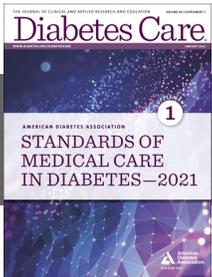


# ADA Standards of Care and ACC/AHA Guidelines: Best Practices and Recommendations for CVD Prevention in Patients with T2D



## ADA Standards of Care Best Practices and Recommendations

 <b>Lipid Management</b>	 <b>Statin Treatment</b>	 <b>Antiplatelet Agents</b>
<p>Lifestyle modifications should be implemented as needed to manage weight and to incorporate dietary adjustments. Specific dietary changes include:</p> <ul style="list-style-type: none"> <li>• Mediterranean style diet</li> <li>• Dietary Approaches to Stop Hypertension (DASH) eating pattern</li> <li>• Reducing intake of saturated fat and trans fat</li> <li>• Increasing intake of n-3 fatty acids, viscous fiber and plant stanols/sterols</li> </ul> <p>Physical activity should also be increased to promote healthy weight loss. Successful implementation of these modifications can improve a patient’s lipid profile and reduce his or her risk of developing atherosclerotic cardiovascular disease (ASCVD).</p>	<p>The following primary prevention changes are recommended in addition to lifestyle therapy:</p> <ul style="list-style-type: none"> <li>• Patients 40–75 years old without ASCVD: prescribe moderate-intensity statin therapy.</li> <li>• Patients 20–39 years old with ASCVD risk factors: consider initiating statin therapy.</li> <li>• Patients 50–70 years old or those who are high risk (for example, those with multiple ASCVD risk factors): consider initiating high-intensity statin therapy.</li> </ul> <p>For secondary prevention, all patients with type 2 diabetes (T2D) and ASCVD should be prescribed high-intensity statin therapy in addition to lifestyle therapy.</p>	<p>Aspirin should be prescribed (75–162 mg/day) as a secondary prevention in all patients with T2D and a history of ASCVD. Clopidogrel (75 mg/day) is an alternative for patients allergic to aspirin. For primary prevention, aspirin should be considered in patients with an increased CV risk, who have had a thorough discussion regarding the risk of bleeding.</p>



# ACC/AHA Guidelines Best Practices and Recommendations

The following recommendations are for adults with T2D:

- A heart-healthy diet tailored to the needs of the patient
- Moderate-intensity physical activity for 150 minutes/week or vigorous-intensity physical activity for 75 minutes/week
- Metformin should be considered along with lifestyle modifications as first-line therapy.
- A sodium-glucose cotransporter 2 inhibitor or a glucagon-like peptide-1 receptor agonist should be considered in patients who have both.
  - Other ASCVD risk factors
  - A requirement for additional glucose-lowering therapy despite being on metformin and lifestyle therapies

Successful implementation of these recommendations can improve glycemic control, promote weight loss as needed and/or minimize other CVD risk factors.

## Navigating and Applying the Key Practices in Both Guidelines



### Key Takeaways

Both guidelines emphasize the importance of implementing lifestyle modifications as needed. For diet, the Mediterranean and DASH diets are both specifically mentioned. The recommendation to increase physical activity is also shared.

## References

1. American Diabetes Association. 10. Cardiovascular Disease and Risk Management: *Standards of Medical Care in Diabetes-2021*. Diabetes Care. 2021 Jan;44(Suppl 1):S125-S150. doi: 10.2337/dc21-S010. Erratum in: Diabetes Care. 2021 Jun 16;: PMID: 33298421.
2. Arnett DK, Blumenthal RS, Albert MA, Buroker AB, Goldberger ZD, Hahn EJ, Himmelfarb CD, Khera A, Lloyd-Jones D, McEvoy JW, Michos ED, Miedema MD, Muñoz D, Smith SC Jr, Virani SS, Williams KA Sr, Yeboah J, Ziaeian B. 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. J Am Coll Cardiol. 2019 Sep 10;74(10):1376-1414. doi: 10.1016/j.jacc.2019.03.009. Epub 2019 Mar 17. Erratum in: J Am Coll Cardiol. 2019 Sep 10;74(10):1428-1429. Erratum in: J Am Coll Cardiol. 2020 Feb 25;75(7):840. PMID: 30894319.