

Age 70



Age 70



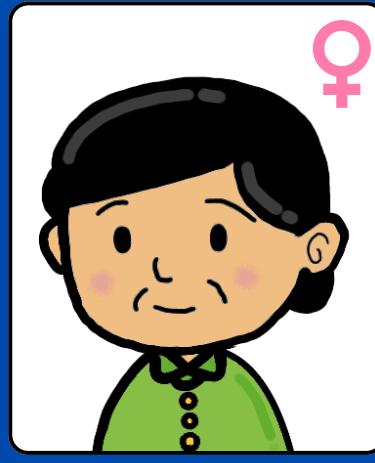
Age 60



Age 60



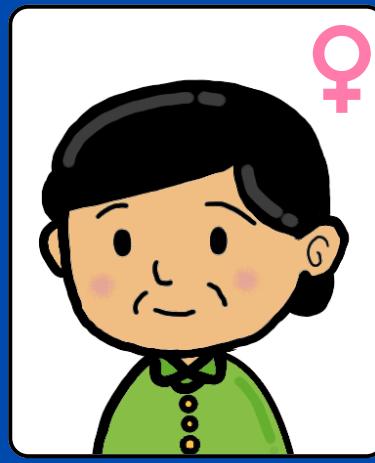
Age 50
Mom died of MI aged 60



Age 50



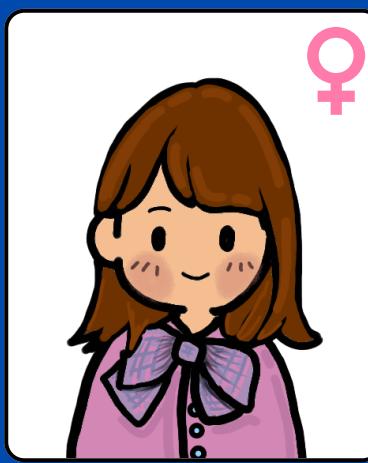
Age 50
Mom died of MI aged 50



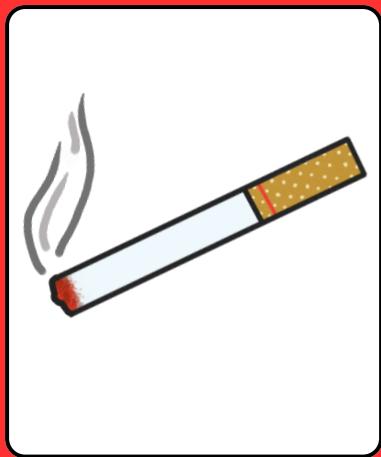
Age 50
Dad died of stroke aged 55



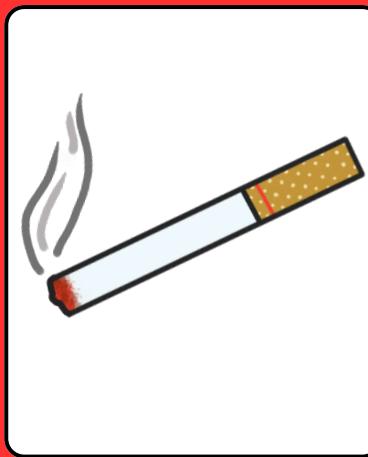
Age 40
Dad died of MI aged 50



Age 40
Mom died of stroke aged 60



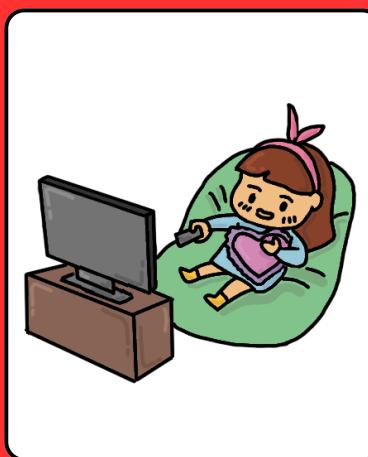
Smoking



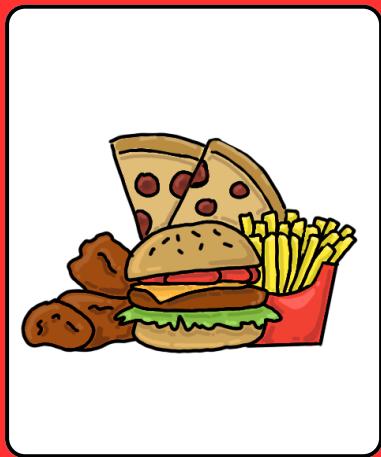
Smoking



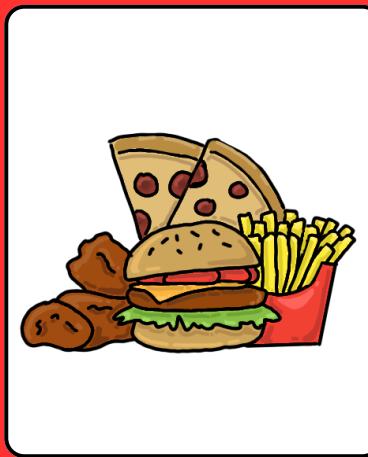
Sedentary lifestyle



Sedentary lifestyle



Unhealthy diet



Unhealthy diet

Ht 1.6 m

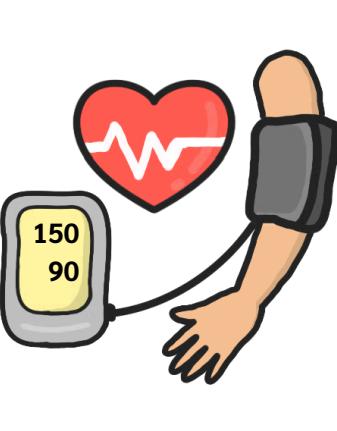


BMI 29.3 kg/m²

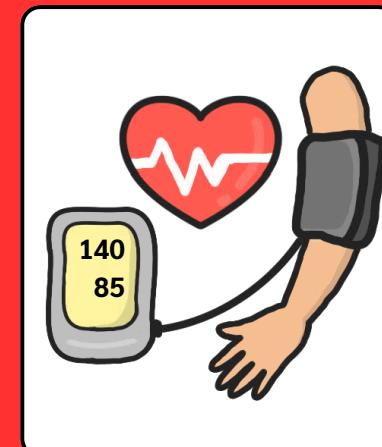
Ht 1.6 m



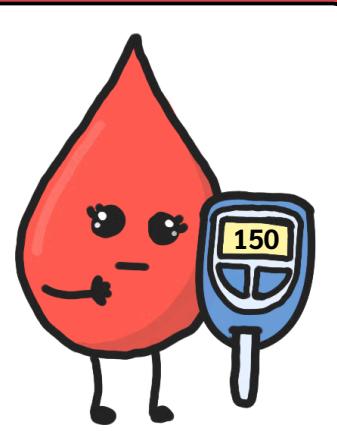
BMI 31.3 kg/m²



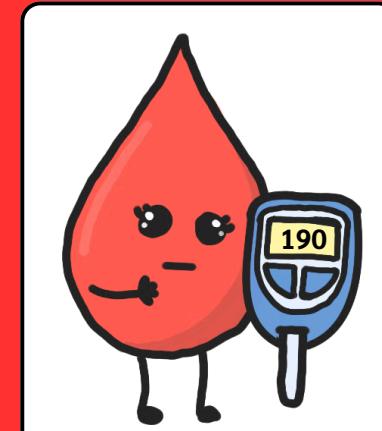
BP 150/90 mmHg



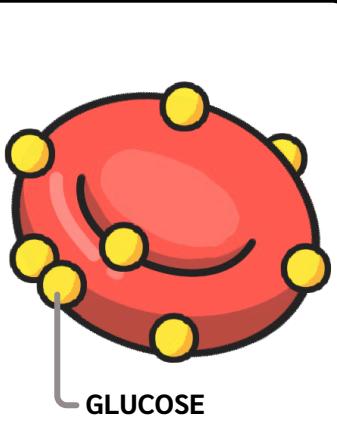
Home BP
140/85 mmHg



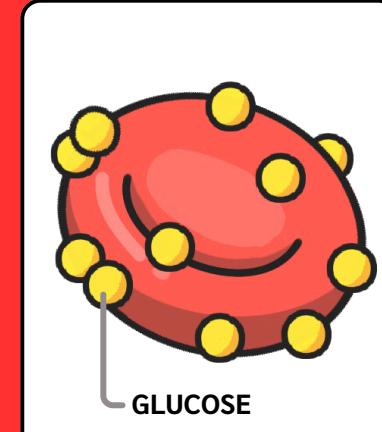
FBS 150 mg/dl



FBS 190 mg/dl



HbA1C 7.5%



HbA1C 9.0%



LDL - C 195 mg/dL



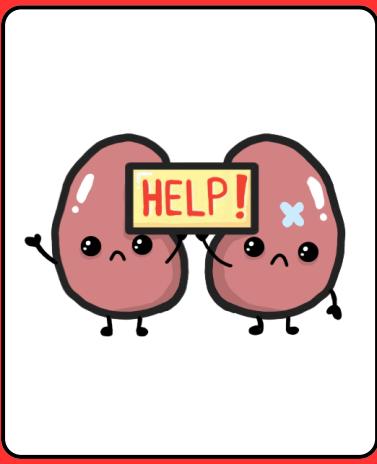
LDL - C 210 mg/dL



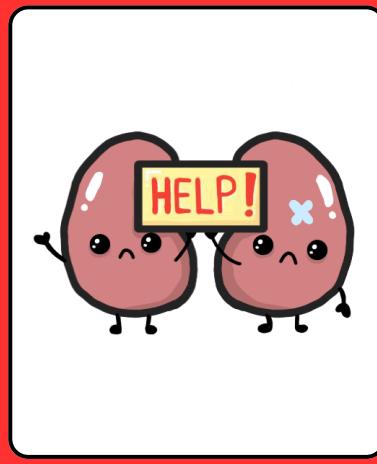
HDL - C 35 mg/dL



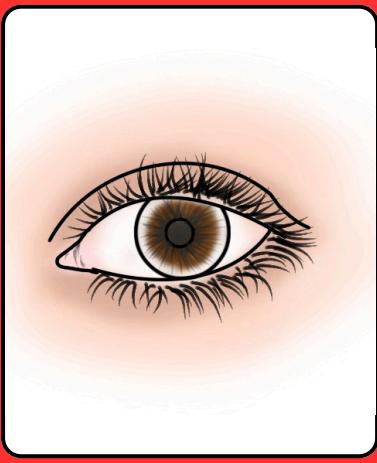
HDL - C 45 mg/dL



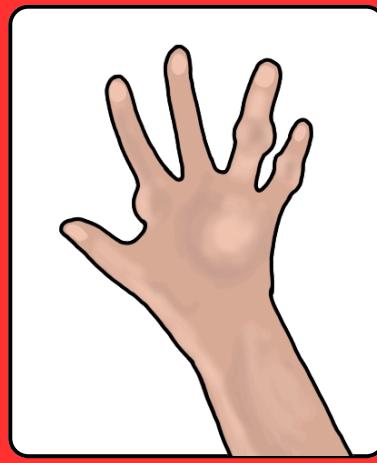
eGFR 40 mL/min/1.73 m²



eGFR 50 mL/min/1.73 m²



Arcus cornealis



Tuberous xanthoma



Quit smoking



Quit smoking



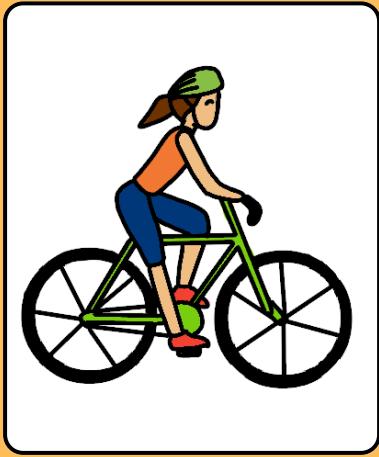
Aerobic exercise

Moderate intensity exercise
150 min/week, 3-5 times/week



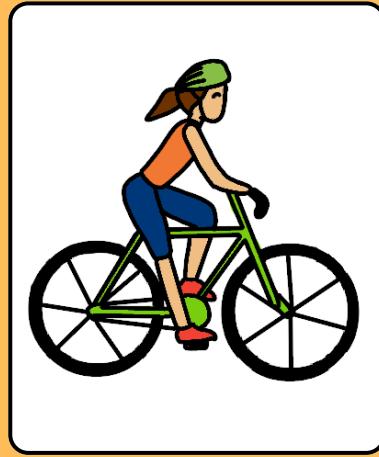
Aerobic exercise

Moderate intensity exercise
150 min/week, 3-5 times/week



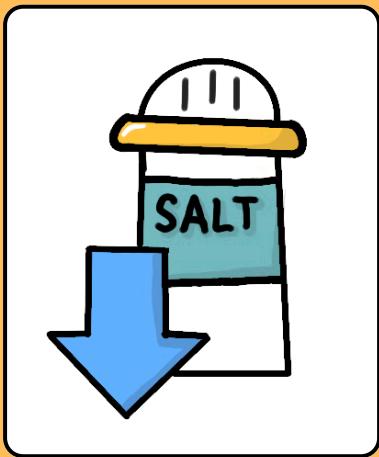
Aerobic exercise

Vigorous intensity exercise
75 min/week, 3-5 times/week



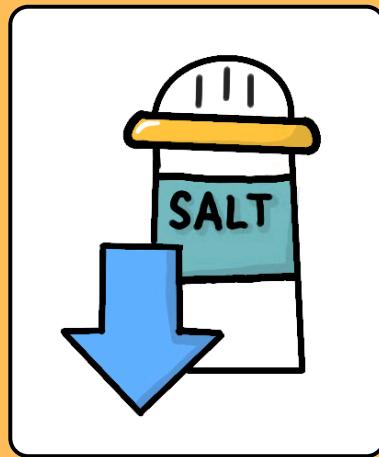
Aerobic exercise

Vigorous intensity exercise
75 min/week, 3-5 times/week



Low salt diet

Na intake < 2 gm/day



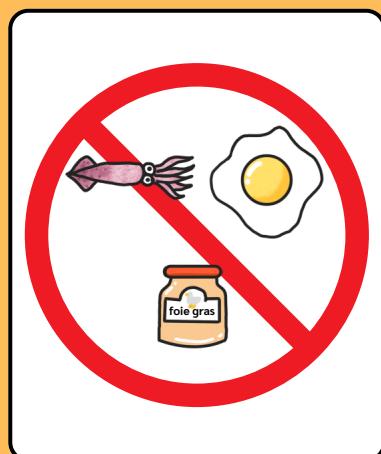
Low salt diet

Na intake < 2 gm/day



Low cholesterol diet

Cholesterol intake < 200 mg/day



Low cholesterol diet

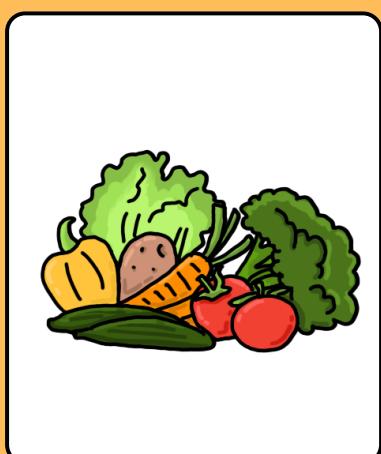
Cholesterol intake < 200 mg/day



Increased MUFA & omega-3 FA



Increased MUFA & omega-3 FA



Vegetable

Vegetable > 5 portions/day



Vegetable

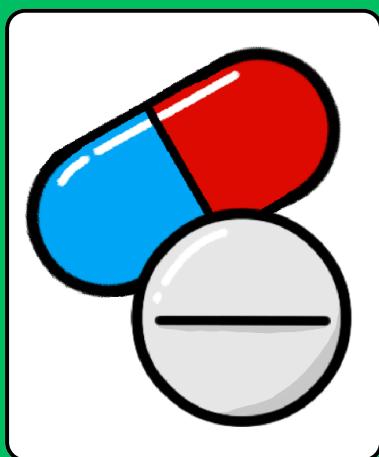
Vegetable > 5 portions/day



Quit sweetened beverage

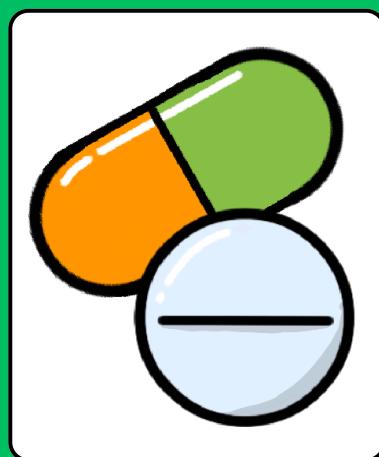


Quit sweetened beverage



Metformin

500-3000 mg/day



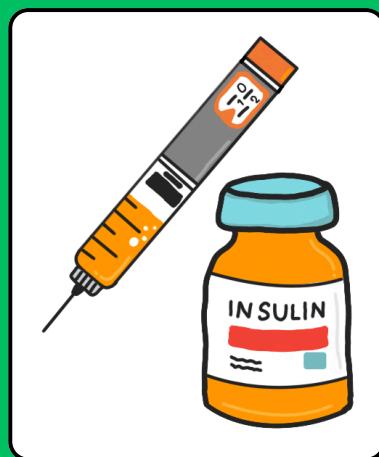
Glipizide

2.5-20 mg/day

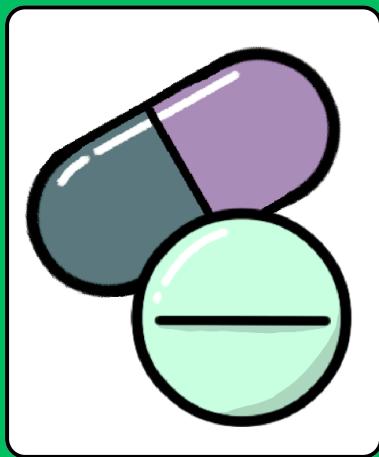


Pioglitazone

15-30 mg/day

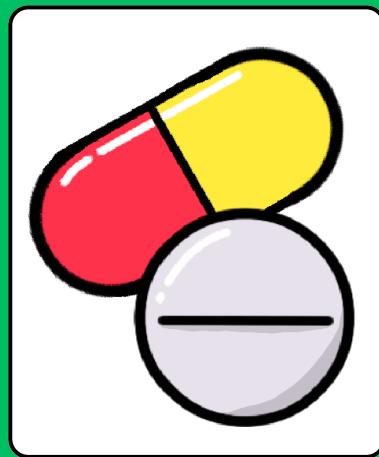


Insulin



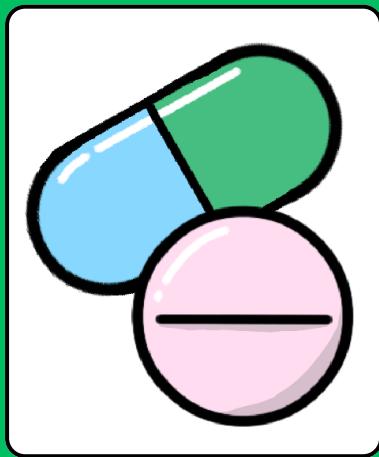
Enalapril

5-40 mg/day



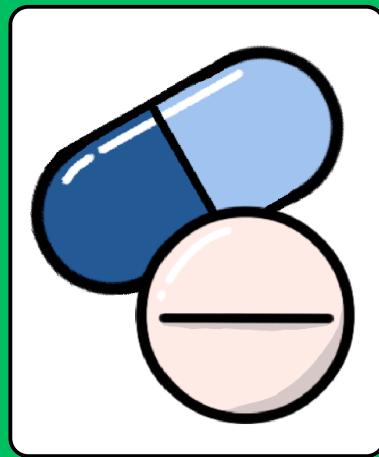
Losartan

50-100 mg/day



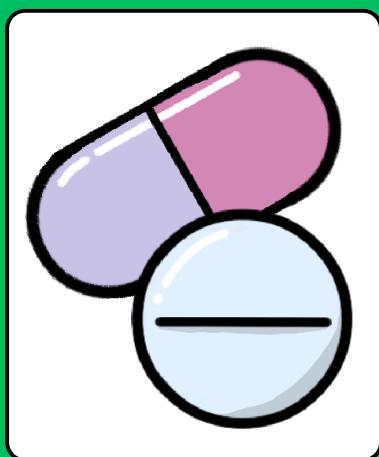
Amlodipine

5-10 mg/day

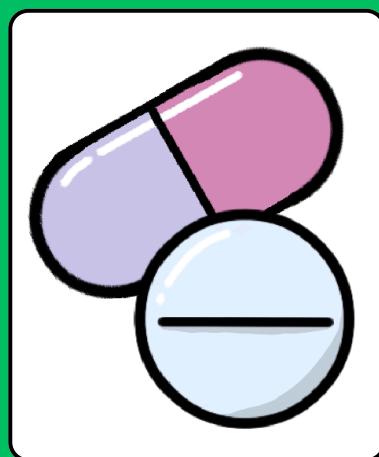


Manidipine

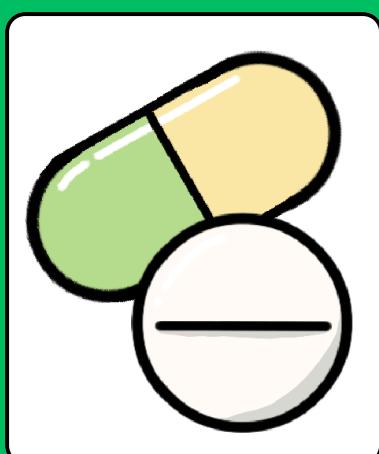
10-20 mg/day



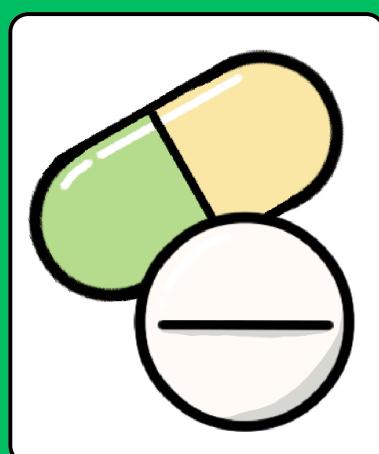
Simvastatin
40mg/day
Moderate intensity statin



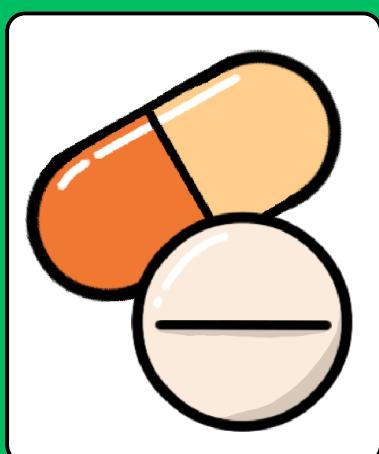
Simvastatin
40mg/day
Moderate intensity statin



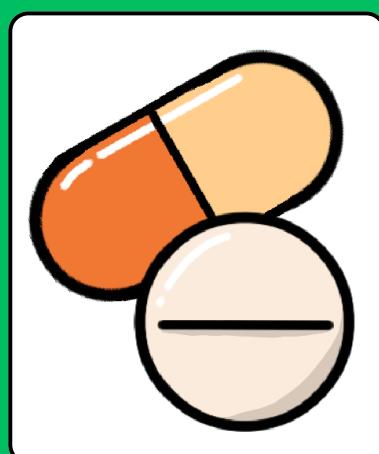
Atorvastatin
20 mg/day
Moderate intensity statin



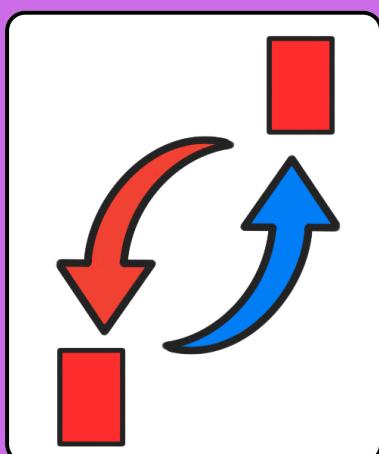
Atorvastatin
20 mg/day
Moderate intensity statin



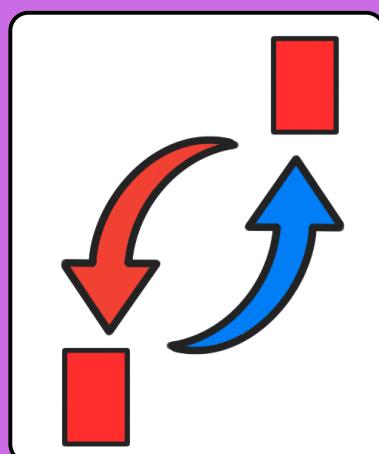
Atorvastatin
40 mg/day
High intensity statin



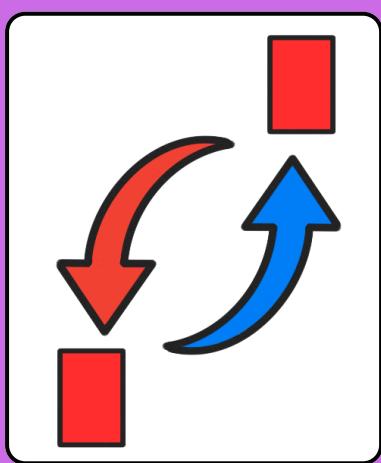
Atorvastatin
40 mg/day
High intensity statin



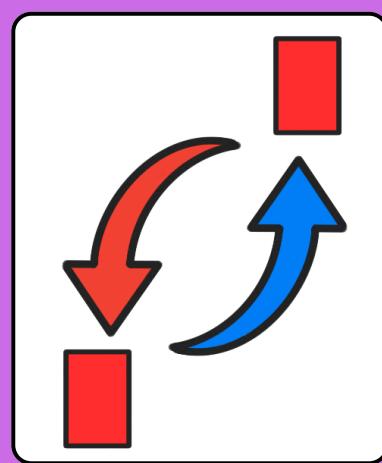
Swap ASCVD risk
card



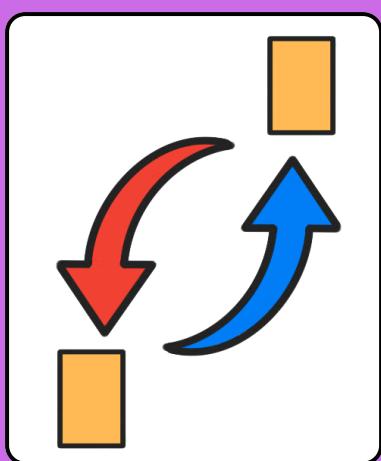
Swap ASCVD risk
card



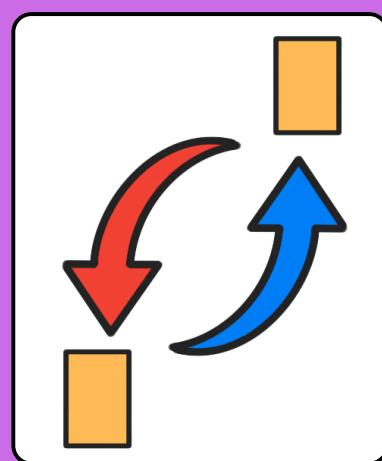
Swap ASCVD risk
card



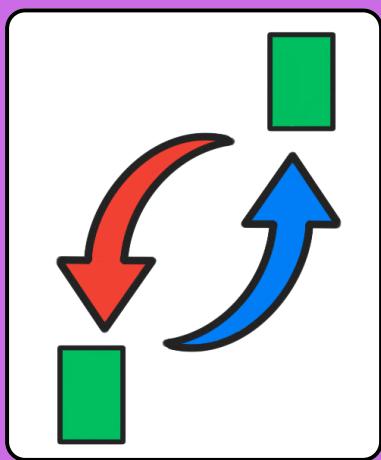
Swap ASCVD risk
card



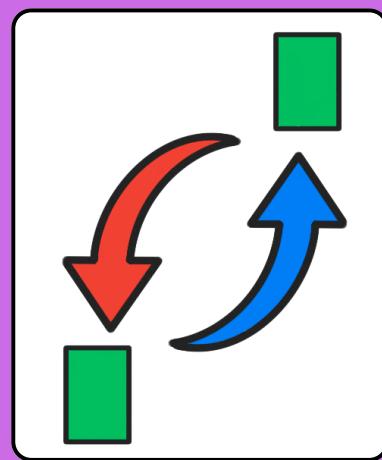
Swap lifestyle
intervention card



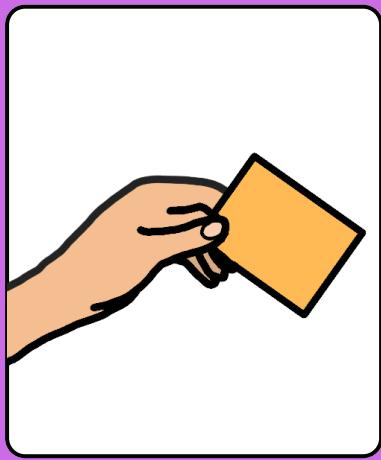
Swap lifestyle
intervention card



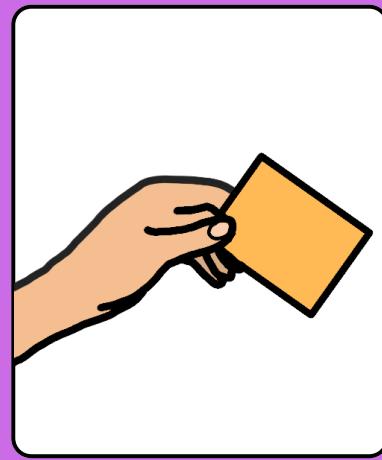
Swap medication
card



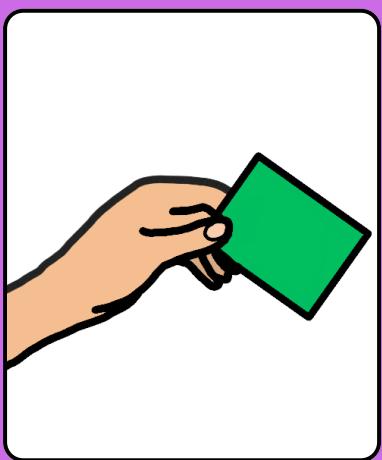
Swap medication
card



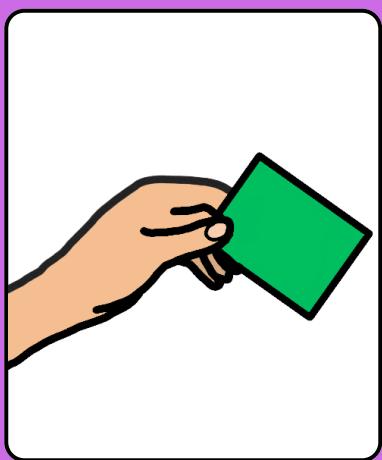
Draw lifestyle
intervention card



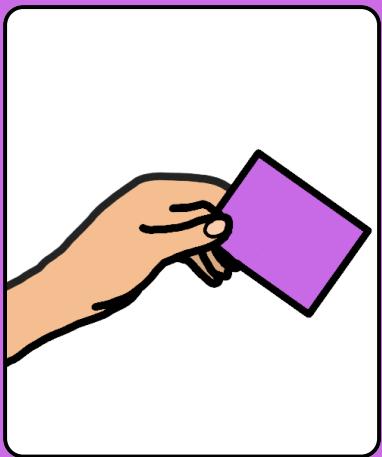
Draw lifestyle
intervention card



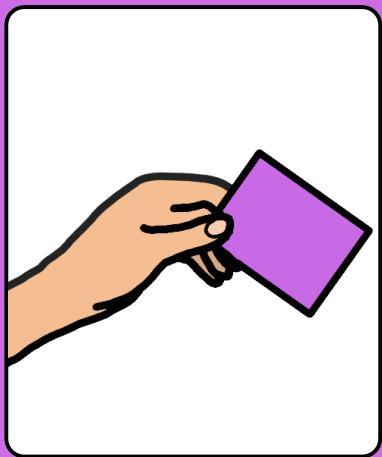
Draw medication
card



Draw medication
card



Draw action card



Draw action card



Steal lifestyle
intervention card



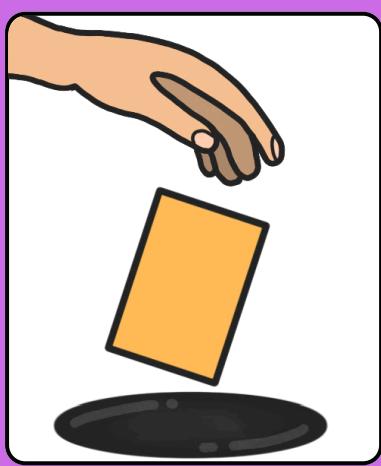
Steal lifestyle
intervention card



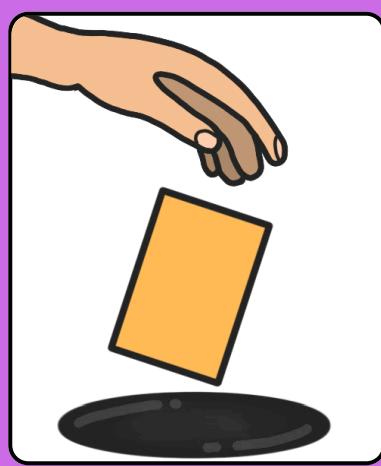
Steal medicaton card



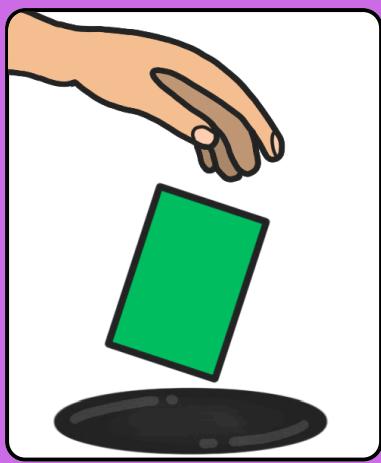
Steal medicaton card



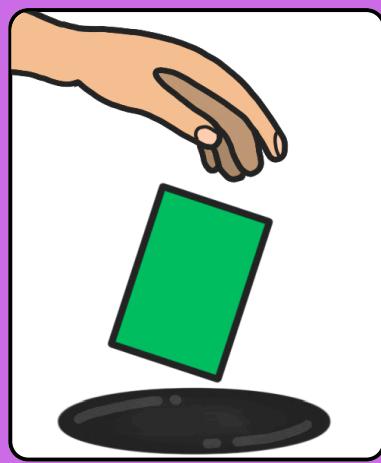
Drop lifestyle intervention card



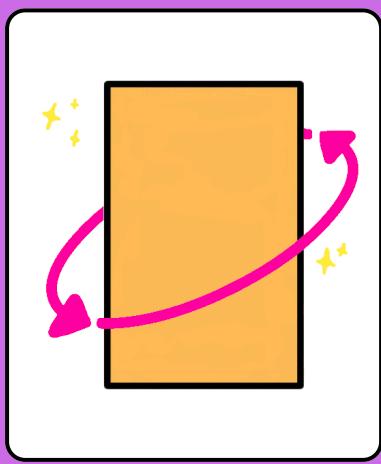
Drop lifestyle intervention card



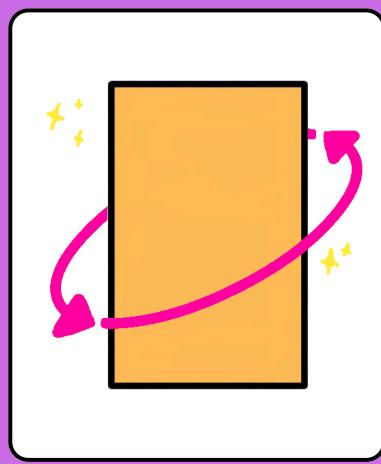
Drop medication card



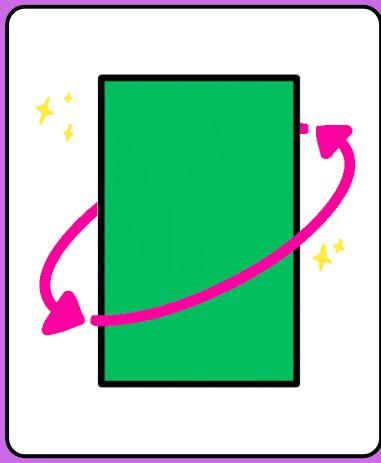
Drop medication card



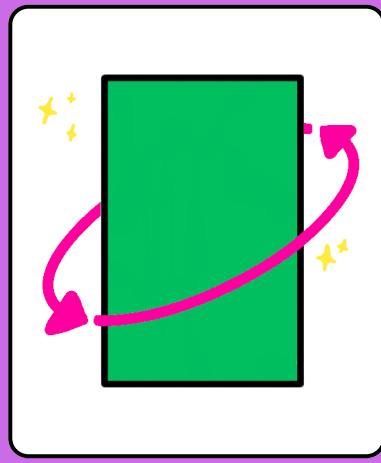
Recall lifestyle intervention card



Recall lifestyle intervention card



Recall medication card



Recall medication card