The 2012 European Guidelines on Cardiovascular Disease Prevention in Clinical Practice

Introduction « meet the Taskforce »

Disclosure: no conflicts of interest
<table>
<thead>
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<th>Organization</th>
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<td>European Society of Cardiologue (ESC)</td>
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<td>European Association for Cardiovascular Prevention &amp; Rehabilitation (EAPCR)</td>
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<td>European Society of Hypertension (ESH)</td>
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<td>International Society of Behavioural Medicine (ISBM)</td>
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<td>European Heart Network (EHN)</td>
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<td>European Society of General Practice/Family Medicine (ESGP/FM/Wonca)</td>
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<td>European Artherosclerosis Society (EAS)</td>
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<td>European Association for the Study of Diabetes (EASD)</td>
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<td>European Stroke Organization (ESO)</td>
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European Heart Journal 2012;33;1635–1701
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

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.

Plato, 424-347 b. C.

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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.
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\textsubscript{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 all others.
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


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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European Heart Journal 2012;33;1635–1701
And now, questions please…. But:

DON’T TOUCH THE MONUMENTS