## BCGuidelines.ca

High risk

FRS ≥ 20%

alternative



### **Appendix A: Primary Prevention of Cardiovascular Disease Algorithm**

#### **Risk Assessment**

Calculate risk in all adults ≥ 40 using the Framingham risk Score (FRS) or another tool of choice.

Repeat screening every 5 years for FRS < 5%

Medical history, clinical assessment

#### FRS < 10% - Low Risk

Exceptions: (1) low-risk individuals with an LDL-C  $\geq 5.0$  mmol/L (or ApoB  $\geq 1.45$  g/L or non-HDL-C  $\geq 5.8$  mmol/L) who have a statin-indicated condition or (2) individuals with an FRS of 5%-9% with an LDL-C  $\geq 3.5$  mmol/L (or ApoB  $\geq 1.05$  g/L or non-HDL-C  $\geq 4.2$  mmol/L), especially with other CV risk modifier, Lp(a)  $\geq 50$  mg/dL [or  $\geq 100$  nmol/L] or CAC > 0 AU) because the proportional benefit from statin therapy will be similar to that in other treatment groups. Treatment of this group would follow the intermediate risk approach.

#### **Primary Prevention Conditions**

#### Intermediate Risk

FRS 10-19%

and

 $LDL-C \ge 3.5 \text{ mmol/L}$ 

or

Non-HDL-C ≥ 4.3 mmol/L

 $or ApoB \ge 1.2 g/L$ 

or men ≥ 50 and women ≥ 60 with one additional risk factor: low HDL-C, impaired fasting glucose, high waist circumference, smoker, hypertension

physical activity, healthy weight, alcohol reduction

#### **Statin-Indicated Conditions**

- Clinical atherosclerosis
- · Abdominal aortic aneurysm
- Most diabetics including ≥40 years of age or >15 years duration and age ≥30 years of age or Microvascular complications
- LDL-C ≥ 5 mmol/L (genetic dyslipidemia)

Discuss health behaviour modifications: smoking cessation, healthy diet,

#### Consider Statin Treatment

Undertake a patient-specific discussion regarding the potential risks and benefits of statin use

Confirm adherence and barriers to use

Follow-up 3-6 months: LDL-C < 2.0mmol/L or > 50% reduction or ApoB < 0.8 g/L or non-HDL-C < 2.6mmol/L

# Monitor Response to health behaviour change Statin therapy Discuss add-on therapy Evaluate CVD risk vs. additional side effects and cost