



# SUMMARY OF RECOMMENDATIONS

SUMMARY TABLE 1: SCREENING

Population→ Targets ↓	Adult <40 yrs with Risk Factors Adult Male ≥40 yrs Adult Female ≥50 yrs and/ or post-menopausal	Adult at High Risk* for CVD OR with CAD or PVD OR with TIA/ Stroke	Adult with ↓ eGFR or CKD OR with Diabetes Mellitus (DM)
Smoking	Identify and Advise all smokers to quit at each visit.		
Physical Activity Status	Annually		
BMI & Waist	Annually or as indicated	Every 3 to 6 months or as indicated	
Framingham Risk Score (FRS) for Total CVD**	Every 1 to 3 years	Classified as high risk; no FRS required	
Fasting (9-12h) Lipid Profile	Every 1 to 3 years + FRS Screen at any age in adults with major risk factors	Annually	
Blood Pressure (BP)***	At all appropriate clinic visits  Proper BP measurement annually in persons with borderline hypertension	Proper BP measurement every 3 to 6 months or as indicated	
Fasting Blood Glucose (FBG)	Every 3 years. Earlier and more frequently in individuals with additional risk factors for DM	Every 3 to 6 months or as indicated	
HbA1c	Not indicated unless FBG elevated	In adults with DM every 3 to 6 months; not indicated in other populations unless FBG elevated	
eGFR/ ACR	Screen in patients with hypertension, heart failure, First Nations people, unexplained anemia, family history of end-stage renal disease, autoimmune disease, and edema	Annually or as indicated	
Edinburgh Claudication Questionnaire**** & Physical Exam	Annually		

\*High risk is defined as a 20% or greater 10-year risk of CAD-related death or non-fatal MI as determined by the Framingham Risk Score for Total CVD.

\*\*Framingham Risk Score for Total CVD (see Appendix A)

\*\*\* Recommended Technique for Office Blood Pressure Measurement (see page 13)

\*\*\*\* Edinburgh Claudication Questionnaire (see page 57)

ACR = Albumin to Creatinine Ratio

BMI = Body Mass Index

BP = Blood Pressure

CAD = Coronary Artery Disease

CKD = Chronic Kidney Disease

CVD = Cardiovascular Disease

DM = Diabetes Mellitus

eGFR = Estimated Glomerular Filtration Rate

FBG = Fasting Blood Glucose

FRS = Framingham Risk Score for Total CVD

MI = Myocardial Infarction

PVD = Peripheral Vascular Disease

TIA = Transient Ischemic Attack



SUMMARY TABLE 2: RECOMMENDED TARGETS

Population→ Targets ↓	Adult <40 yrs with Risk Factors Adult Male ≥40 yrs Adult Female ≥50 yrs and/ or post-menopausal	Adult at High Risk* for CVD OR with CAD or PVD OR with TIA/ Stroke	Adult with ↓ eGFR or CKD OR with Diabetes Mellitus (DM)
Smoking	Smoke-free		
Physical Activity Status	30 to 60 minutes moderate activity 4 to 7 days per week		
BMI & Waist	BMI: 18.5 to 24.9 kg/m <sup>2</sup> Waist: Men ≤102 cm (40"); Women ≤88 cm (35") (see page 10 for waist circumference cut-offs by ethnicity) For patients with dyslipidemia, see cholesterol guidelines (page 21)		
Fasting (9-12h) Lipid Profile	<p>If low risk treat when: LDL-C ≥5 mmol/L or TC/HDL-C ≥6 Target: LDL-C &lt;2 mmol/L or ↓ LDL-C by 50%</p> <p>If moderate risk treat when: LDL-C ≥3.5 mmol/L or TC/HDL-C ≥5 or hsCRP &gt;2.0 mg/L Target: LDL-C &lt;2 mmol/L or ↓ LDL-C by 50%</p>	<p>LDL-C &lt;2 mmol/L or lower by 50%</p> <p>TC/HDL-C &lt;4</p>	
Blood Pressure (BP) (mmHg)	Below 140/90	Below 140/90	Below 130/80
Fasting Blood Glucose (FBG) (mmol/L)	Classify as normal if FBG <5.6	< 6	<i>If diabetic:</i> To achieve HbA1c target aim for BG = 4 – 7 before meals BG = 5 – 10 after meals (5 – 8 if not meeting HbA1c target)
HbA1c	As indicated	If FBG elevated, <7%	<i>If diabetic:</i> <7% (<6.5% if possible without hypoglycemia)
eGFR/ ACR		If proteinuria, ACEI or ARB to maximum tolerated dose to at least target ACR <40. Modify CV risk factors to target ACR <40. If still ACR >60, refer to nephrology.	

\*High risk is defined as a 20% or greater 10-year risk of CAD-related death or non-fatal MI as determined by the Framingham Risk Score for Total CVD.

ACEI = Angiotensin Converting Enzyme Inhibitor  
 ARB = Angiotensin Receptor Blocker  
 ACR = Albumin to Creatinine Ratio  
 BMI = Body Mass Index  
 BP = Blood Pressure  
 CKD = Chronic Kidney Disease

CAD = Coronary Artery Disease  
 CVD = Cardiovascular Disease  
 DM = Diabetes Mellitus  
 eGFR = Estimated Glomerular Filtration Rate  
 FBG = Fasting Blood Glucose  
 FRS = Framingham Risk Score for Total CVD

MI = Myocardial Infarction  
 PVD = Peripheral Vascular Disease  
 TIA = Transient Ischemic Attack