

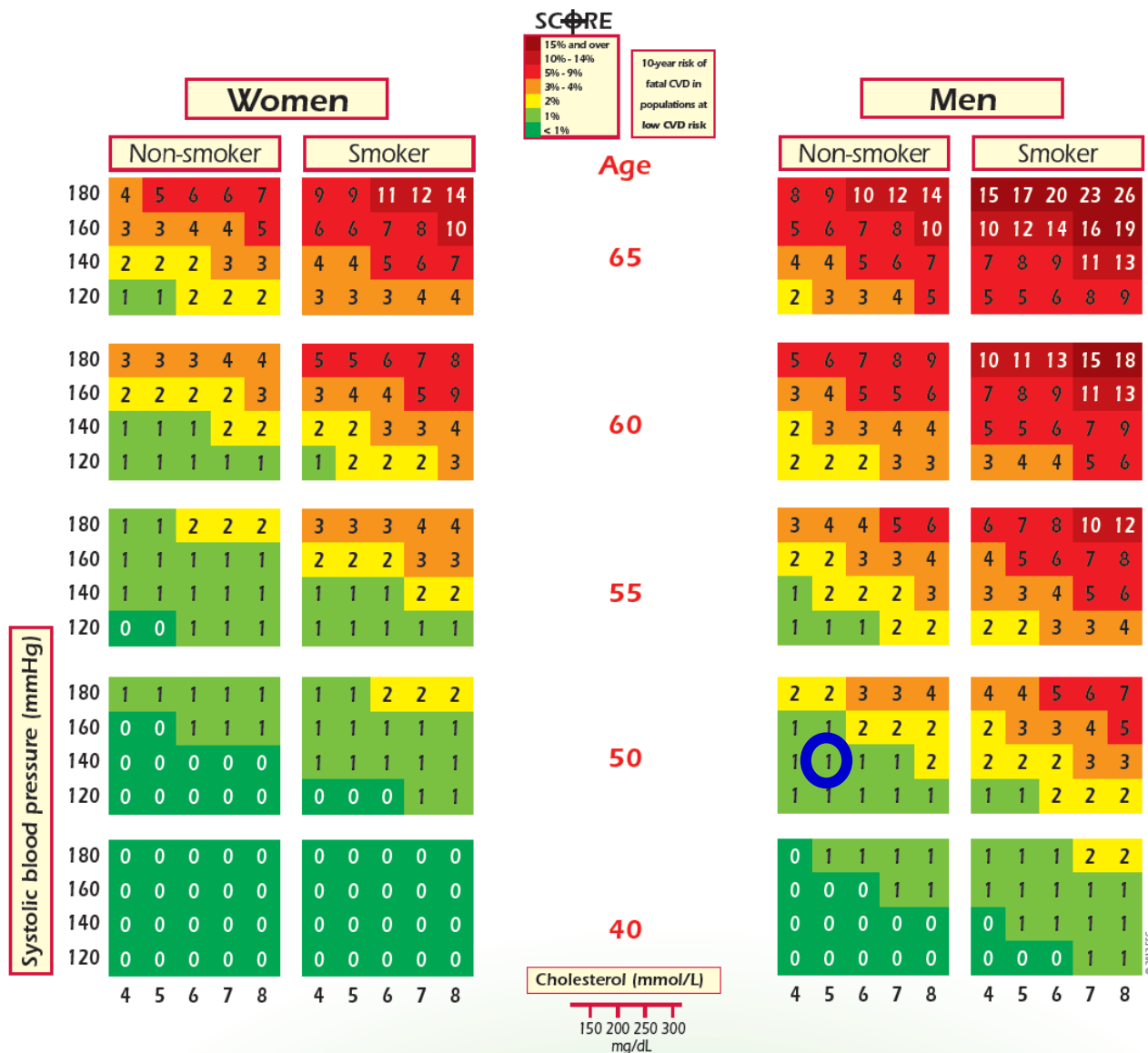
26 DE ABRIL – SEXTA-FEIRA

SESSÃO TELEVOTER CARDIOPATIA ISQUÉMICA

**ARMINDA VEIGA
CARLOS RABAÇAL
ANTÓNIO PEDRO MACHADO**

SCORE - European Low Risk Chart

10 year risk of fatal CVD in low risk regions of Europe by gender, age, systolic blood pressure, total cholesterol and smoking status



Risco de morte por DCV a 10 anos

>15%

10-14%

5-9%

3-4%

2%

1%

<1%





Your results

Risk model: Europe Low

Examination date: Sunday, April 21, 2013

Patient name: Tom

Date of birth: 1 / 1958 (Month/Year)

Sex: Male

Full Score BMI Score

Systolic blood pressure: 138 mmHg

Cholesterol: 221 mg/dl

HDL Cholesterol: 49

Smoker: No

Doctor's comments
(Included in patient print out)

Calculate Risk

Notes

- Those with a) known CVD, b) type 2 diabetes or type 1 diabetes with microalbuminuria, or c) very high levels of individual risk factors are automatically at INCREASED CARDIOVASCULAR RISK and need management to all risk factors.
- For all other people, HeartScore can be used to estimate total risk: this is critically important because many people have mildly raised levels of several risk factors that, in combination, can result in unexpectedly high levels of total cardiovascular risk.

Qualifiers

Click [here](#) to read the qualifiers on risk calculation using SCORE.

Patient Advice CVD Prevention Guidelines

Patient Advice

This page allows you to have graphical displays of your patient's risk evaluation on the date of the examination.

- The **Patient Advice** tab consolidates the advices given to the patient at the date of the examination.
- The **CVD Prevention Guidelines** tab includes recommendations from the European Guidelines on CVD Prevention.

What is CVD risk?

CVD risk means your risk of dying of a heart attack, stroke or other circulatory problem

[Actual Total CVD Risk Level](#) | [What makes up your risk](#) | [Personalized health advice](#)

Your results

Examination date 21 April 2013

Patient name Tom

Age 55 (1/1958)

Sex Male

Risk factors	Your results	What you should aim for:
Systolic blood pressure	136 mmHg	140 mmHg or less
Cholesterol	221 mg/dl	185 mg/dl or less
HDL Cholesterol	49 mg/dl	Greater than 1 mmol/L
Smoker	No	No
Your total CVD risk*	1%	2% or less

www.heartscore.org





Your results

Risk model: Europe Low

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Patient Advice CVD Prevention Guidelines

Personalized health advice

For most people walking 30 minutes per day and eating plenty of vegetables, fruit, cereals and fish helps lower risk.

Smoker

You are noted as a non-smoker. Excellent!

Systolic blood pressure

Your blood pressure is 136 mmHg, and that is within the normal range.

Cholesterol

Your cholesterol is 221 mg/dl, and that is above the normal range.

The lower the cholesterol value gets, the lower the risk of cardiovascular disease.

I therefore recommend that your present cholesterol value of 221 mg/dl is lowered to a value around 185 mg/dl or less. You can help by eating plenty of fruits and vegetables, cereals and fish, and by eating less animal fats.

In some cases, drugs may be needed to reduce a high cholesterol level.

HDL Cholesterol

HDL cholesterol or 'good cholesterol' helps protect from heart disease. Exercise helps to push it up

Doctor's comments

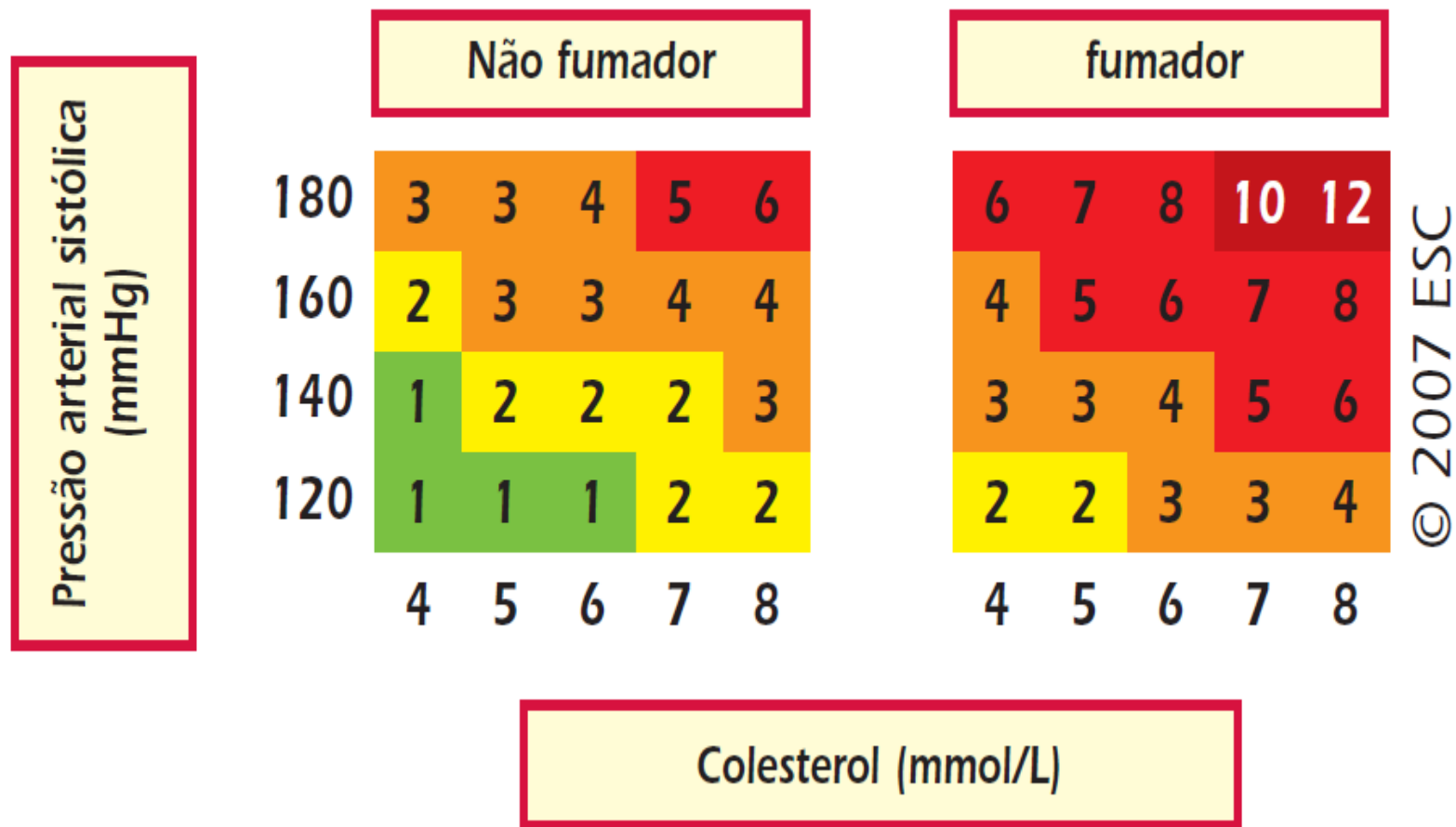
Next appointment:

www.heartscore.org

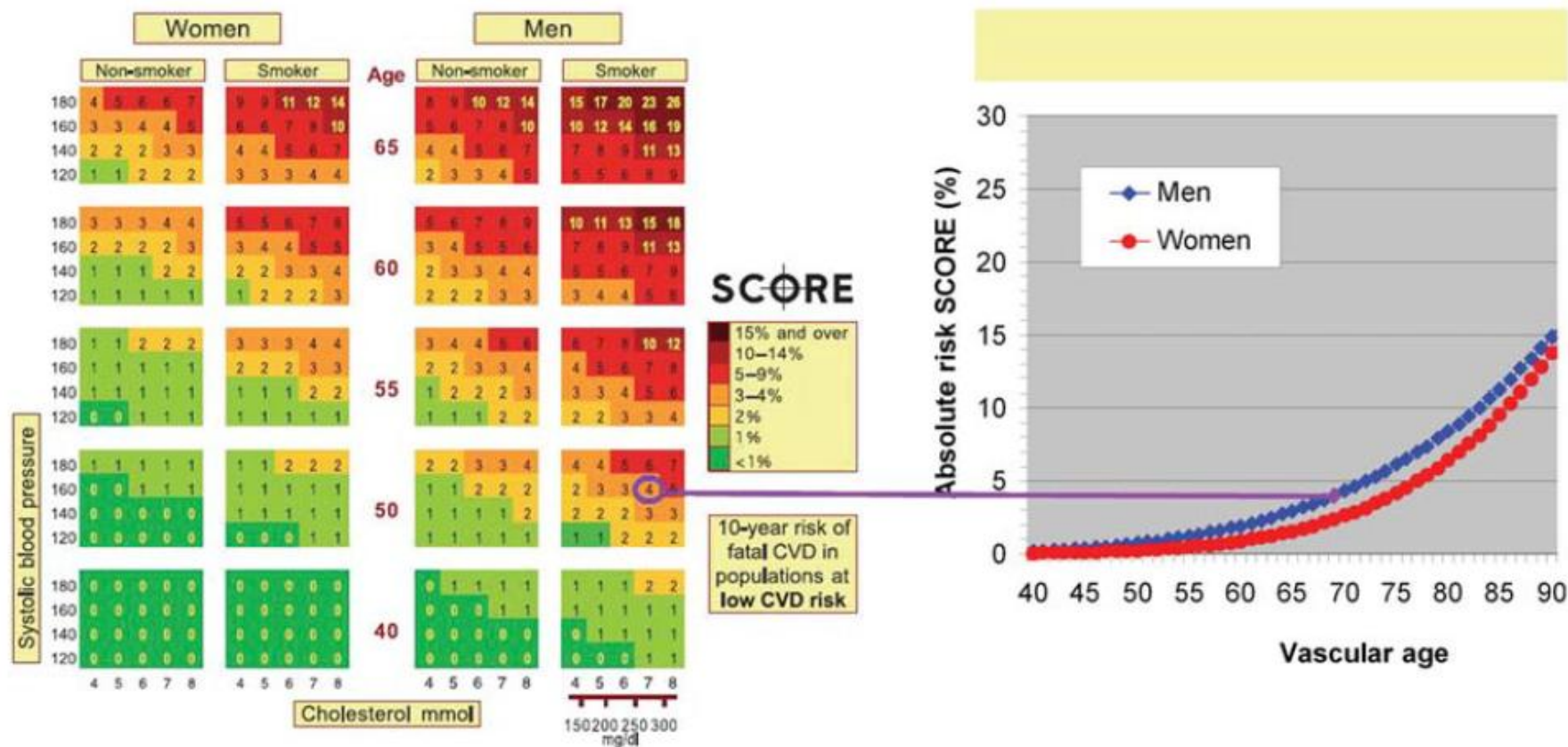


SCORE - European Low Risk Chart

10 year risk of fatal CVD in low risk regions of Europe by gender, age, systolic blood pressure, total cholesterol and smoking status



How to calculate vascular age with the SCORE project scales: a new method of cardiovascular risk evaluation



Rastreo de D. coronária em indivíduos assintomáticos-Recomendações

Adultos de risco baixo ou moderado para eventos coronários

Não está recomendada a triagem de rotina com ECG, Prova de esforço ou a avaliação do Score de cálcio coronário com TC

SCORE - Systematic Coronary Risk Evaluation

**Rastreio de doença cardiovascular
subclínica em função do score de risco**

Baixo <1%



Sem indicação

Moderado 1-5%



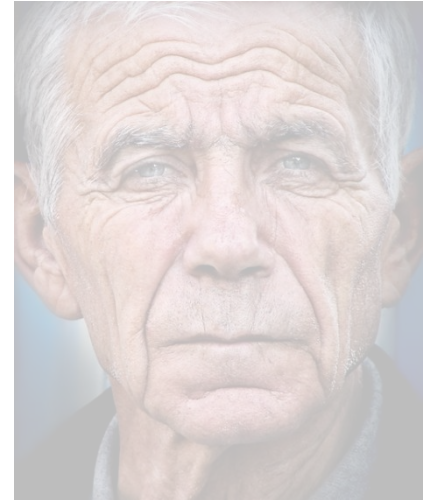
**Índice
tornozelo-braço**

IMT carótidas

Alto 5-10%

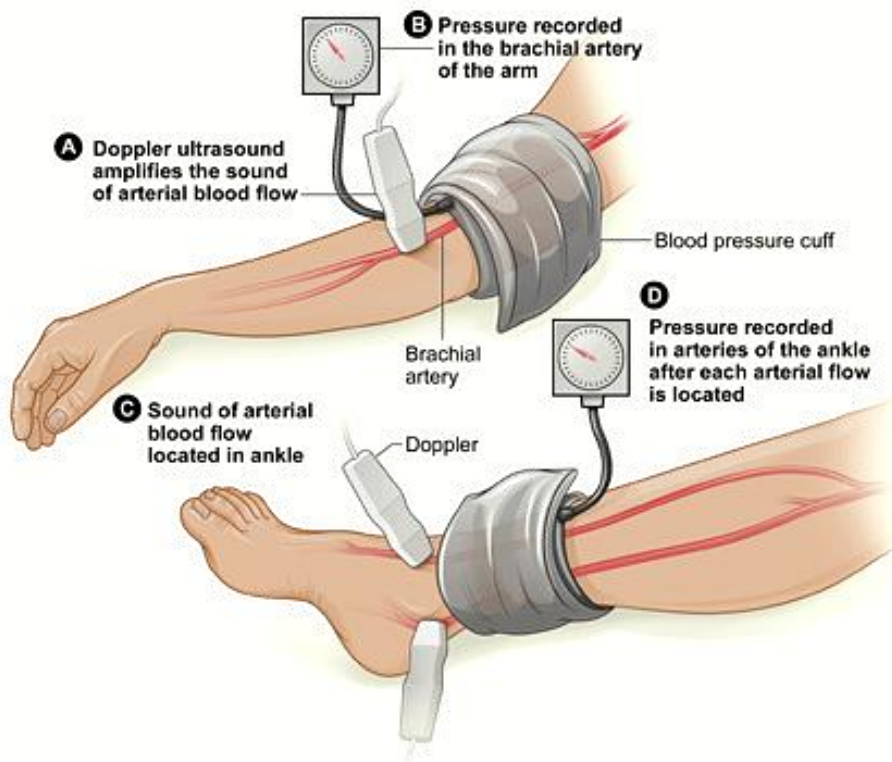


Muito alto >10%



Guideline for Assessment of Cardiovascular Risk in Asymptomatic Adults

Índice tornozelo-braço



Índice tornozelo-braço

0.91–1.30 Normal

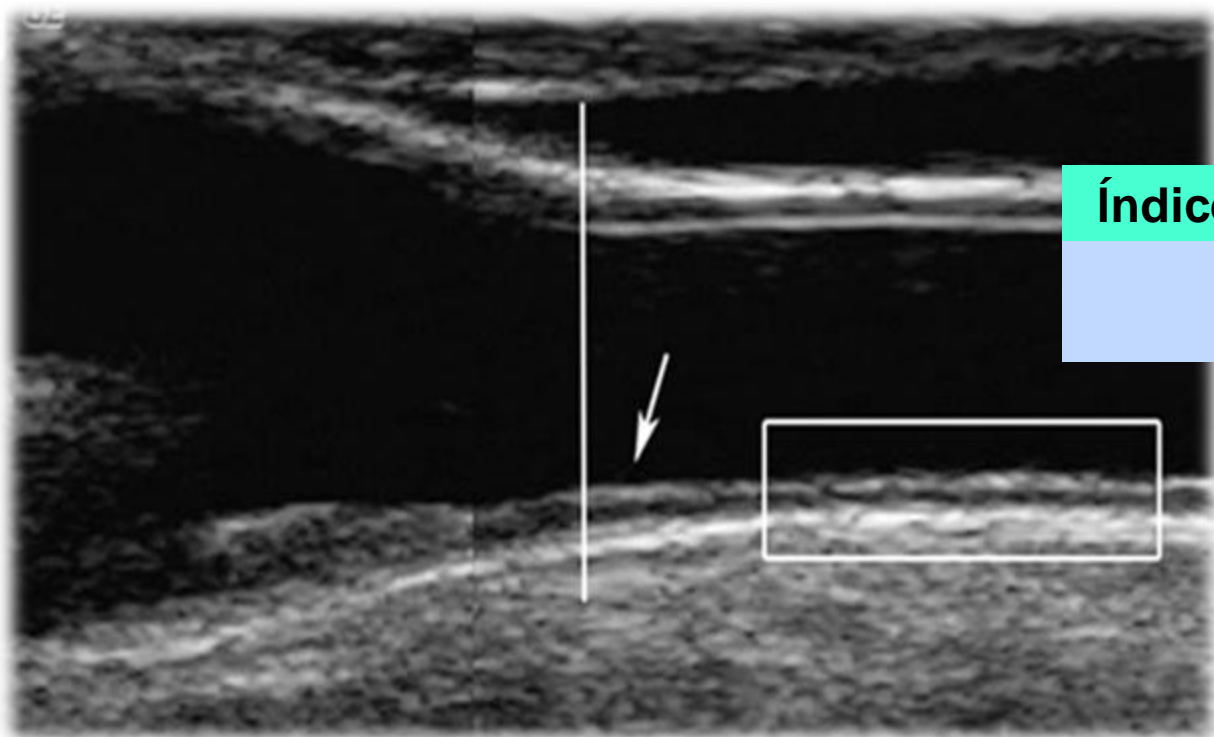
0.41-0.90 DAOP ligeira a moderada

< 0.40 DAOP grave



Guideline for Assessment of Cardiovascular Risk in Asymptomatic Adults

Índice Média-Íntima



Índice Íntima-Média normal

< 0,9 mm

SCORE - Systematic Coronary Risk Evaluation

Intervenções em função do risco CV

Baixo <1%



**Manter estilo de
vida saudável
Reavaliar 5 anos**

Moderado 1-5%

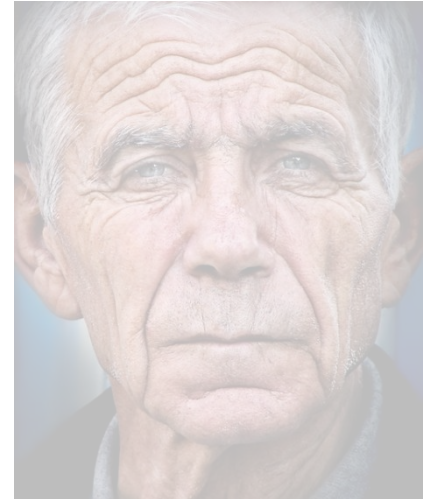


**Modificação do
estilo de vida**

Alto 5-10%



Muito alto >10%



Indivíduos de alto risco CV

- **Indivíduos com DCV aterosclerótica conhecida**
- **Indivíduos assintomáticos com risco elevado de ter DCV devido a:**
 - Múltiplos factores de risco resultando num risco de morte por DCV em 10 anos $\geq 5\%$
 - Diabetes tipo 2 ou tipo 1 com microalbuminúria
 - Presença de factores de risco isolados significativamente elevados, principalmente se associados a lesão de órgão alvo
- **História familiar de DCV aterosclerótica prematura**

Rastreo de D. coronária em indivíduos assintomáticos-Recomendações

Adultos de risco baixo ou moderado para eventos coronários

Não está recomendada a triagem de rotina com ECG, Prova de esforço ou a avaliação do Score de cálcio coronário com TC

Adultos com risco aumentado para eventos coronários

Evidência insuficiente para recomendar ou desaconselhar a triagem de rotina

Diabéticos assintomáticos com alterações electrocardiográficas

25-50% dos diabéticos têm doença coronária silenciosa

75% dos diabéticos morrem de doença coronária

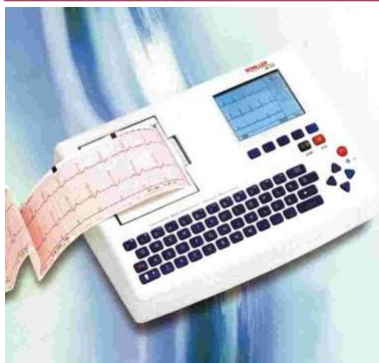
A ADA recomenda o rastreio de diabéticos assintomáticos com:

- **Alterações electrocardiográficas sugestivas de isquemia ou enfarte**
- **Doença arterial periférica ou**
- **Dois ou mais factores de risco CV associados.**

Indivíduos assintomáticos com elevado risco CV

O American College/American Heart Association recomendam a realização de **ECG**, **Ecocardiograma Transtorácico** e **Testes funcionais de isquemia** no rastreio de indivíduos assintomáticos com elevado risco cardiovascular (Classe IIb).

ECG



Ecocardiograma



Prova de esforço

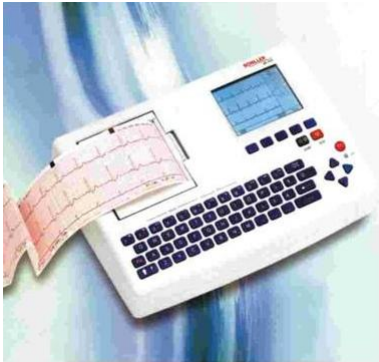


Cintigrafia

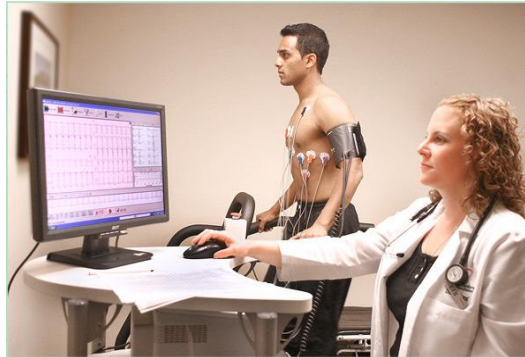


Guideline for Assessment of Cardiovascular Risk in Asymptomatic Adults

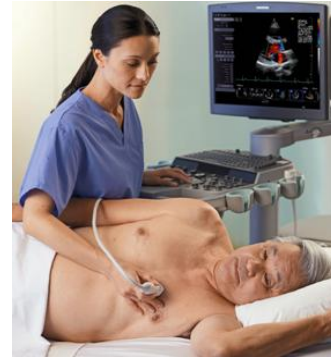
ECG



Prova de esforço



Ecocardiograma



Cintigrafia



Objectivos da avaliação

- Identificar indivíduos com doença coronária que podem beneficiar de coronariografia e revascularização miocárdica (angioplastia ou cirurgia)
- Ajudar a definir o prognóstico
- Orientar a escolha de fármacos (AAS, betabloqueante, IECA, Estatinas)