



## GUIDE FOR COMPREHENSIVE RISK REDUCTION – FLOWESHEET

Rx (✓)	Risk Intervention	Date ✓ Achieved	Date ✓ Achieved	Date ✓ Achieved	Date ✓ Achieved	Date ✓ Achieved	Date ✓ Achieved
	<b>Ideal body weight:</b> BMI < 27 kg/m <sup>2</sup> (ideally < 25 kg/ m <sup>2</sup> )						
	<b>Girth:</b> Targets M < 94 cm (37 inches); F<88cm (34.6 inches). Lower in South Asians M< 90 cm and F < 80 cm. W/H M< 0.95; F< 0.9.						
	<b>Physical activity:</b> Minimum goal > 150 min/week						
	<b>Smoking Goal:</b> Complete cessation						
	<b>Lipid Management:</b>						
	<i>Primary goal:</i> LDL < 2.0 (1.8) mmol/L or ≥ 50% LDL ↓						
	<i>Secondary goal:</i> non-HDL chol ≤ 2.6 mmol/L.; Apo-B<0.8 g/L						
	<b>Metabolic Syndrome</b> HDL ≥ 1.0 mmol/L M HDL ≥ 1.3 mmol/L F						
	TG < 1.7 mmol/L						
	<b>Apo B:</b> <i>Hi risk</i> < 0.8 g/L; <i>Mod risk</i> < 1.05 g/L; <i>Low risk</i> < 1.2 g/L						
	<b>Blood pressure: Targets</b> <135/85 mm Hg for HBPM/ABPM <130/80 mm Hg for DM/CAD/CKD <120/80 mm Hg for LVD						
	<b>Diabetes: Targets</b> FBS 4-7 mmol/L 2hr PC Glucose 5-10 mmol/L HbA1C ≤ 7% Consider ≤ 6.5 % in selected patients or 7.1 - 8.5% if high risk of hypoglycemia, frail, elderly, multiple co-morbidities.						
	<b>MAU: Targets</b> Spot urine < 20/mg/L ACR < 2.0 Men ACR < 2.8 Women						
	<b>Antiplatelet agents:</b> ASA, Clopidogrel, Ticagrelor or Prasugrel						
	<b>Anticoagulants:</b> Target INR _____ or NOAC						
	<b>ACE inhibitor/ARBs: Post-MI</b>						
	<b>ACE inhibitor/ARBs: Vascular protection/CAD</b>						
	<b>Beta-blockers: Post-MI</b>						
	<b>Beta-blockers CHF/LV</b> Dysfunction: LVEF < 40%						
	<b>Rx: Omega-3 fatty acids</b> (salmon oil or flax) 1-3 gm/day						
	<b>hs-CRP</b> High risk > 3.0 mg/L; Mod risk 1.0-3.0 mg/L; Low risk < 1.0 mg/L						
	<b>HRT: Off</b>						

