Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: Preventive Medication

2024-02-14 15:47:43.781318

by concord_

Recommendations

Understanding Cholesterol

Elevated cholesterol (a fat-like substance that comes from animal foods or is made in your body) can clog arteries that reduce blood flow to the organs and may lead to heart attack or stroke or other cardiovascular event.

- **HDL = Good** High density lipoprotein (HDL) is known as good cholesterol
- **LDL = Bad** Low density lipoprotein is known as bad cholesterol
- **Triglycerides** is the most common type of fat in the body
- **Total Cholesterol** is equal to your HDL + LDL + ⅕th Triglyceride level

Managing Cholesterol

The following lifestyle measures can help manage blood cholesterol

- **Eating healthy** • A diet high in saturated fat (red meat, poultry, butter, cheese) can raise LDL cholesterol. Balancing your diet with lean meat, skinless poultry, whole grain, fruits and vegetables can help lower risk of heart attack or stroke or other cardiovascular event.
- **Being physically active** Sedentary lifestyle is a risk factor for developing heart disease. A good starting point is at least 150 minutes of physical activity a week.
- **Track Levels** Keeping track of your cholesterol levels over time will help you and your doctor better assess your health and progress.
- **Avoid exposure to tobacco or smoking products** Smoking raises blood pressure and lowers HDL (good cholesterol) which raises the risk of clot formation and heart attack or stroke or other cardiovascular event.

Elevated LDL is a high risk factor for ASCVD

Evidence suggests that starting a igh intensity statin medication to control blood cholesterol has been helpful

Based on:

- EV(record=, evaluated=, result=, error=None, dependency_vars=None)

Diabetes Mellitus is a high risk factor for ASCVD

For people with diabetes mellitus, evidence suggests that starting a igh intensity statin medication to control blood cholesterol has been helpful

Based on:

- EV(record=, evaluated=, result=, error=None, dependency_vars=None)

Assessments

Is hsCRP elevated? -- N/A

Could not ascertain value for elevated hsCRP

Elevated apolipoprotein B -- N/A

ApoB values could not found in your data

Persistantly elevated LDL -- Yes

You have high ldl in atleast 3 tests [Yes]

Chronic inflammatory conditions -- Yes

Female-specific risk-enhancing factors -- Yes

Metabolic risk factors -- No

Multiple risk-enhancing factors -- Yes

ASCVD Ten Year Risk score -- 7.0

Your ten-year heart disease risk score is:

$ascvd_ten_year_risk_score.

This score was calculated from your medical history and lab results.

- The {{ value }} score is an estimation of your chance of having a heart attack or stroke or other cardiovascular event **within the next ten years**.
- **x out of 100** individuals *like you* would be predicted to have a heart attack, stroke or other cardiovascular event within the next ten years.
- **x out of 100** individuals *like you* would be predicted to **not** have a heart attack, stroke or other cardiovascular event within the next ten years.

Optimal Ten Year risk score -- 0.6

Under optimal lab test results and history, your ten-year score could be

$ascvd_ten_year_risk_score.

LDL is greater than 189 -- Yes

Diabetes Mellitus is a high risk condition for development of ascvd -- Yes

Low Risk -- No

Borderline Risk -- Yes

Intermediate Risk -- No

High Risk -- No