

Available online at www.sciencedirect.com

ScienceDirect

journal homepage: <http://www.elsevier.com/locate/crvasa>

Guidelines

Summary of the European Guidelines on cardiovascular disease prevention in clinical practice (version 2012) Prepared by the Czech Society of Cardiology



Renata Cífková^{a,b,c,*}, Helena Vaverková^d, Jan Filipovský^e,
Michael Aschermann^b

^aCenter for Cardiovascular Prevention, Charles University in Prague, First Faculty of Medicine and Thomayer Hospital, Prague, Czech Republic

^bDepartment of Cardiology and Angiology, First Faculty of Medicine, Charles University, Prague, Czech Republic

^cInternational Clinical Research Center, Brno, Czech Republic

^d3rd Department of Internal Medicine, Faculty of Medicine and Dentistry, Palacky University Olomouc and University Hospital Olomouc, Olomouc, Czech Republic

^e2nd Department of Internal Medicine, Charles University, Medical Faculty, Pilsen, Czech Republic

Authors of the original ESC document [1]. Joep Perk, Guy de Backer on behalf of the authors of the Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice.

ARTICLE INFO

Article history:

Received 30 October 2013

Accepted 13 February 2014

Available online 1 April 2014

Keywords:

Cardiovascular disease

Prevention

Risk assessment

Risk management

Smoking

Nutrition

Physical activity

Psychosocial factors

* Corresponding author at: Center for Cardiovascular Prevention, Charles University in Prague, First Faculty of Medicine and Thomayer Hospital, Prague, Czech Republic.

E-mail address: renata.cifkova@ftn.cz (R. Cífková).

<http://dx.doi.org/j.crvasa.2014.02.009/j.crvasa.2014.02.009>

0010-8650/© 2014 The Czech Society of Cardiology. Published by Elsevier Urban & Partner Sp. z o.o. All rights reserved.

Contents

1.	What is cardiovascular disease prevention?	e171
1.1.	Introduction	e171
1.2.	Evaluation methods	e171
2.	Why is prevention of cardiovascular disease needed?	e171
3.	Who should benefit from it?	e172
3.1.	Strategies and risk estimation	e172
3.1.1.	Risk estimation	e173
3.2.	Genetics	e175
3.3.	Age and gender	e175
3.4.	Psychosocial risk factors	e176
3.5.	Other biomarkers of risk	e176
3.6.	Imaging methods in cardiovascular disease prevention	e177
3.7.	Other diseases with increased risk for cardiovascular disease	e177
3.7.1.	Influenza	e178
3.7.2.	Chronic kidney disease	e178
3.7.3.	Obstructive sleep apnoea	e178
3.7.4.	Erectile dysfunction	e178
3.7.5.	Autoimmune diseases	e178
3.7.6.	Periodontitis	e178
3.7.7.	Vascular disease after radiation exposure	e178
3.7.8.	Vascular disease after transplantation	e178
4.	How can cardiovascular disease prevention be used?	e178
4.1.	Principles of behaviour change	e178
4.2.	Smoking	e179
4.2.1.	Introduction	e179
4.2.2.	Dosage and type	e179
4.2.3.	Passive smoking	e179
4.2.4.	Smoking cessation	e179
4.3.	Nutrition	e179
4.4.	Physical activity	e180
4.5.	Management of psychosocial factors	e180
4.6.	Body weight	e180
4.7.	Blood pressure	e180
4.7.1.	Definition and classification of hypertension	e181
4.7.2.	Blood pressure measurement	e181
4.7.3.	Office or clinic blood pressure measurement	e181
4.7.4.	Ambulatory and home blood pressure monitoring	e181
4.7.5.	Risk stratification in hypertension	e182
4.7.6.	Whom to treat and when to initiate antihypertensive treatment	e182
4.7.7.	How to treat	e182
4.8.	Treatment targets in patients with type 2 diabetes	e184
4.8.1.	Microalbuminuria and multifactorial intervention	e185
4.9.	Lipids	e185
4.9.1.	Low-density lipoprotein cholesterol	e185
4.9.2.	Apolipoprotein B	e185
4.9.3.	Triglycerides	e185
4.9.4.	High-density lipoprotein cholesterol	e185
4.9.5.	Lipoprotein(a)	e185
4.9.6.	Calculated lipoprotein variables	e186
4.9.7.	Who should be treated and what are the goals?	e186
4.9.8.	Patients with peripheral arterial disease	e186
4.9.9.	Stroke prevention	e186
4.9.10.	Patients with kidney disease	e186
4.9.11.	Transplant patients	e187
4.9.12.	Patients with an acute coronary syndrome	e187
4.9.13.	Drugs	e187
4.9.14.	Drug combinations	e187

Download English Version:

<https://daneshyari.com/en/article/5880330>

Download Persian Version:

<https://daneshyari.com/article/5880330>

[Daneshyari.com](https://daneshyari.com)