

What it is

Build up of plaque on artery walls/fatty deposits = blockages occur and oxygen cannot get to the cells = cause of cell death (eg. Heart cells = MI; brain cells = stroke)

"Absolute CVD risk is the likelihood of a person experiencing a cardiovascular event such as a heart attack, or stroke, within the next 5 years"

Guidelines & References

2023 AUS Guidelines for Assessing and Management of CVD

2021 ESC Guidelines on cardiovascular disease prevention in clinical practice

SaxInstitute Evidence check: Dietary patterns and cardiovascular Disease Outcomes

National Vascular Disease Prevention Alliance. Guidelines for the management of absolute cardiovascular disease risk (2012)

Groups at risk

elderly	smokers
Indigenous australian	low socio-economic
rural	

Modifiable risk factors

↑ weight	↑ HTN	dyslipidaemia
↓ physical activity	↓ plant foods	↑ smoking

Intervention

Lipid management - 5 Fs

Reduction of saturated (<10% EEI [NRVs]) and trans fats (<1% EEI [WHO]); swap for healthy fats and oils

Restriction of salt intake to ~2000mg sodium or <5g salt/day [+DASH Diet]

Mediterranean-style diet

Oily fish "Omega-3": 2-3 serves/week (250-500mg marine sourced O-3 [EPA + DHA]/day)

Maintain healthy weight – encourage, support & advice

Reduce alcohol consumption <2 standard/day

Restrict sugar-sweetened beverages

Bariatric surgery

Presence of dyslipidaemia secondary to other conditions (eg hypothyroidism), must be excluded before beginning treatment, as treatment of underlying condition may improve hyperlipidaemia. Secondary dyslipidaemias can be caused by: alcohol abuse, DM, Cushing's syndrome, diseases of the liver and kidneys, and corticosteroids

Refer

reduce their alcohol intake?	Alcohol & Other Drugs support service
stop smoking?	Social support. Quitline
Increase PA	EP

Example PESS

Undesirable food choices (NB-7.1), due to not ready to make changes/lack of motivation/lack of support, as evidenced by ___ serves of discretionary foods, ___g added sugars/fat.

Excessive energy intake (NI-1.3), due to lack of knowledge on healthy food choices/lack of cooking skills/time poor, as evidence by _____ energy intake (compared to ___ requirements), BW, WC, BMI....



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