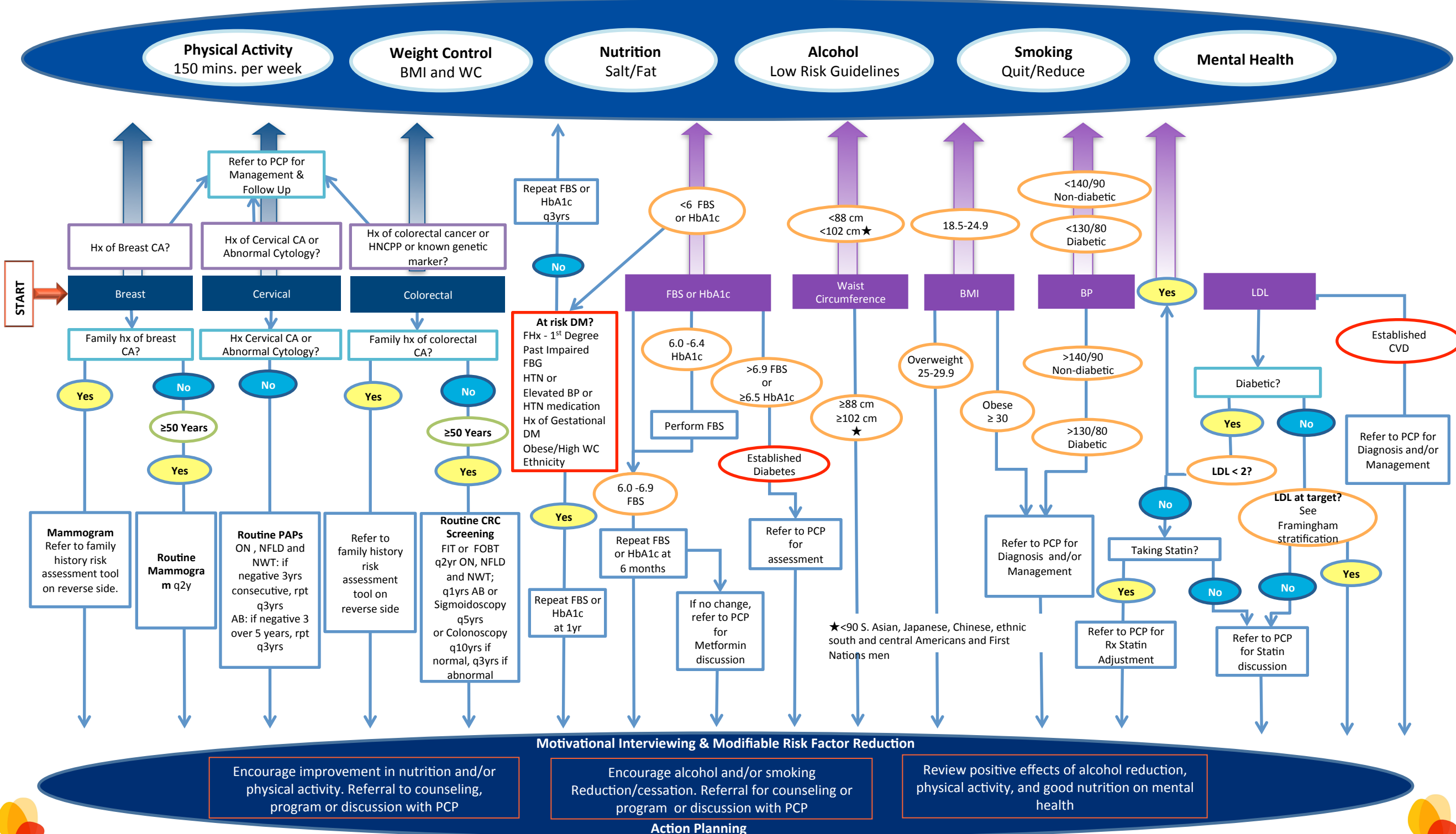


The BETTER Chronic Disease Primary Prevention and Screening Map



Framingham Risk Stratification

Risk Level	Initiate treatment if:	Primary treatment target: LDL-C
HIGH (10-year CVD risk \geq 20%)	CAD, PVD, Atherosclerosis*, Most patients with diabetes**	$<$ 2.0 mm/L <i>or</i> 50% \downarrow LDL-C
MODERATE (10-year CVD risk 10-19%)	LDL-c $>$ 3.5 mmol/L <i>or</i> TC/HDL-C $>$ 5.0 <i>or</i> hsCRP $>$ 2 mg/L in men $>$ 50 years and women $>$ 60 years	$<$ 2.0 mm/L <i>or</i> 50% \downarrow LDL-C
LOW (10-year CVD risk $<$ 10%)	LDL-C \geq 5.0 mmol/L	50% \downarrow LDL-C

Note: In patients with a family history of CVD in a first-degree relative before age 60, the calculated 10-year CVD risk should be **multiplied by 2**.

*Evidence of atherosclerosis = vascular bruits, ABI $<$ 0.9, documented CAD, CVA, (TIA or evidence of carotid disease) or peripheral vascular disease

**In men $>$ 45 years, women $>$ 50 years with diabetes, as well as some younger people with diabetes who have additional risk as per CDA guidelines.

Source: Pfizer Inc., Cardiovascular Risk Assessment. CA0109LI024E.

Family History (FH) Risk Assessment Tool

Disease	Elevated Risk	Screening Action
Breast Cancer (BC)	<ul style="list-style-type: none"> \geq 2 cases of BC on same side of family, especially: <ul style="list-style-type: none"> In closely related relatives In more than one generation When BC is diagnosed $<$ age 50 <i>or</i> Any case of ovarian cancer <i>or</i> Bilateral BC <i>or</i> BC in male relative <i>or</i> BC age $<$ 60 in Ashkenazi Jewish women <i>or</i> Identified BRCA1 or BRCA2 mutation in a 1st degree relative and patient has not had genetic testing 	<p>Consider referral to a genetics clinic.</p> <p>Annual screening with MRI in addition to mammography starting at age 30</p>
Colorectal Cancer (CRC)	<p>Any family history of: CRC <i>or</i> Multiple cancers (CRC or associated cancers) <i>or</i> Cancers at a young age ($<$ 50, particularly if $<$35) OR Personal history of inflammatory Bowel Disease (chronic ulcerative colitis or Crohn's disease)</p>	<p>One 1st degree relative with CRC $>$ 60 <i>or</i> \geq two 2nd degree relatives with CRC <i>or</i> One 2nd/3rd degree relative with CRC – FOBT or FIT q2 years.</p> <p>One 1st degree relative with CRC $<$ 60 <i>or</i> \geq two 1st degree relatives with CRC any age – Colonoscopy q5 years beginning age 40 or 10 years earlier than youngest dx of cancer, whichever comes first.</p> <p>One 1st degree relative with CRC $<$ 50 – consider referral to genetics</p> <p>Personal history of inflammatory bowel disease – Colonoscopy beginning 8-10 years after diagnosis</p>
CHD	1st degree relative diagnosed with CHD* age $<$ 60	No specific action, modifies Framingham
Diabetes	1st degree relative	q1 year

*CHD = angina, MI and CHF.