



Guide for Comprehensive Risk Reduction – Flowsheet

Rx (✓)	Risk Intervention	Date ✓ Achieved	Date ✓ Achieved	Date ✓ Achieved	Date ✓ Achieved	Date ✓ Achieved	Date ✓ Achieved
	Ideal body weight: BMI < 27 kg/m ² (ideally < 25 kg/ m ²)						
	Girth: Targets M < 94 cm (37 inches); F < 88cm (34.6 inches). Lower in South Asians M < 90 cm and F < 80 cm. W/H M < 0.95; F < 0.9.						
	Physical activity: Minimum goal > 200 min./week						
	Smoking Goal: Complete cessation						
	Lipid Management:						
	<i>Primary goal:</i> LDL < 2.0 (1.8) mmol/L or ≥ 50% LDL ↓						
	<i>Secondary goal:</i> TC/HDL < 4; Apo-B < 0.8 g/L						
	Metabolic Syndrome HDL ≥ 1.0 mmol/L M HDL ≥ 1.3 mmol/L F						
	TG < 1.7 mmol/L						
	Apo B: <i>Hi risk < 0.8 g/L;</i> <i>Mod risk < 1.05 g/L;</i> <i>Low risk < 1.2 g/L</i>						
	Blood pressure: Targets <135/85 mm Hg for HBPM/ABPM <130/80 mm Hg for DM/CAD/CKD <120/80 mm Hg for LVD						
	Diabetes: Targets FBS 4-6 mmol/L 2hr PC Glucose 5-10 mmol/L HbA1C ≤ 7%						
	MAU: Targets Spot urine < 20/mg/L ACR < 2.0 Men ACR < 2.8 Women						
	Antiplatelet agents: ASA or Plavix						
	Anticoagulants: Target INR _____						
	ACE inhibitor/ARBs: Post-MI						
	ACE inhibitor/ARBs: Vascular protection/CAD						
	Beta-blockers: Post-MI						
	Beta-blockers CHF/LV Dysfunction: LVEF < 40%						
	Rx: Omega-3 fatty acids (salmon oil or flax) 1-3 gm/day						
	LP(a) < 30 mg/dL						
	hs-CRP High risk > 3.0 mg/L; Mod risk 1.0-3.0 mg/L; Low risk < 1.0 mg/L						
	HRT: Off						

