## **Contents**

## Foreword vii Contributors ix

- 1. The epidemiology of cardiovascular disease
- Using guidelines as a framework for cardiovascular risk management: comparison of international recommendations 8
- 3. Identifying high-risk patients 19
- Moderate- to low-risk patients: management recommendations 28
- 5. High-risk patients: management recommendations 34
- Type 2 diabetes and metabolic syndrome patients: management recommendations for reducing cardiovascular risk 41

7.	Lifestyle changes to reduce cardiovascular risk 50
8.	Pharmacotherapy: improving the lipid profile 57
9.	Pharmacotherapy: lowering blood pressure 64
10.	Pharmacotherapy: lowering blood glucose 71
11.	Long-term management of cardiovascular disease
12.	Managing cardiovascular risk in the future 83
Appendix 88	

Index 89

78