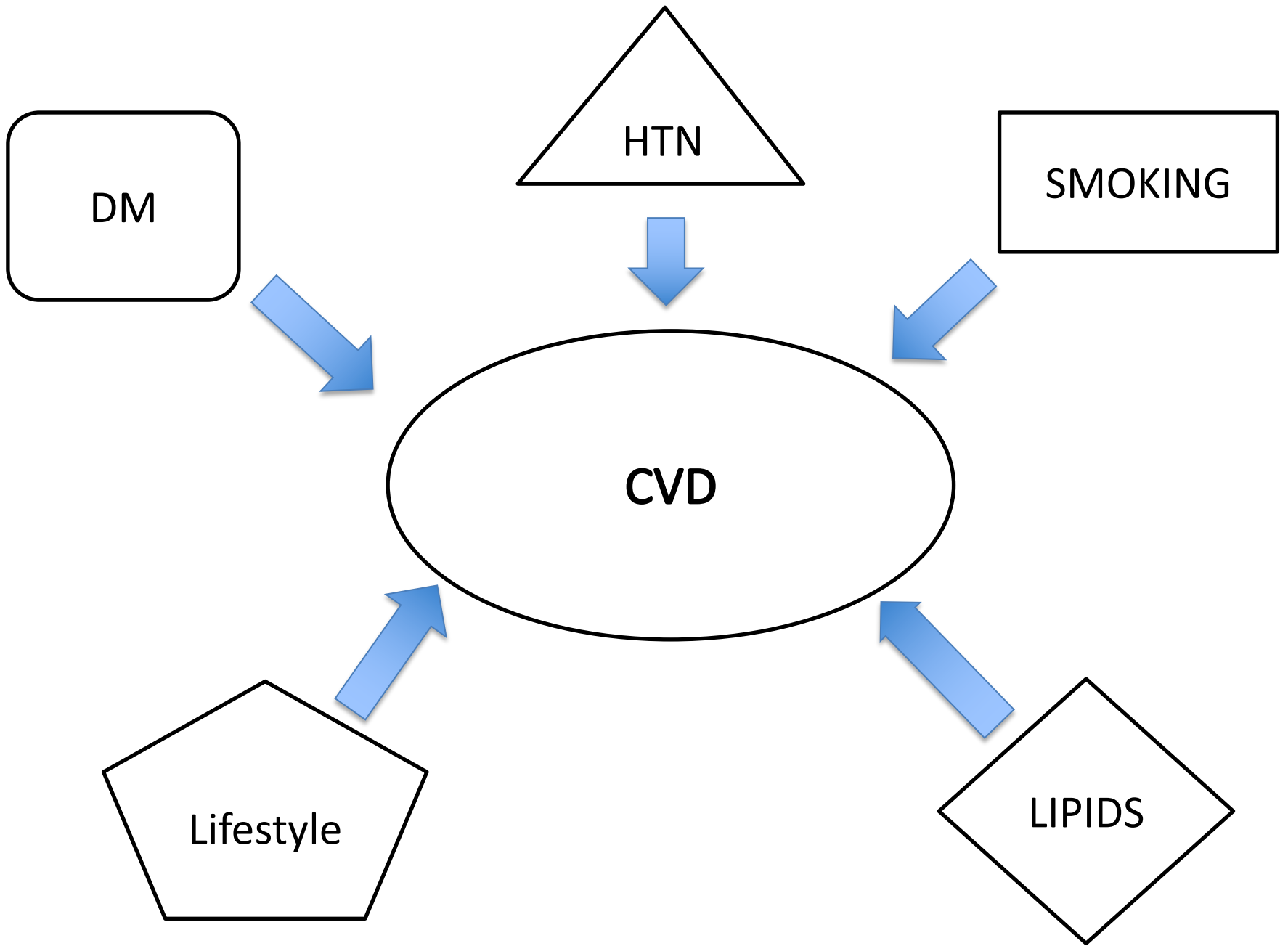


Primary Prevention for Cardiovascular Health

Dr. Megan McGarry

MD, FRCPC

Internist, Moncton



Type 2 Diabetes

- Is there significant research to support using specific drugs in primary prevention of CVD?
- What drugs to use for primary prevention of CVD in the high risk patient?

Dyslipidemia

- Is there a role for the PCSK9 inhibitors in primary prevention?
- Once LDL is below target is there any benefit to further lowering?

Conflicts

- No research
- No paid speaking engagements

Objectives

- By the end of this presentation, you will be able to
- Be aware of new DLD targets
- HTN targets
- Use SGLT2 for primary prevention
- Diet advice

Data on improvement in deaths with prevention

- Need numbers, better worse?

Primary Prevention

- CVD accounts for 31% of mortality Globally
- In Canada 1.2 million deaths per year
- WHO estimates that over 75% of premature CVD is preventable and risk factor Amelioration can help reduce the growing CVD burden

Exercise

- We all know we should
- The evidence is clear that any increase in physical activity reduces risk of CVD

DIET

SMOKING

- E cigarettes
- Vapping
- Lung cancer screening may increase the likelihood of smoking cessation

weight

Medical treatment

- Ld;-psck-2
- Anti-htn-

SGLT-2 inhibitors and GLP-1 agonist

- DM
- Clinical trials supporting the use of SGLT-2 inhibitors and GLP-1 agonists for preventing cardiovascular complications in DM
- SGLT-2

Canadliflozin for primary amd secondary preventation 2018 jan

Anti-PLt therapy

Overall

- Doing more than one has to be attempted