



**Title: THE BIG FIVE: CARDIOVASCULAR RISK FACTORS**  
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- Abstract -

In this presentation, we review the five main risk factors for cardiovascular disease: smoking, hypertension, dyslipemia, diabetes, and obesity/metabolic syndrome.

We provide an epidemiological review of the contribution of the main cardiovascular risk factors to morbimortality, emphasizing the importance of the aggregation of risk factors and the need for an integrated approach in improving the prognosis of these patients.

We review the most widely used tables for calculating cardiovascular risk and discuss their usefulness in assessing overall cardiovascular risk in a determinate patient. We also review the availability, usefulness, prognostic value, and cost of different tests and markers of subclinical organ damage.

1. Smoking: We review the main harmful effects of smoking, the epidemiology of tobacco consumption, and the key aspects involved in quitting the habit, including drugs that may help.
2. Arterial hypertension: We review the epidemiological impact of hypertension, the treatment goals in function of overall cardiovascular risk, the different groups of antihypertensive drugs, and the recommendations in the most recent guidelines published by the European Society of Hypertension.
3. Dyslipemia: We review the epidemiology of hypercholesterolemia in our country and studies about primary and secondary prevention supporting the usefulness of treating dyslipemia to decrease cardiovascular risk. We discuss residual risk, the atherogenic triad, and the need to try to control HDL cholesterol and the triglycerides once LDL cholesterol is under control. We review treatments for dyslipemia, emphasizing new drugs like rosuvastatin and niacin-laropirant.

4. Diabetes mellitus: We review the worldwide epidemic of type 2 diabetes, its clinical impact on blood vessels, the importance of addressing all cardiovascular risk factors in diabetic patients to reduce cardiovascular morbimortality and microvascular complications (Steno2 and UKPDS studies), and the risk of intensive treatment in patients with longstanding diabetes and advanced arteriosclerosis. We also review treatments for diabetes, discussing the most recent additions like incretin drugs.
5. Obesity/metabolic syndrome: We review the epidemiology and treatment of obesity and of the metabolic syndrome. We discuss the importance of changes in eating habits (calorie and fat intake) and in physical activity, as well as of obesity in children.