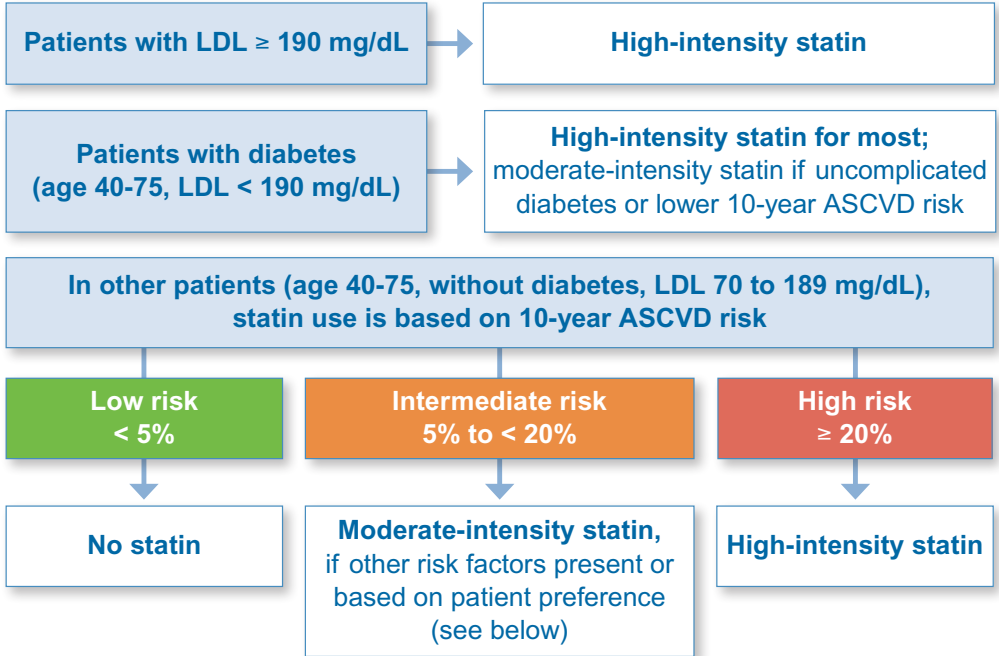


Primary prevention: select a statin based on CVD risk

Statin recommendations based on LDL > 190 mg/dL, diabetes, or 10-year ASCVD risk¹



Additional risk factors that suggest the need for a statin:

- family history of premature ASCVD
- chronic kidney disease
- metabolic syndrome
- inflammatory diseases (e.g., rheumatoid arthritis, psoriasis, lupus)
- chronic infections (HIV, hepatitis C)
- conditions specific to women (e.g., preeclampsia, premature menopause)
- ethnicity (e.g., South Asian ancestry)
- persistently elevated LDL ≥ 160 mg/dL
- triglycerides ≥ 175 mg/dL
- laboratory biomarkers
 - high-sensitivity C-reactive protein
 - lipoprotein(a)
 - apolipoprotein
- Coronary Artery Calcium (CAC) score > 0

Moderate-intensity statin examples:

- atorvastatin 10-20 mg
- rosuvastatin 5-10 mg

High-intensity statin examples:

- atorvastatin 40-80 mg
- rosuvastatin 20-40 mg

(1) Arnett DK, Blumenthal RS, Albert MA, et al. 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease. *J Am Coll Cardiol.* 2019;74(10):e177-e232. (2) Bodenheimer T, Handley MA. Goal-setting for behavior change in primary care: an exploration and status report. *Patient Educ Couns.* 2009;76(2):174-180.

Help patients modify lifestyle

Assess the patient's current behaviors and readiness for change:

- "How many days a week do you engage in exercise?"
- "What did you eat for breakfast, lunch, and dinner yesterday?"

Advice with recommendations tailored to a patient's risk factors.

Agree on SMART goals that have clear links to action.²

Specific: "What do you want to do?"

Measurable: "How will you know when you've reached it?"

Achievable: "Is it in your power to accomplish it?"

Realistic: "Can you realistically achieve it?"

Timely: "When exactly do you want to accomplish it?"

Examples of SMART goals:

Not SMART	SMART
I will quit smoking.	I will start using daily nicotine patches (7 mg) tomorrow and will set a quit date for 2 weeks from today.
I will exercise more.	I will walk briskly for 30 minutes on Tuesdays and Thursdays before I leave work.
I will cut down on sugar intake.	On workdays, I will use sugar substitutes in my coffee every morning and drink zero-calorie flavored water instead of regular soda with lunch.

Assist the patient to overcome their own specific barriers.

Arrange follow-up with resources and support.



Pharmaceutical Assistance
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Balanced information for better care

These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at [AlosaHealth.org](https://www.AlosaHealth.org). Jan 2022