

Comment (July 2010)

“Old Men Making Rules to Treat Themselves”¹

This is the phrase coined by Dr John Kostis, a world authority on cardiovascular risk, to describe the majority of the currently available guidelines to assess and manage cardiovascular risk. The guidelines suggest active (pharmacological) management of risk factors only in those with high short-term risk, but not the large number of individuals at low short term, but high long-term risk. The New Zealand Cardiovascular Risk Guideline (Feb.2009)² is very much in this category.

If we are serious about defeating cardiovascular disease, we need to focus on the latter group and aim for primordial prevention of atherosclerotic disease.

Please read my “tip” for July which suggests a much simpler and more inclusive approach to cardiovascular risk.

1. A New Approach to Primary Prevention of Cardiovascular Disease. Kostis JB. A.J.Med.2007;120:747-747
2. New Zealand Cardiovascular Guidelines Handbook: - 2009 Edition - March 2009