

# **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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