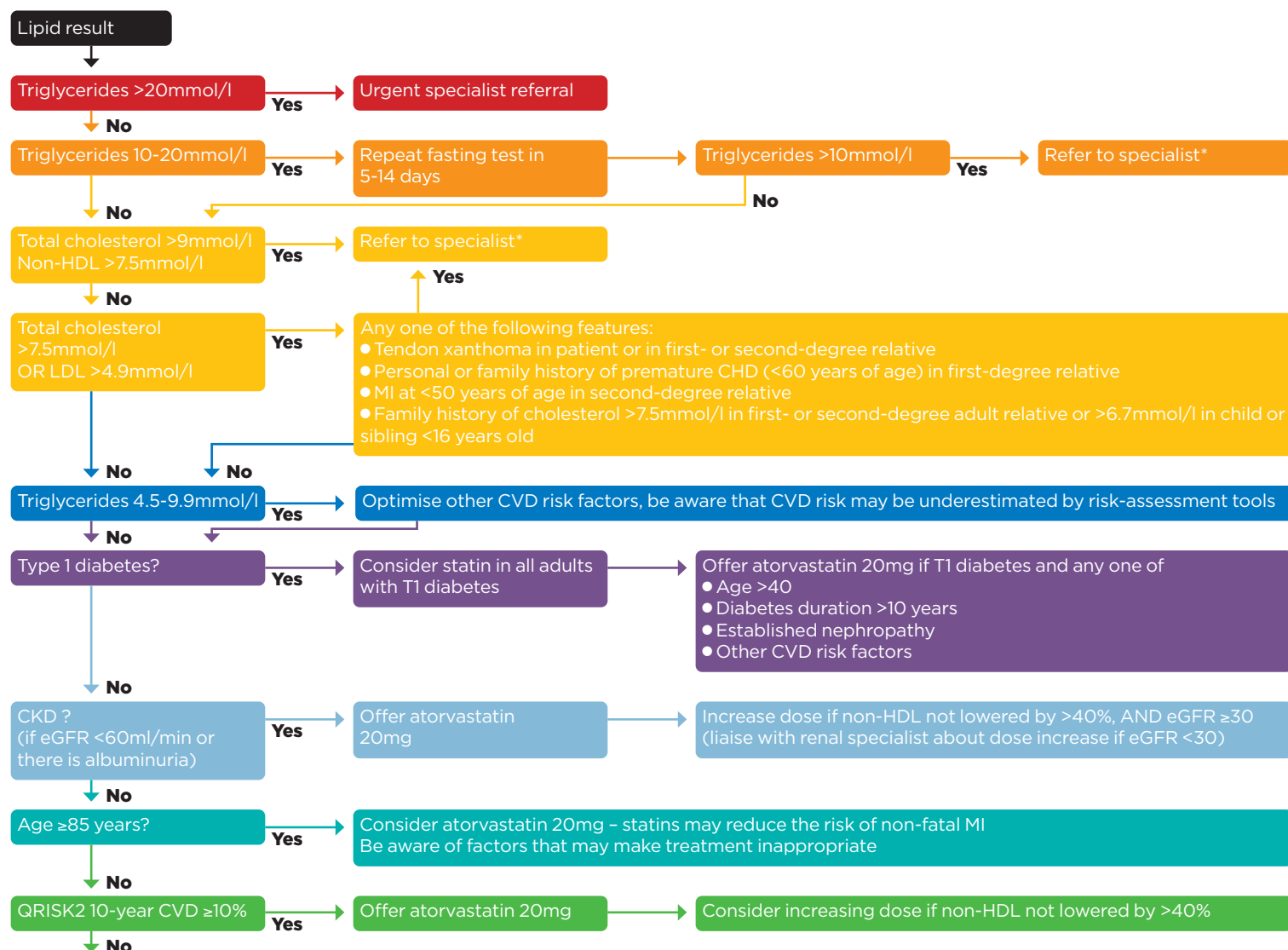


# Primary prevention for cardiovascular disease

A quick guide to lipid modification based on NICE CG181

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## Use clinical judgment to decide on further treatment in people below the CVD risk threshold for treatment

Risk scores will underestimate risk in people with underlying conditions or on some treatments, including:

- Those being treated for HIV
- Those with serious mental health problems
- Those taking medicines that can cause dyslipidaemia such as antipsychotic medication, corticosteroids or immunosuppressant drugs
- Those with autoimmune disorders, such as SLE, and other systemic inflammatory disorders
- Those with BMI >40

Consider socioeconomic status as an additional factor that contributes to CVD risk

In all patients at high risk of CVD, give advice about diet, exercise, alcohol consumption and smoking cessation

\*Before referral, consider secondary causes of dyslipidaemia including uncontrolled diabetes, obesity, excess alcohol consumption, untreated hypothyroidism, liver disease, nephrotic syndrome and some medications such as thiazides or ciclosporin