SEMINAR : NHAM CONFERENCE

(NATIONAL HEART ASSOCIATION MALAYSIA)

DATE : 12 APRIL – 14 APRIL 2019

VENUE : HOTEL HILTON KUALA LUMPUR .

PREPARED by : DR LATINAH BINTI MOHAMAD

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SUMMARY OF IMPORTANT KEY POINTS :

1. 2019 ACC ( AMERICAN COLLEGE OF CARDIOLOGIST) / AHA ( AMERICAN HEART ASSOCIATION) GUIDELINES ON THE PRIMARY PREVENTION OF CARDIOVASCULAR DISEASE listed the guideline as below:
2. For all adults with Type II Diabetes, a tailored nutrition plan focusing on a heart -healthy dietary pattern is recommended to improve glycemic control, achieve weight loss if needed and improve other ASCVD risk factors.
3. Adults with Type II Diabetes , should perform at least 150 minutes per week of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity to improve glycaemic control, achieve weight loss if needed and improve other ASCVD risk.
4. For all adults with Type II Diabetes , it is reasonable to initiate **METFORMIN** as first-line therapy along with lifestyle therapies **at the time of diagnosis** to improve glycemic control and reduce ASCVD risk .
5. iii) For all adults with Type II Diabetes and additional ASCVD risk factors who requires glucose-lowering therapy despite initial lifestyle modification and metformin , it may be reasonable to initiate a **SODIUM-GLUCOSE TRANSPORTER 2 (SGLT2) inhibitor or a GLUCAGON-LIKE PEPTIDE-1 RECEPTOR (GLP-1R) AGONIST** to to improve glycemic control and reduce ASCVD risk .