



April 1 2011

NEW GUIDELINES FOR BETTER MANAGEMENT OF CVD RISK

Cardiovascular disease remains the leading cause of death in Australia, responsible for 34 per cent of all deaths, and is a leading cause of disability.

The National Vascular Disease Prevention Alliance (NVDPA), an alliance of four leading and well-known Australian charities - Diabetes Australia, the National Heart Foundation of Australia, Kidney Health Australia and the National Stroke Foundation - has just released the Draft Guidelines for the Management of Absolute Cardiovascular Disease Risk.

These guidelines build on the recent release of the Guidelines for the Assessment of Absolute Cardiovascular Disease Risk, the first such guidelines developed specifically for the Australian clinical context and approved by the National Health and Medical Research Council. The absolute risk method moves away from the traditional single risk factor assessment to a more accurate prediction of an individual's overall cardiovascular health.

NVDPA chair and National Stroke Foundation CEO Erin Lalor said the new draft guidelines were developed in response to the enormous social and economic burden of CVD disease in the Australian community.

She said the draft guidelines recommend strategies for management of CVD risk in addition to providing guidance on assessment of CVD risk in all adults over 18 years of age.

"In Australia, 90 per cent of the adult population has at least one modifiable risk factor, while 25 per cent have three or more modifiable risk factors," Dr Lalor said.

"These draft guidelines consolidate a number of evidence-based guidelines for conditions with similar risk factors and management approaches and provide clear guidance to prevent first-ever CVD events."

She said although the rate of deaths due to CVD continued to decline in Australia, the total CVD burden was expected to increase over the next few decades due to the ageing population.

"The draft guidelines will help health practitioners make more informed decisions about how to care for their patients."

The NVDPA is seeking submissions on the draft guidelines until May 6, 2011, as part of the NHMRC approval process.

The draft guidelines can be found at www.strokefoundation.com.au

For media inquiries: Ebru Yaman 0488 380 484