Cardiovascular risk management in primary care

ASCVD Calculator

Modifiable Factors
- Cholesterol
- Blood pressure
- Smoking

Non-Modifiable Factors
- Gender
- Age
- Race

HEALTHY HEARTS NORTHWEST
An EvidenceNOW Project
When to use the ASCVD risk calculator

Use the ASCVD risk calculator to estimate the overall 10-year CVD risk score in patients:
- 40-75 years
- With LDL-C of 189 or lower
- Without prior CVD
- Without diabetes

For patients with prior CVD, diabetes, or LDL ≥190, treat with statins as is currently recommended.

How to use the risk score: recommendations from the 2013 ACC/AHA guidelines

Discuss the risk score with the patient.

- \( \geq 7.5\% \)
  - Clinician-patient discussion
  - Recommend moderate to high intensity statin treatment.

- 5% to \(<7.5\%\)
  - Clinician-patient discussion
  - Offer low to moderate intensity statin treatment.

- \(<5\%\)
  - Clinician-patient discussion
  - Re-evaluate every 4-6 years.
Follow up with patients who have started statin treatment to help them adhere to the plan.

The 2013 AHA/ACC guidelines recommend follow-up lipid testing only to check medication adherence, not to titrate statin dose.

### Intensity levels for commonly used statins

<table>
<thead>
<tr>
<th>High-intensity statins</th>
<th>Moderate-intensity statins</th>
<th>Low-intensity statins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowers LDL by ≥ 50%</td>
<td>Lowers LDL by 30 to &lt;50%</td>
<td>Lowers LDL by &lt;30%</td>
</tr>
<tr>
<td>Atorvastatin 40-80 mg</td>
<td>Atorvastatin 10-20 mg</td>
<td>Simvastatin 10 mg a day</td>
</tr>
<tr>
<td>Rosuvastatin 20-40 mg</td>
<td>Rosuvastatin 5-10 mg</td>
<td>Pravastatin 10-20 mg a day</td>
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<tr>
<td>Simvastatin 20-40 mg</td>
<td></td>
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