

Proposed VMG Guideline For Primary Prevention of CVD

Screening Serum Lipids Patients Ages 40-75
Repeat every 5 years if in normal range

LDL \geq 190

- Offer moderate to high intensity statin (Risk calculators, not normalized for this group and there is lack of evidence but expert opinion favors treating with statin)
- Heart healthy lifestyle
- Yearly monitoring
- LDL Goal is a 50% reduction

LDL 70-189

- Do 10 year risk assessment
- Recommend ACC/AHA tool

**Risk $>$ 10% AND
1 or more risk factors**
(HTN, DM, LDL $>$ 130, Smoking)

- Offer low/moderate dose statin
- Consider high dose if risk $>$ 20%
- Lifestyle counseling
- Assess in 3 - 6 months
- LDL Goal is a 50% reduction

Risk $<$ 7.5% without risk factors

- Heart healthy Lifestyle
- Reassess in 5 years

Risk 7.5 - 10% without risk factors

- Heart healthy lifestyle
- Reassess annually
- Could consider statin - include patient preference

Risk $>$ 10% without other risk factors

- Heart healthy lifestyle
- Discuss & consider benefit of statin (especially if positive family history, obesity, metabolic syndrome)
- Reassess annually

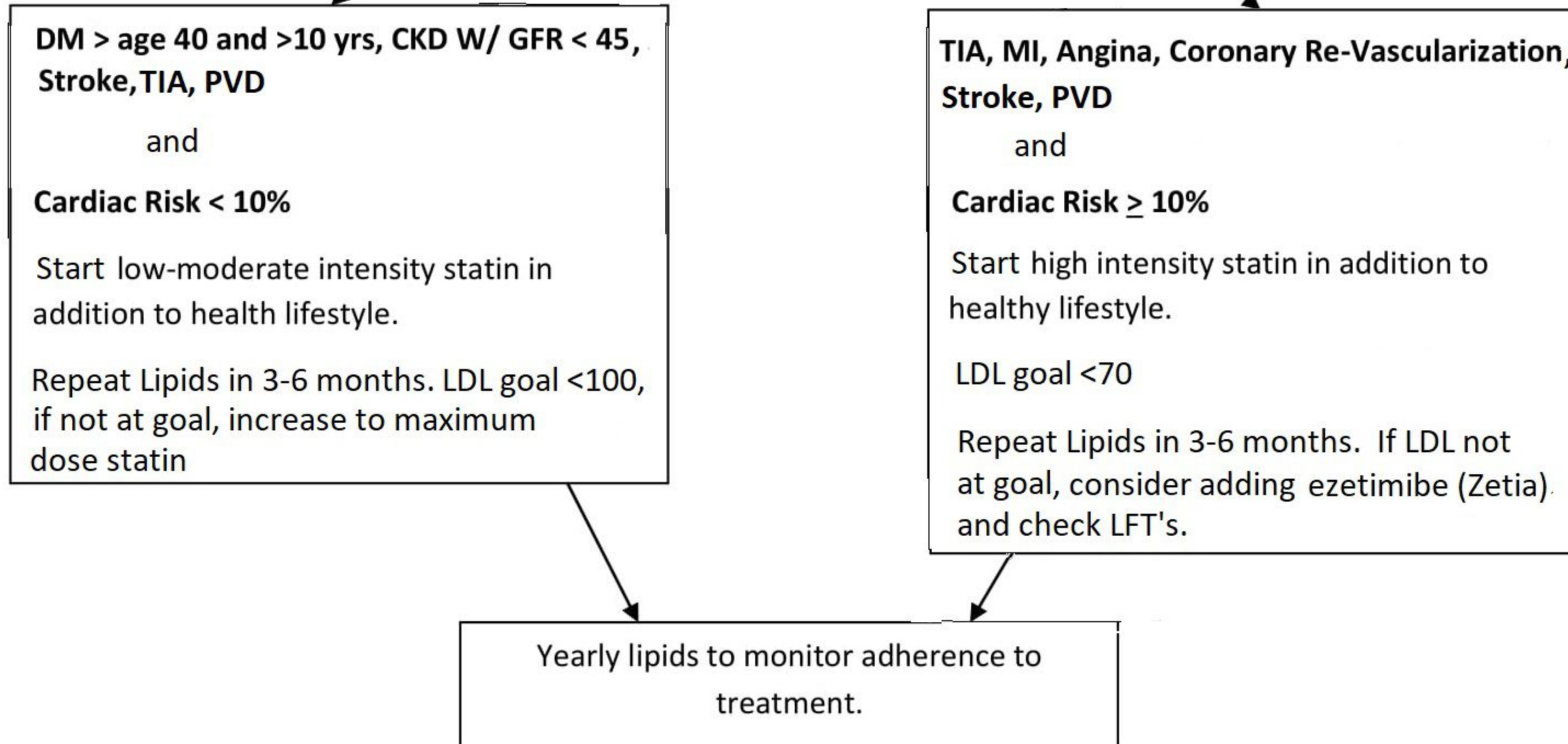
Statin Options

| Statin | High-Intensity | Moderate-Intensity | Low-Intensity |
|--------------|----------------|--------------------|---------------|
| Atorvastatin | 40-80 | 10-20 | |
| Rosuvastatin | 20-40 | 5-10 | |

NNT for 5 years
104 to prevent MI
154 to prevent stroke

Consider stopping statin after age 75 (one of "Choosing Wisely Campaign's" Top 5 Recommendations)

Proposed VMG Guideline For Secondary Prevention of CVD



Statin Options

| Statin | High-Intensity | Moderate-Intensity | Low-Intensity |
|--------------|----------------|--------------------|---------------|
| Atorvastatin | 40-80 | 10-20 | |
| Rosuvastatin | 20-40 | 5-10 | |

NNT for 5 years

1 in 83 (lives saved)

1 in 39 (preventing non-fatal MI)