

**NEWS**

**For Immediate Release**

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**AMERICAN COLLEGE OF PREVENTIVE MEDICINE RECOMMENDS CORONARY  
HEART DISEASE RISK ASSESSMENT TO GUIDE RISK-BASED THERAPY**

Washington, D.C. - The American College of Preventive Medicine (ACPM) recommends coronary heart disease risk assessment using the Framingham Risk Score to guide risk-based therapy. ACPM does not recommend routine screening of the general adult population using electrocardiogram, exercise-stress testing, computed tomography scanning, ankle-brachial index, carotid intima medial thickness, or emerging risk factors, including high-sensitivity C-reactive protein. ACPM does not recommend routine screening of the general adult population for carotid artery stenosis or peripheral artery disease. ACPM recommends one-time routine abdominal aortic aneurysm (AAA) screening in men aged 65–75 years who have ever smoked and routine AAA screening in women is not recommended.

According to Dr. Lionel Lim, the lead author of ACPM's recommendation, "Coronary heart disease risk can be estimated by the Framingham Risk Score, which is valuable in identifying high-risk asymptomatic adults who may benefit from preventive treatments. Based on current evidence, there is moderate certainty that the benefits of screening do not outweigh the harms for individuals with asymptomatic carotid artery stenosis. The potential harms associated with routine peripheral artery disease screening in asymptomatic adults are also likely to exceed benefits. Ultrasonography is a safe, noninvasive, and reliable screening test used to identify abdominal aortic aneurysms for treatment in men aged >65 years who have ever smoked."

Atherosclerotic cardiovascular diseases, including coronary heart disease, carotid artery stenosis, peripheral artery disease, and abdominal aortic aneurysm, affect millions of U.S. adults and are leading causes of morbidity and mortality. However, there is some uncertainty regarding the utility of certain screening tests for prevention of cardiovascular morbidity and mortality.

According to Dr. Miriam Alexander, President of ACPM, “It is highly appropriate that ACPM use an evidence-based approach to the prevention of cardiovascular diseases in patients and populations and to focus efforts towards the elimination of smoking and the management of lipids and hypertension rather than to focus on technological-based testing. It is consistent with our goals to modify lifestyle behaviors and to use chemoprevention to promote health.”

ACPM’s position statement on atherosclerotic cardiovascular disease screening in adults appears in the March 2011 issue of the *American Journal of Preventive Medicine*. The statement can be viewed at [http://www.acpm.org/pol\\_positionstate.htm](http://www.acpm.org/pol_positionstate.htm).

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#### ABOUT AMERICAN COLLEGE OF PREVENTIVE MEDICINE

The American College of Preventive Medicine (ACPM) is the national professional society for physicians committed to disease prevention and health promotion. ACPM was established in 1954. Its 2,500 members are engaged in preventive medicine practice, teaching and research. Specialists in preventive medicine are uniquely trained in both clinical medicine and public health. They have the skills needed to understand and reduce the risks of disease, disability and death in individuals and in population groups. To learn more about the College, visit <http://www.acpm.org/>.