

2019 ACC/AHA Guideline on Primary Prevention of CVD

Comprehensive Primary Prevention Study Guide

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CardioDetect Clinical Advisor Module

December 2024

Quick Reference Cheat Sheet

CLINICAL DECISION SUPPORT: High-yield tables for rapid reference.

1. ASCVD Risk-Based Statin Therapy

Risk Group	Clinical Criteria	Therapy
Very High	LDL-C \geq 190	High-Intensity Statin
Diabetes	Age 40-75	Moderate-Intensity Statin
High Risk	10y Risk \geq 20%	High-Intensity Statin
Intermediate	10y Risk \geq 7.5%	Moderate-Intensity Statin

2. ABCDE of Prevention

Letter	Component	Target
A	Assess Risk	PCE 10-year Risk
A	Aspirin	Rarely indicated
B	Blood Pressure	<130/80 mmHg
C	Cholesterol	Statin per risk
D	Diet	Plant-based/Mediterranean
E	Exercise	150 min/week moderate

Executive Summary

The 2019 Guideline consolidates recommendations for preventing ASCVD, Heart Failure, and AFib in patients without established disease.

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Comprehensive Visual Guide

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