

Guideline based cardiovascular risk management versus imaging atherosclerosis

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Conclusions:

Although there is a significant correlation between the outcome of the PreventionConsult and the CIMT + P, the CIMT + P is far more sensitive for atherosclerotic lesions than the Prevention Consult. Especially, in a middle age population with intermediate risk, a CIMT + P offers more signs to warrant early prevention and effective intervention.

Purpose:

We wanted to compare the outcome of a newly implemented Dutch Cardiovascular Risk Management guideline (so called Prevention Consult) with the non-invasive measurement of Carotid Intima Media Thickness and Plaque visualization (CIMT+P) in a group of 313 employees (170 men and 143 women, mean age 42,9 ± 0,5 years range 22 – 65 years) in one retail organization.

Methods:

At one and the same measure point we performed the Prevention Consult short questionnaire with 7 questions (www.testuwrisico.nl), measuring weight, height, waist circumference, blood pressure, total/ HDL- cholesterol, glucose and made a CIMT + P .

Table 1 shows results:

The Pearson correlation between risk test and the CIMT + P was significant (r = 0,248, p < 0,01). The risk test identified only 17 people at a high risk level and the CIMT + P showed for 70 people distinct significant atherosclerotic lesions.

Table 1: The relation between risktests and CIMT+P of 282 employees

		CIMT + P A ,normal risk, B 25% increased risk, C 50% increased risk and D 100% increased risk				Total
		A	B	C	D	
Risk test	Low risk	17	10	3	1	31
	Intermediate risk	112	70	51	1	234
	High risk	1	2	12	2	17
Total		130	82	66	4	282