

Blood Pressure Control: What Matters?



ASCVD Risk Scoring



Why

People with blood pressure $\geq 130/80$ and higher Atherosclerotic Cardiovascular Disease (ASCVD) risk should be treated with **antihypertensive medication** to avoid heart attack or stroke.



What

The 2017 Hypertension Guidelines recommend using **ASCVD risk** to guide blood pressure treatment. The ASCVD Risk Calculator predicts the likelihood of developing ASCVD in the next 10 years.



Visit the **ASCVD Risk Calculator** at <http://tools.acc.org/ASCVD-Risk-Estimator-Plus/#!/calculate/estimate/>

How

The ACC/AHA released an updated ASCVD Risk Estimator Plus to provide risk-based recommendations to help the provider and patient decide on an **individualized plan** to lower risk.



References: ASCVD Risk Estimator Plus - American College of Cardiology accessed July 24, 2018 at: <https://www.acc.org/tools-and.../2013-prevention-guidelines-ascvd-risk-estimator>

Whelton PK, Carey RM, Aronow WS, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. J Am Coll Cardiol 2018;71:e127e248.