

The key messages of the guidelines on cardiovascular disease prevention in clinical practice from the European Society of Cardiology 2021 (ESC)

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The latest recommendations for cardiovascular disease (CVD) prevention underline the importance of the individual approach to each patient and the application of personalized therapy. Then, there are individual measures and general community measures. The patient's health condition is very important for cardiovascular disease prevention - whether the patient is seemingly healthy or has a proven cardiovascular disease. The cardiovascular risk assessment of every individual is performed and each individual is assigned low, moderate, high, or very high CV risk. To assess the 10-year cardiovascular risk in seemingly healthy people under the age of 70 without a proven cardiovascular disease, diabetes mellitus, familial hypercholesterolemia, or unregulated blood pressure, the recommended risk model is SCORE2. In the same group of people aged over 70 years, the recommended risk model is SCORE2-OP. The step-by-step approach to risk stratification and treatment is crucial. In the first step, prevention is necessary at all levels. In the second step, after the assessment of CV risk and present comorbidities is completed, the ultimate preventive goals are set and should be adhered to.

Ključne reči: prevention of cardiovascular diseases, cardiovascular risk