Cardiometabolic Risk Management

Lifestyle
- Smoking
- Diet
- Activity

Weight
- Smoking
- Cessation

Blood Pressure
- Lifestyle Intervention (Diet, Physical Activity and Smoking Cessation); Refer for assessment and intervention by appropriate health professional if necessary

Glucose
- Smoking cessation counseling and pharmacotherapy
- Monitor changes in mental status/medication efficacy and side-effects (e.g. olanzapine and clozapine)
- http://cvriskchecksecure.com/
- Fasting Plasma Glucose (FPG)
- Random Plasma Glucose (RPG)
- Body Mass Index (BMI)
- Total Cholesterol (Total Chol)
- Low Density Lipoprotein (LDL)
- HDL
- Blood Pressure (BP)

Lipsods
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**DANGER ZONE**

**TARGET**

FPG= Fasting Plasma Glucose; RPG = Random Plasma Glucose; BMI = Body Mass Index; Total Chol = total cholesterol; LDL = Low Density Lipoprotein; HDL = High Density Lipoprotein; BP= Blood pressure

For Most:
- BMI of 18.5 – 24.9 kg/m2
- Waist circumference in healthy range
- Diabetic/CKD/CV Disease: <130/80 mmHg
- Fasting glucose 4-5.9 mmol/L
- HbA1C <6.5-7 % reflecting tighter control for the first 5 years

Interventions are based on 10-year calculated CV risk
- Treat individual factors using relevant guidelines

**METABOLIC SYNDROME**
- Any 3 of:
  - Waist Circum: ≥ 88 cm women; ≥102 cm men
  - F. Trig: ≥ 1.7 mmol/L
  - F. HDL: <1 mmol/L men; <1.2 women
  - F. Gluc: ≥ 5.6 mmol/L
  - BP: ≥ 130/85 mmHg

Estimate 10-year CV risk using an established tool
- Treat individual factors using relevant guidelines

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