

# A Life-Course Approach to Cardiovascular Health Checks

CHILDHOOD



Early detection of inherited conditions (e.g. Familial Hypercholesterolemia)

AGE 18+



Early assessment for individuals with elevated risk

## KNOW YOUR NUMBERS BY AGE 35



- Lipid profile (including LDL cholesterol)
- Blood pressure (with heart rate and rhythm check)
- Blood glucose (or HbA1c)
- BMI and waist-to-height ratio assessing adiposity
- Smoking status and lifestyle risk factors
- Family history of premature CVD
- Lipoprotein(a) (measured once in adulthood)
- Vaccination status

AGES 35-64



Reassessment in intervals driven by risk

AGE 65+



Annual or more frequent monitoring based on risk and comorbidities

## WHY IT MATTERS: ADDRESSING THE BURDEN OF CVD IN THE EU

- 1.7 million deaths annually
- Up to 80% of CVD cases preventable through early detection and risk-factor control

The EU Safe Hearts Plan aims to reduce cardiovascular premature mortality by 25% by 2035, with 2022 as the baseline year



### ACTION AFTER ALL CHECKS

Trigger follow-up, treatment initiation and specialist referral where indicated

**efpia**

European Federation of Pharmaceutical Industries and Associations