Contents

Foreword v

1. Introduction 1
   The concept of risk 1
   Principles of total risk prediction 2
   Methods of total risk prediction 4
   Definition of ‘high’ risk 7

2. Who and what to test 8
   Screening 8
   How to assess total CV risk in primary care? 8
   What issues should the cover during the 8
   10-minute consultation? 8
   Is the patient at high absolute risk of CVD? 36

3. How to manage the patient at risk of CVD 41
   Who to treat? 41
   How to treat? 42
   General lifestyle advice 42
   Serum lipids and dyslipidaemia 44
   BP and hypertension 50
   Other prophylactic drug therapy 57
   Multiple risk factors: the metabolic syndrome 58
   Co-morbidity: diabetes mellitus 58

4. Person-centred care 64
   How to identify the patient’s beliefs about 64
   CV problems (their concerns and expectations)?
Foreword

Cardiovascular (CV) disease (CVD) is the leading cause of morbidity and mortality worldwide, and stroke is a leading cause of acquired disability. Furthermore, ageing of the population means that the burden of CVD is increasing and, therefore, consulting rates for CVD are also increasing, but current management of CV risk factors is suboptimal. Management of CV risk factors is an essential part of health promotion by primary care clinicians and accurate diagnosis of signs and symptoms that can potentially cause CVD are, therefore, a key competency.

The first edition of The 10-minute consultation: cardiovascular risk was well received, in particular the size and format, which enabled the busy clinician to gain immediate access to pivotal information in the assessment and management of CV risk. The pocket guide not only answered practical questions about diagnosis and treatment, but also provided an insight into the key evidence that informs management guidelines. These elements remain. Since the previous edition, however, several international best-practice guidelines have been updated to reflect the results of important recently reported clinical trials.

We hope this new edition, which is up to date and concise, will prove equally useful in the management of this common medical condition.