

# Primary Prevention of Cardiovascular Disease

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# Introduction

- Atherosclerotic cardiovascular disease (ASCVD) is the leading cause of morbidity and mortality globally
- Leading cause of death for most Americans
- Costs >\$200,000,000,000 in healthcare services, medications, and lost productivity
- Suboptimal implication of prevention strategies
- Uncontrolled ASCVD risk factors in adults

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- **Heart disease warning signs**
  - Chest discomfort
  - Discomfort in other parts of the upper body
  - Shortness of breath
  - Other signs
- **Stroke warning signs**
  - Sudden numbness or weakness
  - Sudden confusion
  - Sudden trouble seeing in one or both eyes
  - Sudden severe headache with no known cause

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- The most important way to prevent ASCVD is to promote healthy lifestyle throughout life
- Life's Essential 8 - eight steps to achieve ideal cardiovascular health
  - Eat better
  - Be more active
  - Quit tobacco
  - Get healthy sleep
  - Manage weight
  - Control cholesterol
  - Manage blood sugar
  - Manage blood pressure

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AHA PDF



AHA Website

# References

1. [https://www.heart.org/-/media/Healthy-Living-Files/Well-being-Works-Better/my\\_life\\_check\\_brochure.pdf](https://www.heart.org/-/media/Healthy-Living-Files/Well-being-Works-Better/my_life_check_brochure.pdf)
2. Arnett et al. 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. <https://doi.org/10.1161/CIR.0000000000000678> Circulation. 2019;140:e596-e646