

Case 1

Patient with an acute coronary syndrome

- Risk factor profile ?

- | | | | |
|---------------------|------------|---------------|-----------------------------|
| Chol. | 6.4 | mmol/l | (<4.5/4.0 mmol/l) |
| LDL: | 3.7 | mmol/l | (<2.5/2.0 mmol/l) |
| HDL: | 0.6 | mmol/l | (> 1.0 mmol/l) |
| Triglyceride | 4.6 | mmol/l | (< 1.7 mmol/l) |

- Ex-smoker

- Hypertension (controlled, RR 120/75)

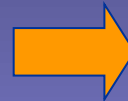
- Diabetes (oral antidiabetics, HbA1c 7.2%)

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Previous therapy:

Simvastatin	20 mg
Perindopril	4 mg
Metoprol.succ.	50 mg
Metformin	850 mg
Aspirin	100 mg



**What can we
achieve
by a more
intense statin
therapy ?**

Frank – 45 Year Old Business Man

- 15 – 20 Units of Alcohol a week**
- Sedentary lifestyle**
- BMI = 30kg/m²**

- Hypertension – BP = 155/90 mmHg**
- No current medications**
- No family history of CVD**

0 3 5 140 5 3 0

People who stay healthy tend to have certain characteristics:

- 0** No tobacco
- 3** Walk 3 km daily, or 30 mins any moderate activity
- 5** Portions of fruit and vegetables a day
- 140** Blood pressure less than 140 mm Hg systolic **130**
- 5** Total blood cholesterol <5mmol/l **4.5, 4**
- 3** LDL cholesterol <3 mmol/l **2.5, 2**
- 0** Avoidance of overweight and diabetes