

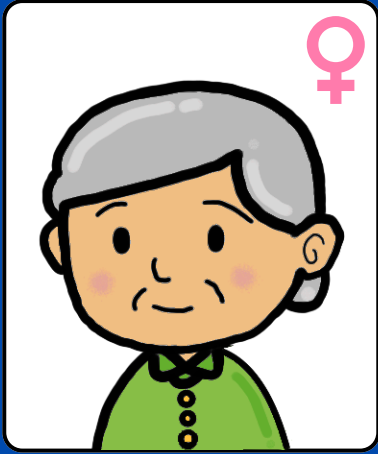
Age 70



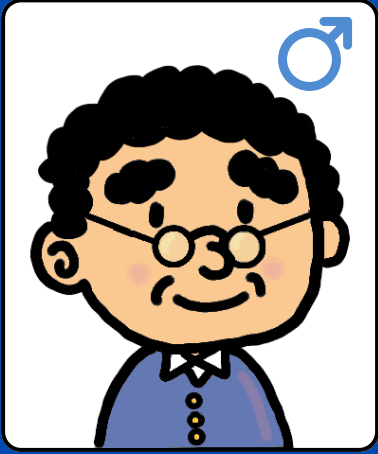
Age 70



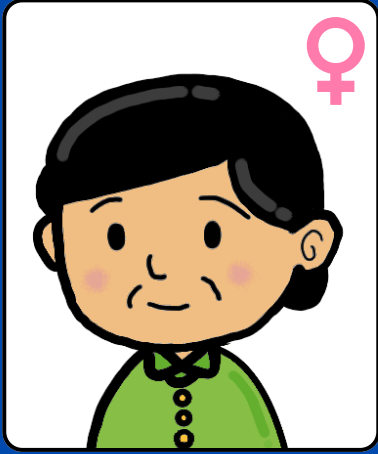
Age 60



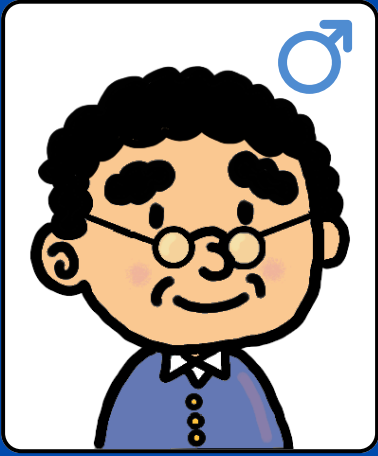
Age 60



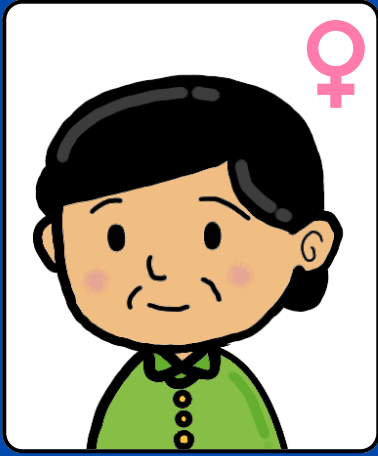
Age 50
Mom died of MI aged 60



Age 50



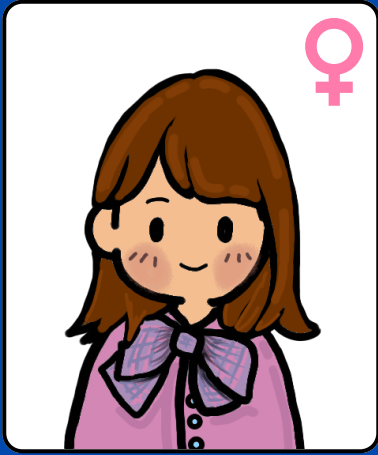
Age 50
Mom died of MI aged 50



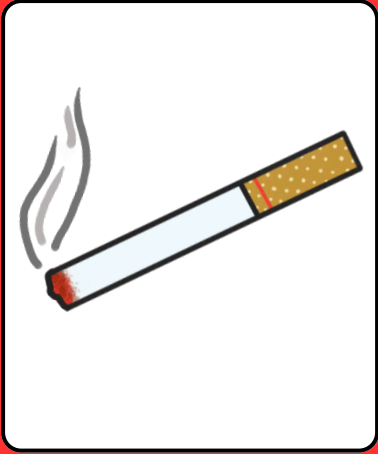
Age 50
Dad died of stroke aged 55



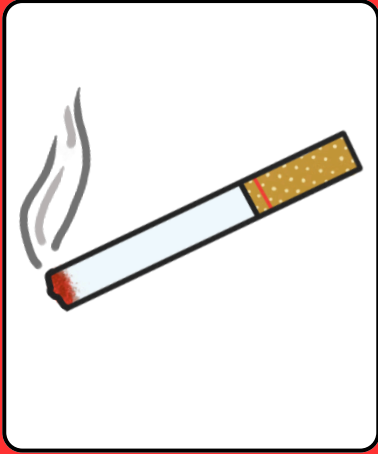
Age 40
Dad died of MI aged 50



Age 40
Mom died of stroke aged 60



Smoking



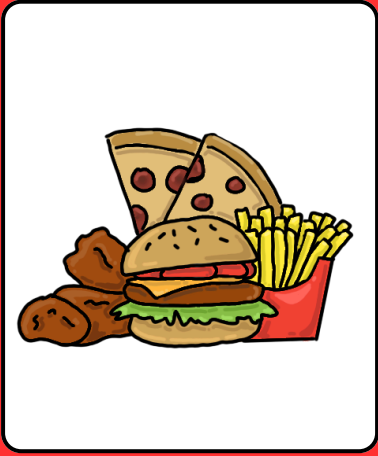
Smoking



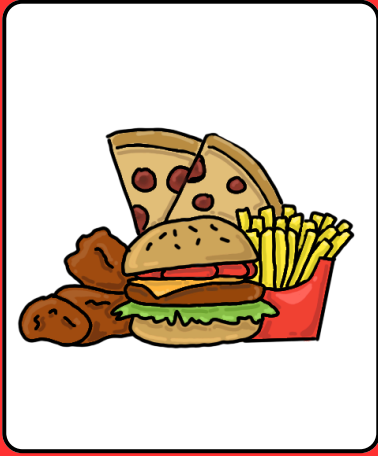
Sedentary lifestyle



Sedentary lifestyle



Unhealthy diet



Unhealthy diet

Ht 1.6 m

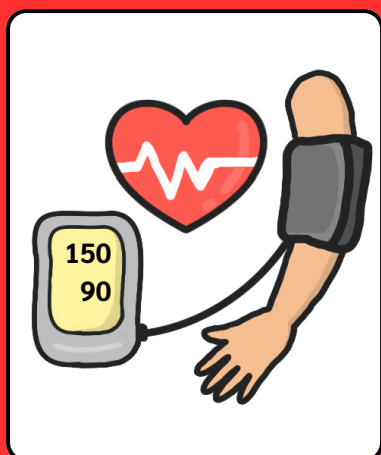


BMI 29.3 kg/m²

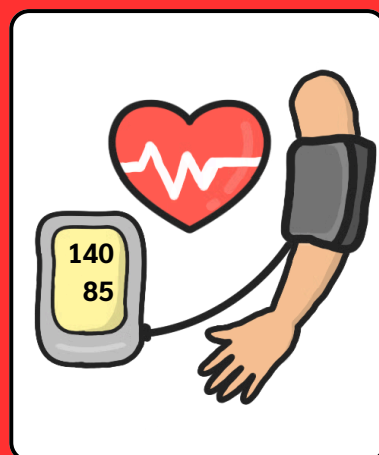
Ht 1.6 m



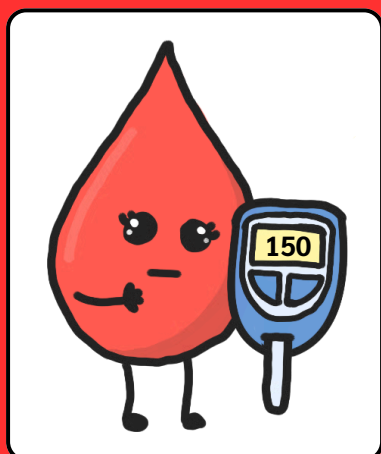
BMI 31.3 kg/m²



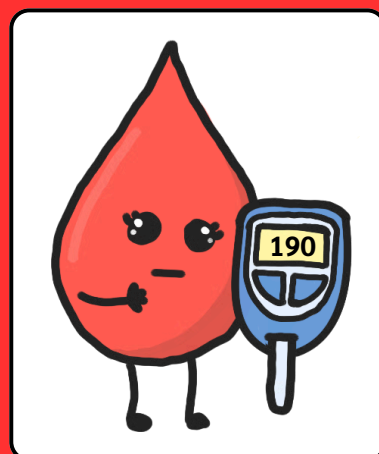
BP 150/90 mmHg



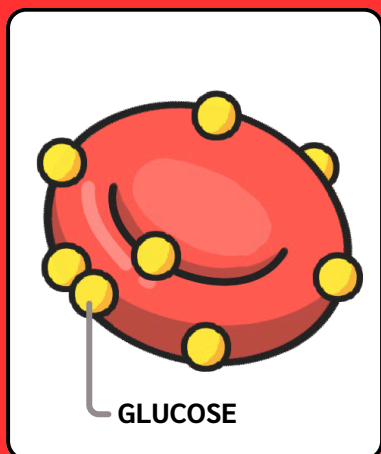
Home BP
140/85 mmHg



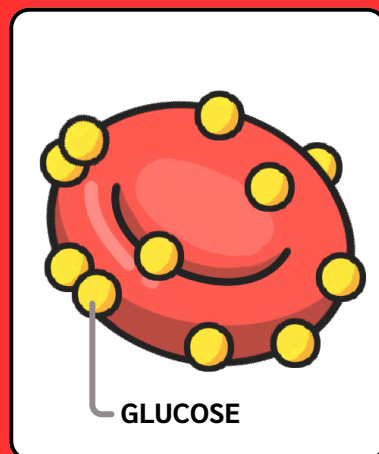
FBS 150 mg/dl



FBS 190 mg/dl



HbA1C 7.5%



HbA1C 9.0%



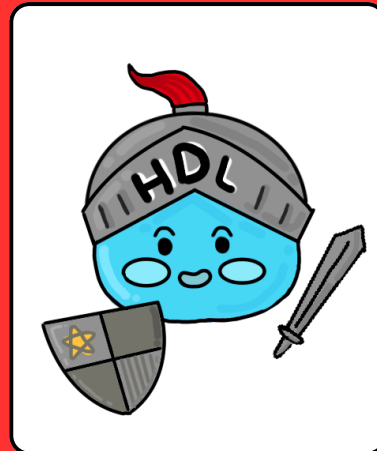
LDL - C 195 mg/dl



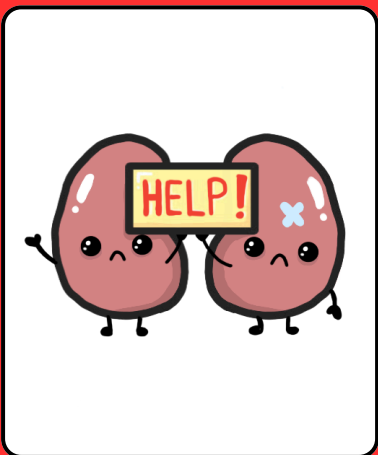
LDL - C 210 mg/dl



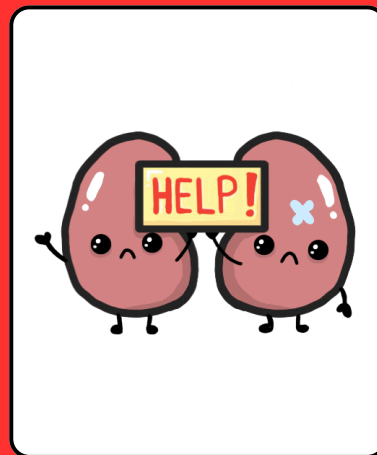
HDL - C 35 mg/dL



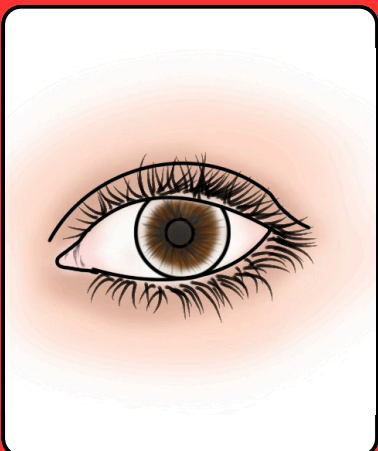
HDL - C 45 mg/dL



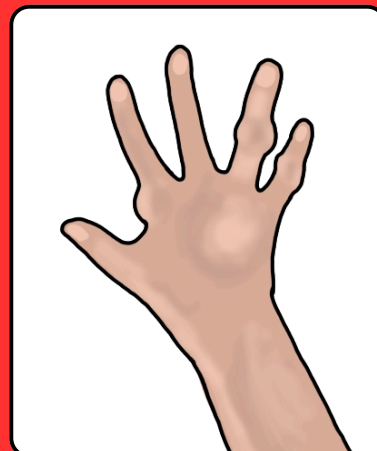
eGFR 40 ml/min/1.73 m²



eGFR 50 ml/min/1.73 m²



Arcus cornealis



Tuberous xanthoma



Quit smoking



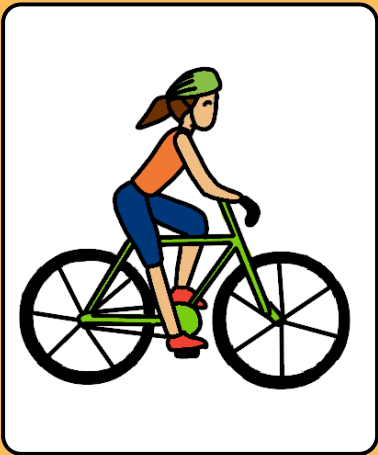
Quit smoking



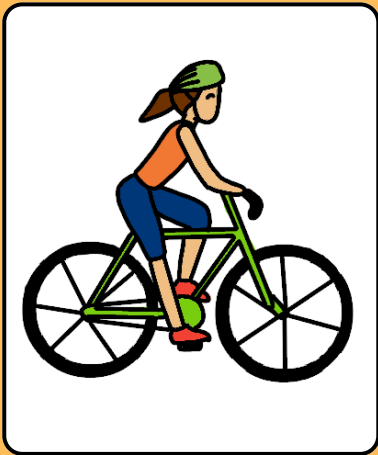
Aerobic exercise
Moderate intensity exercise
150 min/week, 3-5 times/week



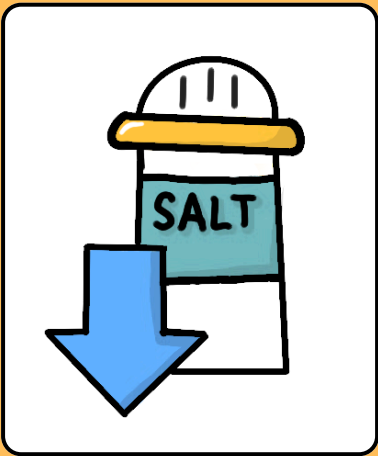
Aerobic exercise
Moderate intensity exercise
150 min/week, 3-5 times/week



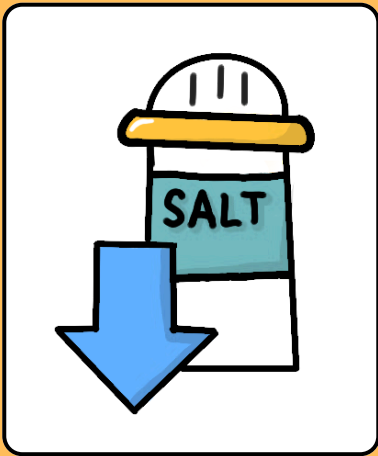
Aerobic exercise
Vigorous intensity exercise
75 min/week, 3-5 times/week



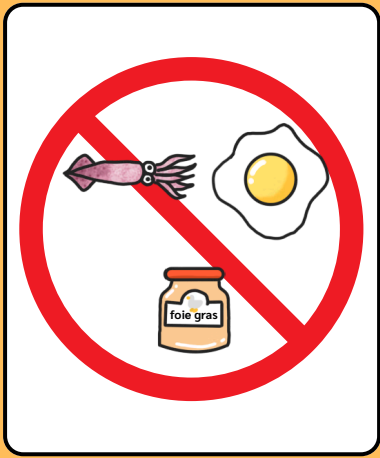
Aerobic exercise
Vigorous intensity exercise
75 min/week, 3-5 times/week



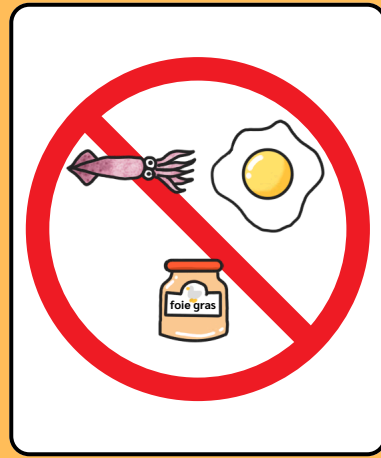
Low salt diet
Na intake < 2 gm/day



Low salt diet
Na intake < 2 gm/day



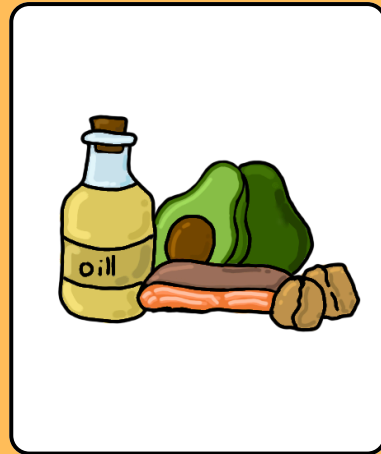
Low cholesterol diet
Cholesterol intake < 200 mg/day



Low cholesterol diet
Cholesterol intake < 200 mg/day



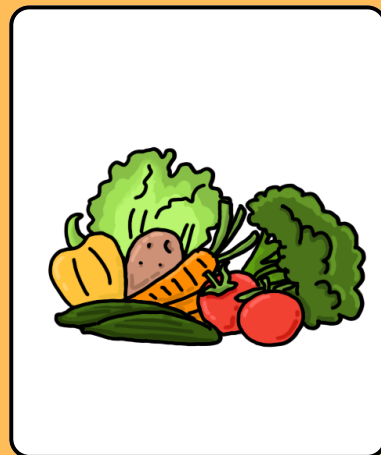
Increased MUFA &
omega-3 FA



Increased MUFA &
omega-3 FA



Vegetable
Vegetable > 5 portions/day



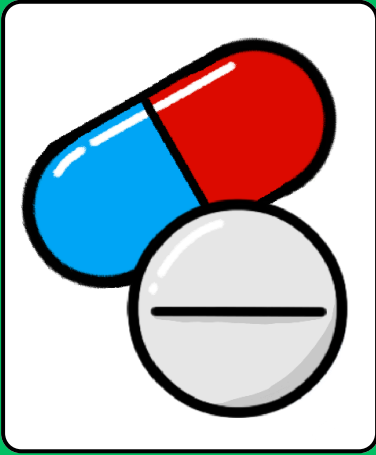
Vegetable
Vegetable > 5 portions/day



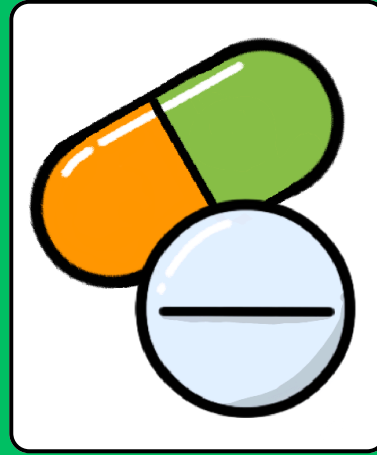
Quit sweetened
beverage



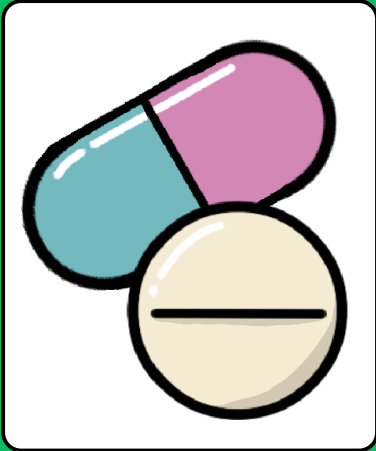
Quit sweetened
beverage



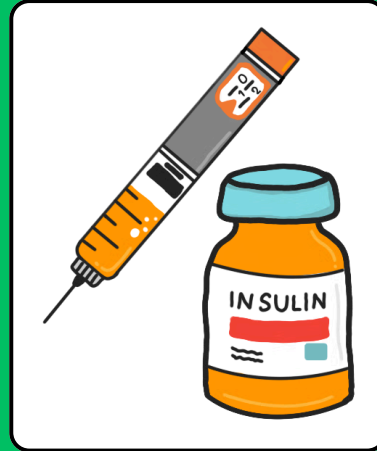
Metformin
500-3000 mg/day



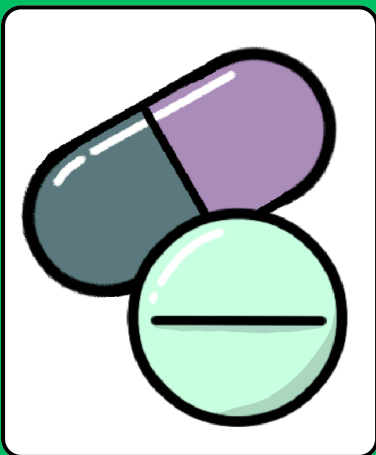
Glipizide
2.5-20 mg/day



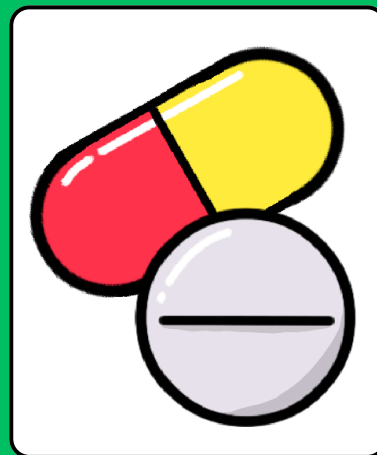
Pioglitazone
15-30 mg/day



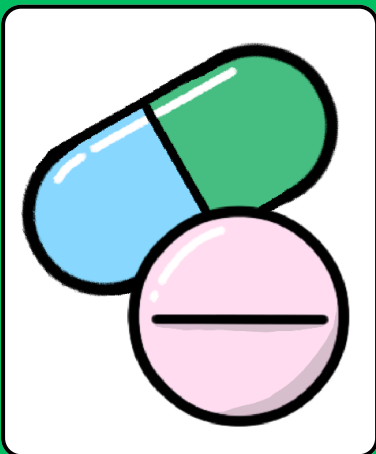
Insulin



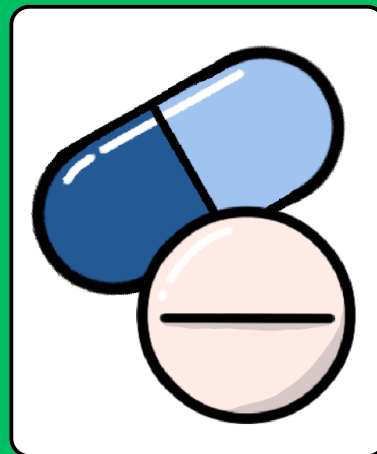
Enalapril
5-40 mg/day



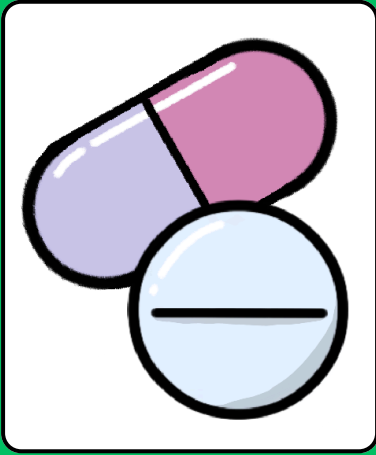
Losartan
50-100 mg/day



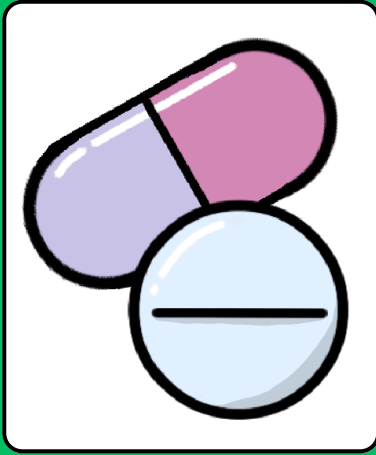
Amlodipine
5-10 mg/day



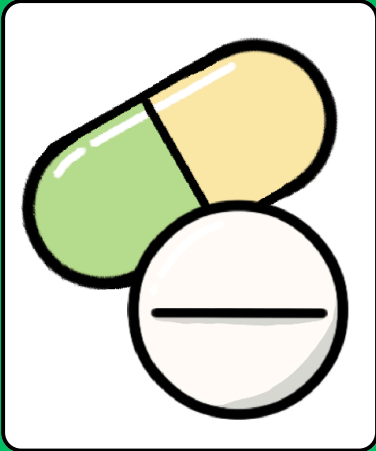
Manidipine
10-20 mg/day



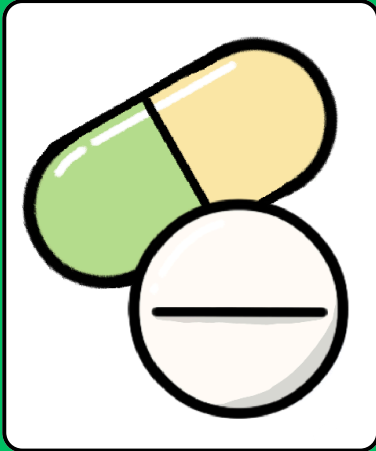
Simvastatin
40mg/day
Moderate intensity statin



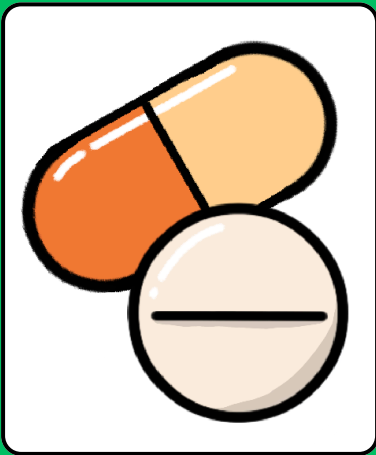
Simvastatin
40mg/day
Moderate intensity statin



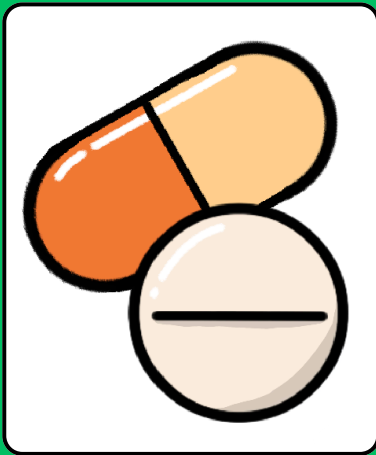
Atorvastatin
20 mg/day
Moderate intensity statin



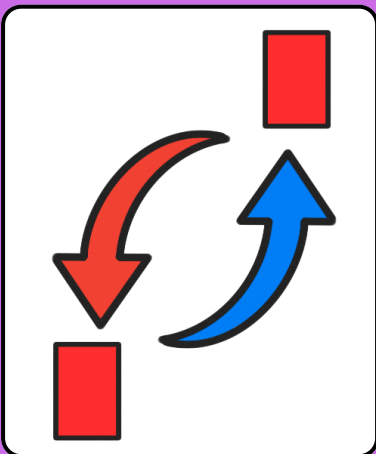
Atorvastatin
20 mg/day
Moderate intensity statin



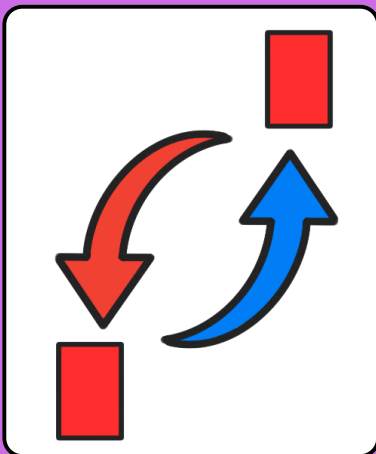
Atorvastatin
40 mg/day
High intensity statin



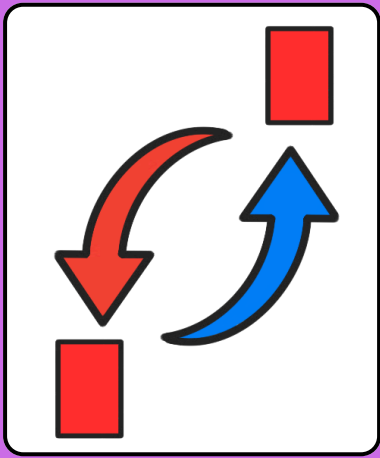
Atorvastatin
40 mg/day
High intensity statin



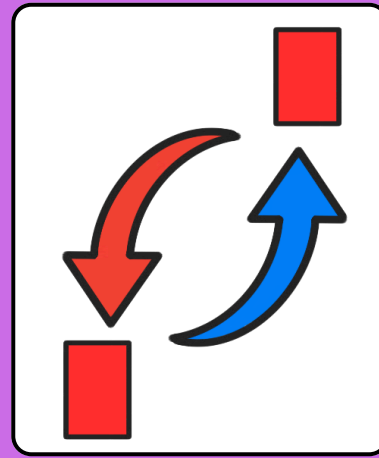
**Swap ASCVD risk
card**



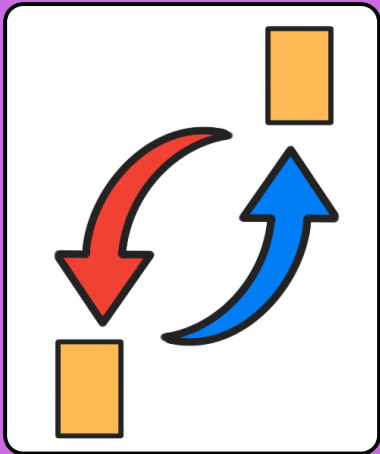
**Swap ASCVD risk
card**



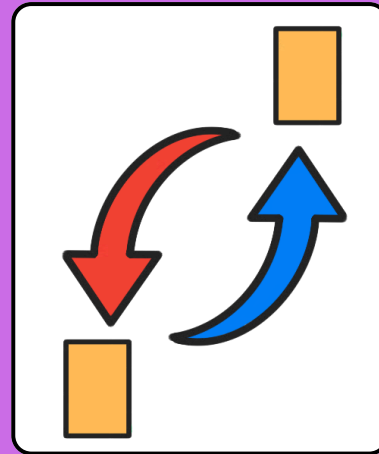
Swap ASCVD risk
card



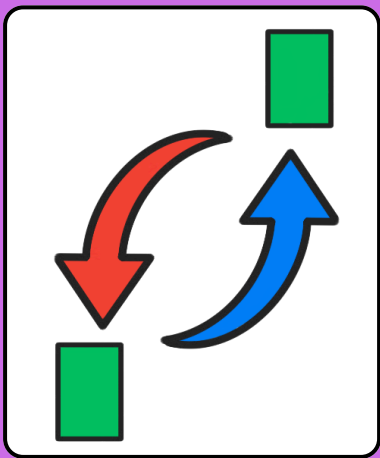
Swap ASCVD risk
card



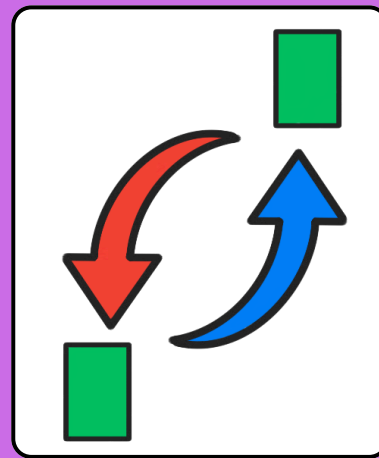
Swap lifestyle
intervention card



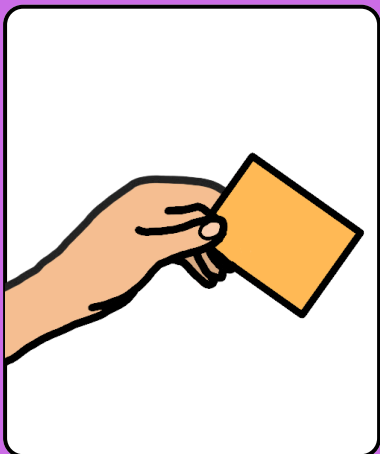
Swap lifestyle
intervention card



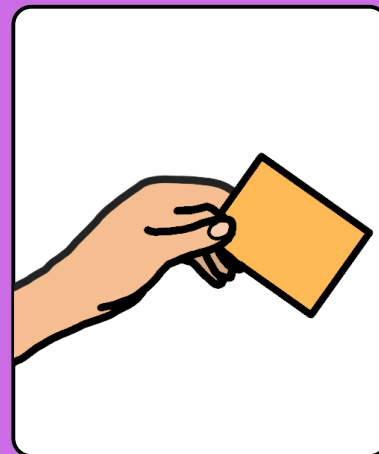
Swap medication
card



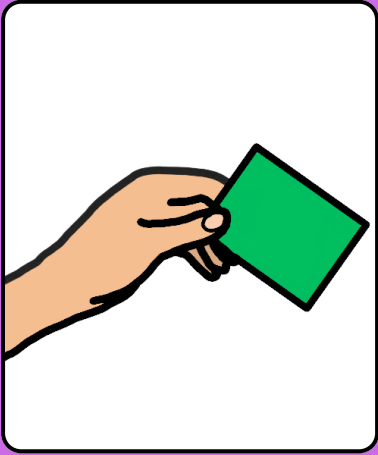
Swap medication
card



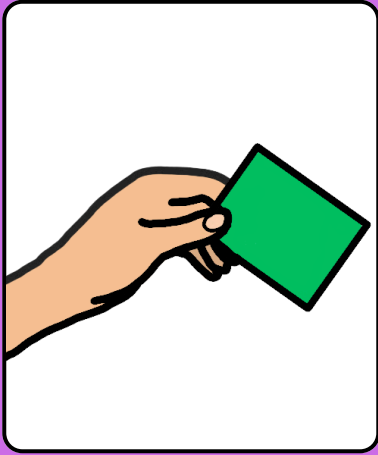
Draw lifestyle
intervention card



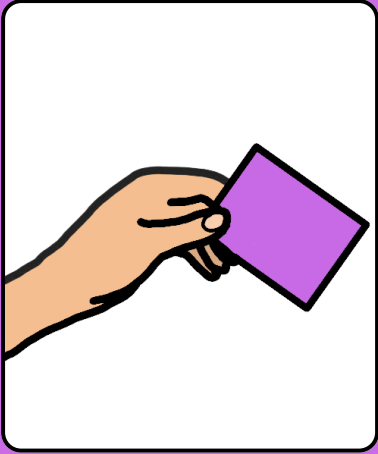
Draw lifestyle
intervention card



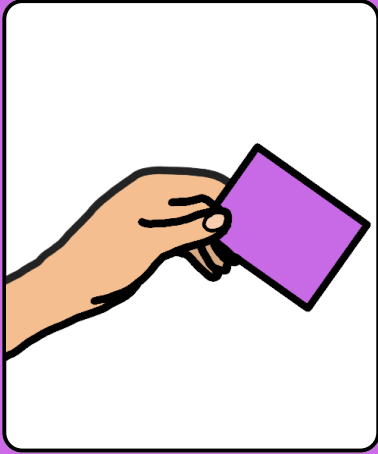
Draw medication
card



Draw medication
card



Draw action card



Draw action card



Steal lifestyle
intervention card



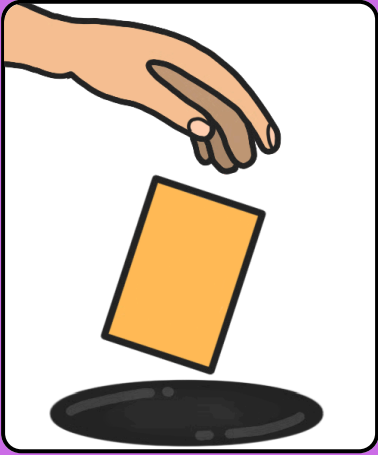
Steal lifestyle
intervention card



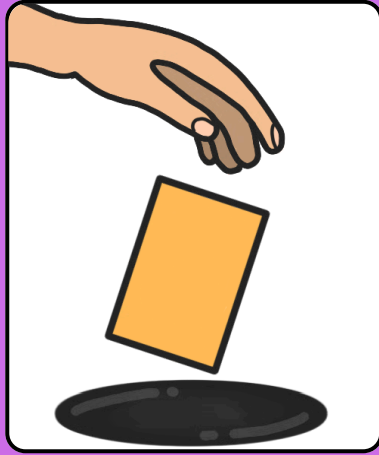
Steal medicaton card



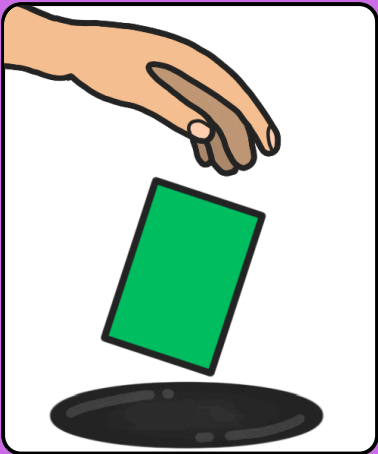
Steal medicaton card



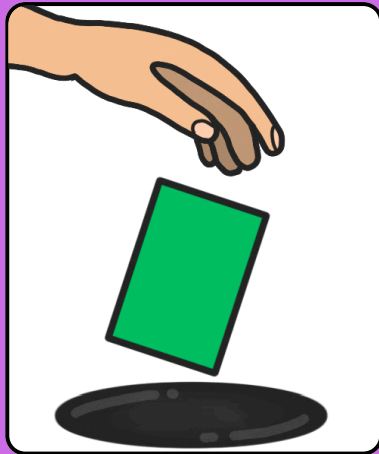
Drop lifestyle
intervention card



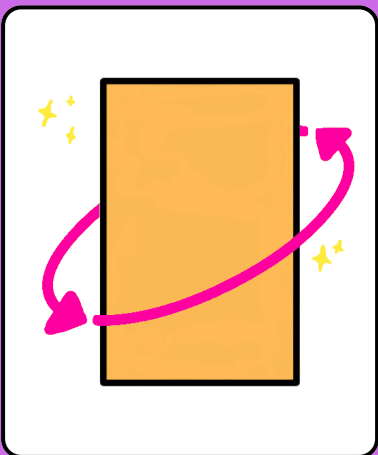
Drop lifestyle
intervention card



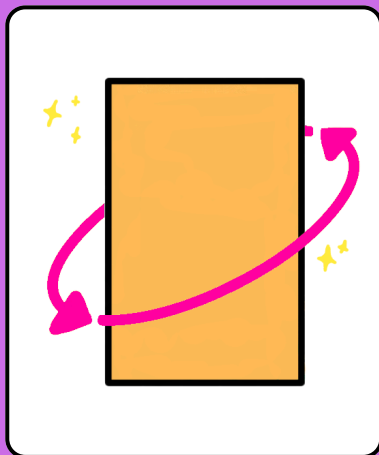
Drop medication card



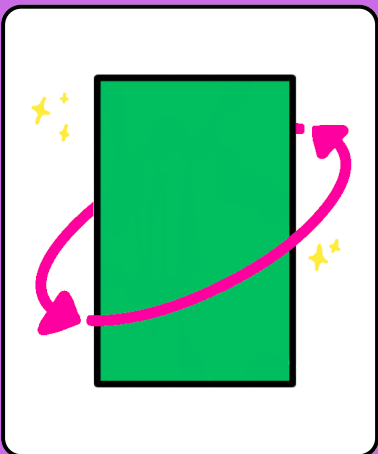
Drop medication card



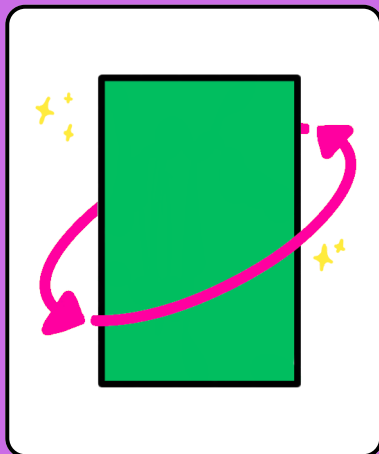
Recall lifestyle
intervention card



Recall lifestyle
intervention card



Recall medication
card



Recall medication
card