The 2012 European Guidelines on Cardiovascular Disease Prevention in Clinical Practice

Introduction « meet the Taskforce »

Disclosure: no conflicts of interest

European Heart Journal 2012:33;1635–1701
European Journal of Preventive Cardiology 2012;19: 4:585-667

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EUROPEAN SOCIETY OF CARDIOLOGY®

On behalf of :

The 5th Joint European Societies' Task Force on Cardiovascular Disease Prevention in Clinical Practice

European Society of Cardiologue (ESC)

European Society of General Practice/ Family Medicine (ESGP/FM/Wonca)

European Association for Cardiovascular Prevention & Rehabilitation (EAPCR)

European Artherosclerosis Society (EAS)

European Society of Hypertensoin (ESH)

European Association for the Study of Diabetes (EASD)

International Society of Behavioural Medicine (ISBM)

Internatonal Diabetes Federation Europe (IDF-Europe)

European Heart Network (EHN)

European Stroke Organization (ESO)

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The 5th Joint Task Force of the European Society of Cardiology and other Societies on CVD Prevention in Clinical Practice

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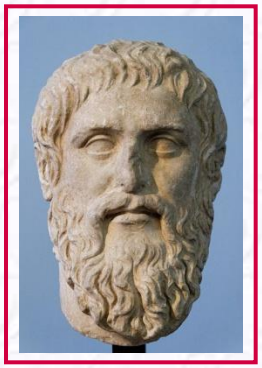
Guidelines based upon the five principles of teaching



Plato, 424-347 b. C.

1. **What** is CVD prevention.
2. **Why** is CVD prevention needed.
3. **Who** needs CVD prevention.
4. **How** is CVD prevention applied.
5. **Where** should CVD prevention be offered.

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Major new key messages since the 2007 prevention guidelines

- Four levels of CVD risk: very high, high, moderate, low risk
- Risk factor screening should be considered in adult men ≥40 years and in women ≥50 years of age or if postmenopausal
- More European populations are now at lower CVD risk
- The risk-age concept.
- The importance of psychosocial risk factors.
- Limited role of novel risk biomarkers.
- No exposure to passive smoking.
- The role of specific diet patterns.
- Multimodal behavioural intervention effective.

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Major new key messages (continued)

- **Blood pressure:**
  - Lifestyle measures needed for hypertensive patients,
  - All major antihypertensives equal for clinical use,
  - Target blood pressure <140/90 mmHg,
  - Threshold values for ambulatory and home measurement.
- **Diabetes mellitus:**
  - Target HbA_{1c} for CVD prevention: <7.0% (<53 mmol/mol),
  - Target blood pressure <140/80 mmHg.
- **Blood lipids:**
  - Target LDL-cholesterol:
    - <1.8 mmol/L for very high risk patients,
    - <2.5 mmol/L for high risk patients,
    - <3.0 mmol/L for for all others.

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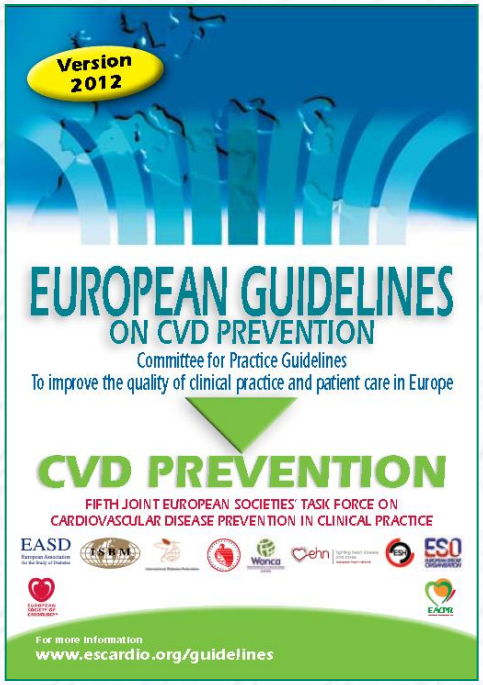
Available at www.escardio.org/guidelines

under practice guidelines:
CME questions, slides set and key messages.

To be launched at ESC Munich, August 2012

pocket version and one page summary for GP's



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JOINT ESC GUIDELINES

European Guidelines on cardiovascular disease prevention in clinical practice (version 2012)

The Fifth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (constituted by representatives of nine societies and by invited experts)

Developed with the special contribution of the European Association for Cardiovascular Prevention & Rehabilitation (EACPR)†

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And now, questions please…. But: