Appendix A: Primary Prevention of Cardiovascular disease Algorithm

Asymptomatic men aged ≥ 40; asymptomatic women aged ≥ 50; patients w/ pre-existing risk-related conditions; OR patients w/ known family history

RISK ASSESSMENT
Includes: risk assessment tool, medical history, physical exam, lipid testing, diabetes (type 2) testing

RISK STRATIFICATION
Low Intermediate High

Symptomatic Patients

Secondary Prevention & Treatment (Out of scope)

Very High

Low
Intermediate
High

Non- elevated lipids
Elevated lipids

FIRST-LINE INTERVENTION
Lifestyle Management (e.g., smoking cessation, physical activity, diet, body composition)
Management of Other Clinical Conditions (e.g., diabetes, hypertension, chronic kidney disease)

SECOND-LINE INTERVENTION
Not indicated

SECOND-LINE INTERVENTION
Consider Pharmaceutical Management (e.g., statin therapy)
A patient-specific and informed discussion regarding the potential risks and benefits of statin use should be undertaken before initiating statin therapy

FOLLOW-UP
4-6 months with non-HDL-C or apoB to assess impact of first-line & second-line intervention

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FOLLOW-UP
Consider any other causes of elevated lipids. Further follow-ups as clinically needed.

Risk REASSESSMENT
Low – 5 years Intermediate – 3-5 years High – 1-3 years
Or if the patient’s risk factors change