Diet
Emphasis on intake of vegetables, fruits, nuts, legumes, fish and whole grains

Aspirin Use
Low-dose aspirin for primary prevention now reserved for select high-risk patients

Cholesterol
Assess ASCVD Risk, personalize with risk enhancers, reclassify with CAC as needed

High Blood Pressure
Maintain blood pressure below 130/80 mm Hg

Tobacco
Pharmacotherapy + behavior interventions recommended to maximize quit rates

Physical Activity
Perform ≥150 mins/week of moderate or ≥75 mins/week of vigorous physical activity

Diet
Emphasis on intake of vegetables, fruits, nuts, legumes, fish and whole grains

Type II Diabetes
Control through diet and exercise.
Metformin (primary therapy), SGLT-2 inhibitor or GLP-1 receptor agonist (secondary)

Prevention of CVD

Aspirin Use
Low-dose aspirin for primary prevention now reserved for select high-risk patients

ACC.org/ClinicianToolPrevention