

Tip 17 (June 2011)

I offer this tip as an update on Tip 15 (July 2010) "Management of Cardiovascular Risk". I have slightly modified the statin and aspirin advice. For further information look at my lecture "Treatment of Mild-Moderate Hypertension is Worthwhile" delivered at the MSD Cardiovascular Forum in Wellington on 15th May 2011, (click on "Powerpoint Presentations and Teaching Materials"), and also my "Comment" for this month.

Waitemata Hypertension Clinic Risk Factor Management Guideline

- No smoking at any time
- Fasting blood glucose < 5.5mmol/l
- Antihypertensive drug treatment of all (irrespective of age, gender, smoking or lipid status) with sustained BP $\geq 140/90$, and $\geq 130/80$ for diabetes, CKD, or history of MI, stroke or PVD
- Statins for all (irrespective of age, gender, BP or smoking status) with LDL-C > 2.5mmol/l +/- TC:HDLC ratio > 4, and irrespective of lipid profile in diabetics, CKD or history of MI, stroke or PVD
- Low dose aspirin in all over 50 on treatment for hypertension or dyslipidaemia, and irrespective of age in all individuals with a history of MI, stroke, or PVD