

ATHEROSCLEROTIC CARDIOVASCULAR DISEASE (ASCVD) PREVENTION

SCORE BELGIUM

Tables d'évaluation du risque cardiovasculaire mortel à 10 ans

Version adaptée à la population Belge

Femmes

Non fumeuses

Fumeuses

Hommes

Non fumeurs

Fumeurs

Age

Age

68 ans

68 ans

67 ans

67 ans

63 ans

63 ans

62 ans

62 ans

58 ans

58 ans

57 ans

57 ans

53 ans

53 ans

52 ans

52 ans

45 ans

45 ans

45 ans

45 ans

Pression artérielle systolique (mmHg)

SCORE
BELGIQUE

Risque cardio-vasculaire mortel
dans les 10 années à venir

≥ 10%

2-4%

5-9%

< 2%

Cholestérol total (mg/dl)

Cholestérol total (mg/dl)

• !! When Diabetes (+) and/or LDLc > 190 mg/dl, subjects considered high risk

• Majority of population in intermediate/moderate risk groups

• Efficiency to discriminate true risky people limited!!

Global CV Risk Evaluation



Coronary Artery Disease (CAD)
Clinical Atherosclerosis *
Diabetes **

Age 40-75 y
LDLc < 190 mg/dl
Diabetes (-)

Risk of CV † at 10y?
(SCORE)

9-2 %

Risk ENHANCERS?

YES

NO

Ca++ Score?
By Cardiac CT

> 100

>0<100

0

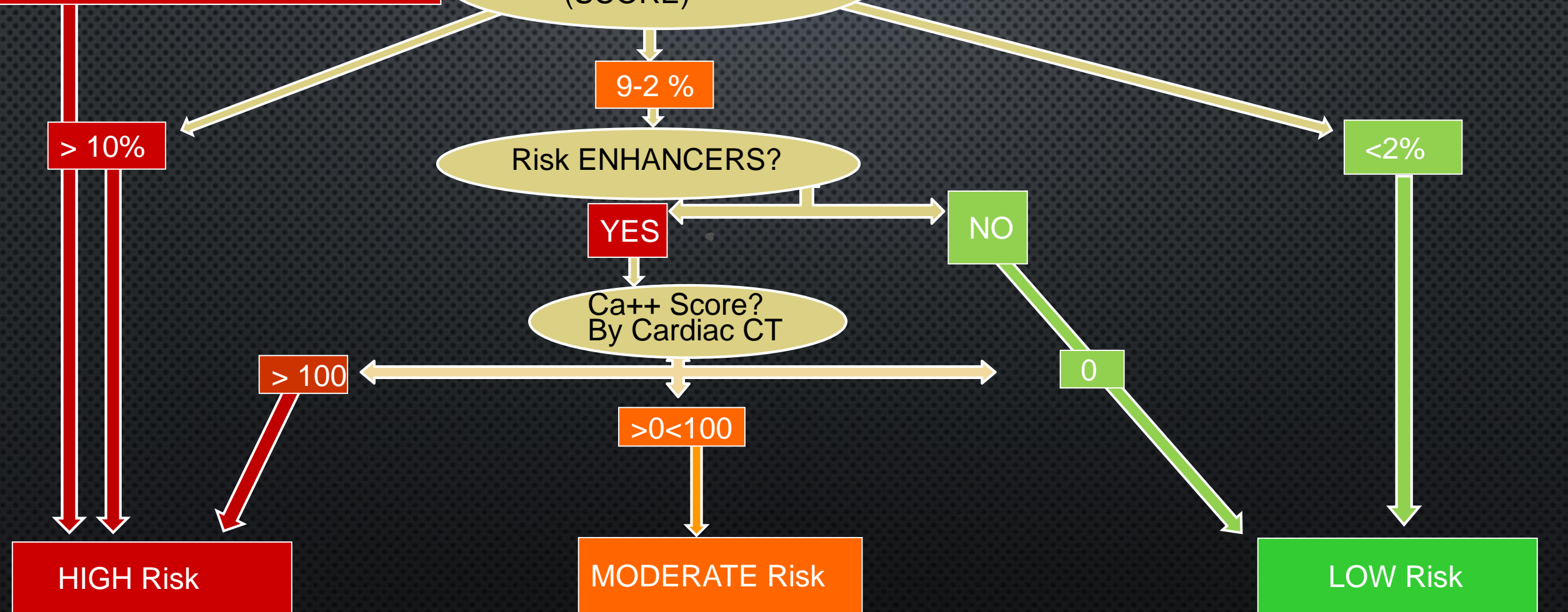
<2%

> 10%

HIGH Risk

MODERATE Risk

LOW Risk



Global CV Risk Evaluation



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LDLc < 190 mg/dl
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Risk of CV † at 10y?
(SCORE)

9-2 %

Risk ENHANCERS?

YES

NO

Ca++ Score?
By Cardiac CT

> 100

> 0 < 100

0

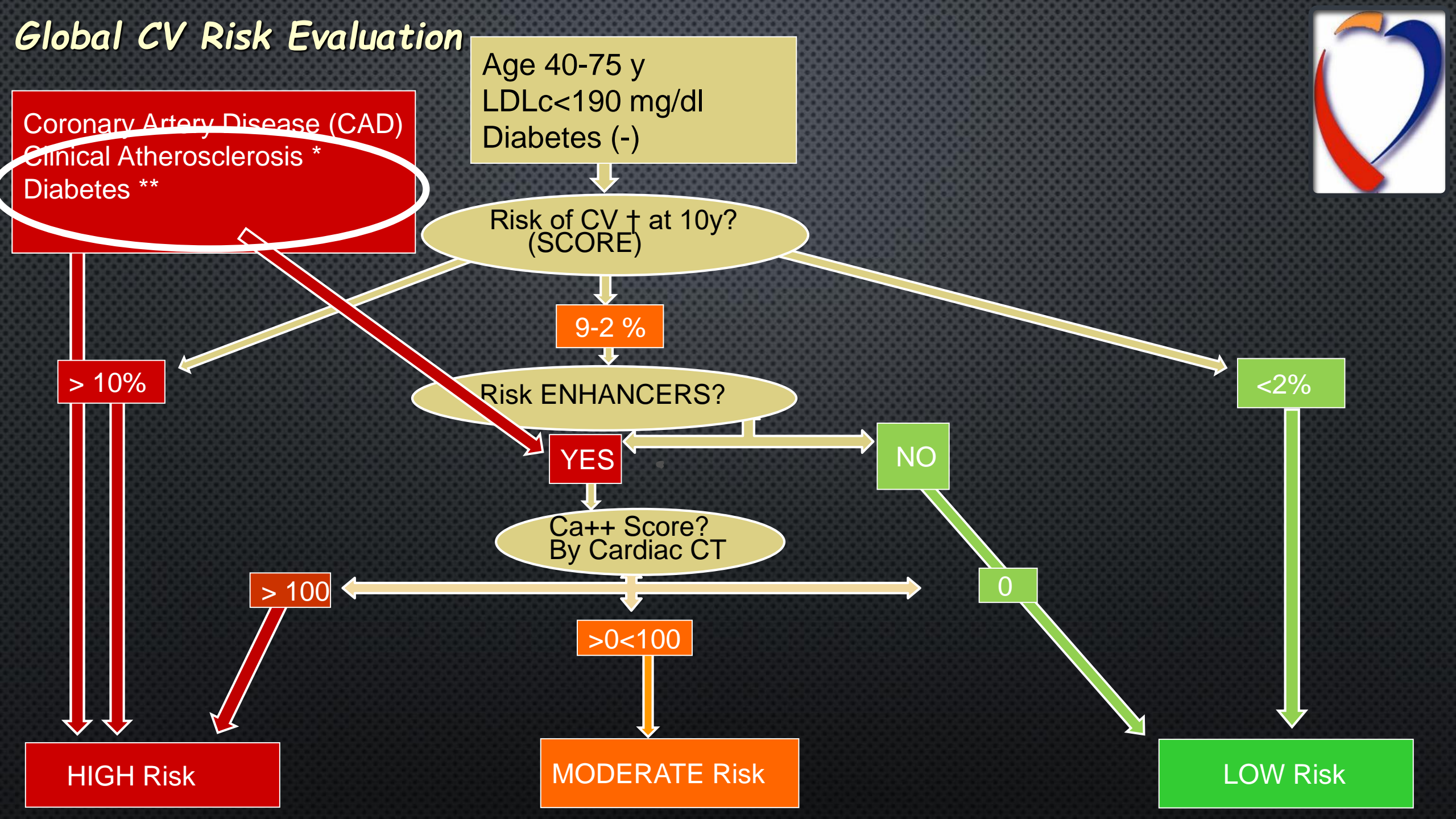
< 2%

> 10%

HIGH Risk

MODERATE Risk

LOW Risk



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Risk Enhancers



- **FAMILY HISTORY OF PREMATURE ASCVD**: (CAD, CABG/PTCA, SUDDEN DEATH, STROKE) IN FIRST LINE RELATIVES < 55Y FOR MEN, <65 FOR WOMEN
- **CHRONIC KIDNEY DISEASE**: KIDNEY INSUFFICIENCY (GFR< 30 ML/MIN)
- **METABOLIC SYNDROME**: HIGH BP, GLYCEMIAE, TAG, WAIST CIRC, SEDENTARITY
- **CONDITIONS SPECIFIC TO WOMEN**: ECLAMPSIA, PREECLAMPSIA, PREMATURE MENOPAUSE
- **SLEEP APNEA SYNDROM:**
- **INFLAMMATORY DISEASES**: PSORIASIS, RHUMATOID ARTHRITIS, HIV, ...
- **ETHNICITY**: SOUTH ASIAN ORIGINS
- **Hs-CRP>2, ANKLE-BRACHIAL INDEX<0,9**
- **PERSISTANTLY HIGH** TAG (>175),AND/OR LDLC (>160), AND/OR LP(A) (>50)