

Sequenced CV Interventions for Lifetime Benefit:

Primary Prevention Across the CKM Spectrum

MAY 20, 2026



HEART HOUSE
ROUNDTABLES

AMERICAN COLLEGE of CARDIOLOGY®





Sequenced CV Interventions for Lifetime Benefit: Primary Prevention Across the CKM Spectrum Roundtable

As the second Roundtable in the three part PRIME Heart Initiative series, this meeting advances the conversation from earlier risk detection to action, focusing on when clinicians should act and how evidence-based prevention interventions can be sequenced for lifetime benefit in routine care. Building on the premise that early cardiovascular, kidney, and metabolic risk signals should prompt timely, stage appropriate action, the discussion will focus on practical decision points that can help clinicians intervene earlier to reduce lifetime ASCVD risk.

The Roundtable sessions will first examine gaps between guideline-based recommendations and real world clinical decision making, including factors that contribute to delayed action and challenges in patient engagement. Discussions will highlight common barriers encountered in brief visits, such as uncertainty in early or borderline-risk scenarios, competing priorities across multiple risk factors, and patient hesitancy or low perceived risk.

The Roundtable will then shift to defining solutions, emphasizing clinic-ready approaches that can be implemented within the four walls of clinic practice. Discussions will focus on clarifying the key requirements for helping clinicians initiate, prioritize, and adapt interventions over time, make lifestyle assessment and counseling feasible and actionable in a time-limited encounter, and strengthen shared decision-making to improve understanding, acceptance, and long-term adherence.

Ultimately, the Roundtable aims to generate actionable insights that help clarify who to treat, when to act, and how to intervene, supporting a more proactive, risk-guided approach to ASCVD primary prevention.

Heart House Roundtables

The Heart House Roundtables explore the practical issues that clinicians and patients face every day within high value clinical areas. These meetings are grounded in the concept of convening a broad range of expertise to include representatives from professional societies, patients, federal agencies, integrated health systems, and others as identified. Through interactive and in-depth discussions, participants not only identify and clarify gaps in clinical care but also brainstorm potential solutions to help drive better patient care and outcomes. Roundtables have historically been used to inform the development of actionable content to include clinical policy as well as clinician and patient tools to be used at the point of care.

For more information, visit [ACC.org/ClinicalSolutions](https://www.acc.org/ClinicalSolutions)

Predictive, Risk-Informed, Middle-Age Excellence in Cardiovascular Care (PRIME-Heart)

The PRIME-Heart initiative is a bold reimagining of cardiovascular prevention during the critical decades of adulthood (ages 25-65); the pivotal years when silent risks often begin, and early action can change the course of lifelong health. Moving beyond short-term strategies, PRIME-Heart promotes a stage-aware, lifetime benefit approach to care.

Through three strategic focus areas: earlier risk detection, risk-guided, sequenced interventions, and clinical translation and integration, this initiative equips clinicians to deliver more predictive, informed, and equitable cardiovascular care., and equitable cardiovascular care., and equitable cardiovascular care.

For more information, visit [ACC.org/PRIMEHeart](https://www.acc.org/PRIMEHeart)





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The ACC would like to thank our sponsors for their contribution to the
***Sequenced CV Interventions for the Lifetime Benefit:
Primary Prevention Across the CKM Spectrum*** Roundtable.

