

Risk assessments, sugar, statins, and saturated fat

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Cardiovascular disease is a field of rapid change. Lifestyle interventions and in particular dietary change are subject to intense public interest, scientific debate and media coverage. The use of cholesterol lowering medication is also hotly debated. And practitioners have just completed one million cardiovascular risk assessments, with the potential for significant engagement with the population through shared decision making around modification of that risk.

In this session we address;

- The future of risk assessments and accuracy of calculators
- Issues which come up in consultations around diet, especially saturated fat
- and sugar
- The latest information around lipid treatment
- What's on the horizon?

We aim to arm you with evidence and advice to help you have better conversations with your patients.