b>	all women aged 50-79, every 2 years	<b>33</b>
<b>MRI for women with BRCA1</b>	mammography alone	<b>49</b>
	mammography plus MRI	<b>2</b>
<b>Proteinuria screening from age 50</b>	normal BP, no diabetes	<b>3</b>
	high blood pressure and diabetes	<b>44</b>
<b>Diabetes screening</b>	age 55 with high BP vs no screening	<b>20</b>
	all adults 55 vs. those with high BP	<b>2</b>
<b>HIV screening</b>	prevalence 1.0%	<b>29</b>
	prevalence 0.1%	<b>15</b>
<b>Abdominal aortic aneurysm screening, men 60-74</b>		<b>46</b>
<b>Diet/exercise to prevent diabetes in high-risk adults</b>		<b>5</b>
<b>Smoking cessation, average of 15 programs</b>		<b>192</b>



**Distribution of Cost-Effectiveness Ratios for Preventive Measures and Treatments for Existing Conditions.**

Data are from the Tufts–New England Medical Center Cost-Effectiveness Registry. QALY denotes quality-adjusted life-year.