Clinical Practice Guidelines Presentation Week 7: Written Transcript [redacted]

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Hello everyone. My name is Cameron Macchia and today I will be presenting my clinical practice guidelines presentation. The assigned CPG that will be discussed is the primary prevention of cardiovascular disease. These guidelines were composed by two entities. The ACC, American College of Cardiology, and the AHA, which is the American Heart Association. This taskforce came together and attempted to commission and help aid with the consolidation of existing guidelines as well as various research proven treatment strategies by respected experts in the field of cardiology. By collaborating best practice guidelines on the primary prevention of CAD were developed in a singular source.

Coronary artery disease (CAD) is a term that refers to the buildup of plaque within vessels known as arthrosclerosis. So little bit about the disease pathophysiology. So, we have plaques that build up slowly over time and vessels which causes narrowing. And this results in the inability to provide adequate blood supply to the myocardial tissues. Atherosclerosis is again the collection of lipid rich plaques. Specifically, these plaques do not occur uniformly through the arterial tree and usually occur at specific bends and branch points of vessels within the heart and specifically as well other areas of turbulent flow.

The next topic is the Epidemiology of CAD. Although there have been substantial improvements in recognizing and treating CAD outcomes in recent decades have still proven to be a significant cause of mortality and morbidity. It is the leading cause of death in the US. CAD and its related health costs was estimated to exceed $200 billion annually. CAD is more common in older adults. Its prevalence rises from 6.9% in men in 6.6% and women ages 40 to 59 years to 33.9% in men and 21.6% in women, ages 80 years and older. As individuals advance in age, we see CAD prevalence markedly increase. In the US, the lifetime risk of developing CAD at age 40