

Southern Derbyshire Prescribing Advisory Group/NSF CHD Local Implementation Team

**Estimate CVD risk using appropriate risk calculator or by clinical assessment for people for whom an appropriate calculator is not available (eg older people, people with diabetes (UKPDS programme can be used) or people in high-risk ethnic groups)**

High risk groups include; Hypertension, diabetes (type 1 and type 2), family history of CHD, BMI>30, clinical signs of dyslipidaemia and/or people who smoke

**TREAT HYPERTENSION**

**STOP SMOKING – REFER TO SMOKING CESSATION SERVICE**

CHD risk = ¾ CVD risk e.g. 15% CHD risk= 20% CVD risk

**Simvastatin is first choice statin but consider interactions**

Interacting drug	Prescribing advice
Potent CYP3A4; HIV protease Azole antifungal Erythromycin Clarithromycin	Avoid simvastatin
Cyclosporin Gemfibrozil Niacin (.1g/day)	Do not exceed 20mg
Verapamil, amiodarone	Do not exceed 20mg
Diltiazem	Do not exceed 40mg
Grapefruit juice	Avoid grapefruit juice while taking
In severe renal insufficiency (creatinine clearance < 30 ml/min), or eGFR <30 (CKD stage 4/5)	Avoid doses above 10mg

**\* Intolerance to aspirin:**  
 If dyspepsia cover with antacid/PPI  
 If history GI bleed, PUD, aspirin plus either misoprostol 200micrograms QDS or omeprazole 20mg daily  
**Hypersensitivity to aspirin**  
 Clopidogrel 75mg daily

**> 20% CVD (15% CHD) risk over 10 years:**

- Lifestyle advice
- Start Aspirin\* 75mg daily - if BP stable and controlled < 150/90 or if diabetes <145/90
- Start statin Simvastatin 40mg daily<sup>2</sup>

**Notes on use of risk assessment tools:**

**For BHS programme only**

CVD risk approximately 1.5 times that indicated for:

- Family history of premature CHD (father, brother < 55 years, mother, sister < 65 years)
- Ethnicity (Indian subcontinent)

Any of criteria below may indicate a higher risk but this has not been defined quantitatively:

Raised triglycerides (if >10mmol/l refer to specialist)

Premature menopause < 45 years

Impaired glucose tolerance/impaired fasting glucose

**For UKPDS programme can be used for patients with Diabetes**

<http://www.dtu.ox.ac.uk/index.html?maindoc=/riskengine/>

- Family history/ethnicity included
- Post treatment BPs can be used

**Smokers need to have stopped smoking for at least five years before they are considered a non smoker**

**Lifestyle advice:**

Stop smoking - refer to smoking cessation service

Restrict alcohol consumption if > 21 units/week men

> 14 units/week women

Eat a healthy diet – reduce weight if obese

Increase physical activity

**Statin monitoring:**

Monitor cholesterol at 3 months, then annually

(GMS target level < 5mmol/l - **no need to be fasting**)

ALTs baseline, 3 months, 6 and 12 months only.

Southern Derbyshire Prescribing Advisory Group/NSF CHD Local Implementation Team

<b>MI</b> Acute coronary syndrome (ACS) Angina Angioplasty CABG Familial hypercholesterolaemia <sup>1</sup>	<b>Ischaemic stroke</b> TIA Peripheral vascular disease Chronic renal failure
<b>TREAT HYPERTENSION</b> <b>STOP SMOKING – REFER TO SMOKING CESSATION SERVICE</b>	

**Lifestyle advice:**  
 Stop smoking – refer to smoking cessation service

Restrict alcohol consumption  
 if > 21 units/week men  
 > 14 units/week women

Eat a healthy diet – reduce weight if obese  
 Increase physical activity

Start aspirin\* 75mg daily

Start statin  
 Simvastatin 40mg daily<sup>2</sup>

**Statin monitoring:**  
 Monitor cholesterol at 3 months, then annually  
 (GMS target level < 5mmol/l - **no need to be fasting**)  
 ALTs baseline, 3 months, 6 and 12 months only.

MI MI ACS Angioplasty/Stent	Add beta-blocker Add ACE inhibitor (see SD Prescribing Guide) Add clopidogrel (secondary care) 75mg daily 12 months then stop Add clopidogrel (secondary care) 75mg daily then stop according to discharge information upto a maximum of 12 months
--------------------------------------	---

\* Intolerance to aspirin:  
 If dyspepsia, step-up as necessary from antacid  
 If history GI bleed, PUD, aspirin plus either misoprostol 200micrograms QDS or omeprazole 20mg daily

**Hypersensitivity to aspirin**  
 Clopidogrel 75mg daily

1. Typified by serum cholesterol in the range 9-11 mmol/l, with HDL at the lower end of the range, particularly if triglycerides are elevated  
 2. MHRA : <http://www.mhra.gov.uk/home/groups/pl-p/documents/publication/con007448.pdf>