SEMINAR **: 12TH IDF – WPR CONGRESS**

**(INTERNATIONAL DIABETES FEDERATION – WESTERN PACIFIC REGION)**

DATE : 22 NOVEMBER – 25 NOVEMBER 2019

VENUE : KUALA LUMPUR CONVENTION CENTRE .

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SUMMARY OF IMPORTANT KEY POINTS :

1. PRIMARY PREVENTION OF CARDIOVASCULAR DISEASE EVENTS IN PATIENTS WITH TYPE II DIABETES :
2. Newman et al in JACC 2017 reported that **reduction** of Cardiovascular Disease events ( with 95% confidence interval) which includes Cardiovascular Death, Myocardial Infarction or Stroke were achieved with means as below :

|  |  |
| --- | --- |
| PREVENTION DONE | % |
| LIFESTYLE AND MEDICAL TREATMENT | 53 |
| NUTRITION ( LIFESTYLE) | 29 |
| STATIN ( PHARMACOLOGIC) | 21 |
| ASPIRIN | 10 |

1. In a study by IDF, for middle aged people with Diabetes ( 49 to 69 years old) , living in high and middle income countries, **up to 27 per 1,000** of them died from Cardiovascular Disease each year.
2. **A study of Cardiovascular Events in Diabetes ( ACSEND)** which is published in New England Journal on 26th August 2018
3. Involved 15,480 adults with Diabetes with NO EVIDENT of cardiovascular disease
4. They were randomised to aspirin 100mg vs placebo for 7.4 years.
5. **Primary Efficacy Outcome** measured are FIRST serious vascular events ( ie Myocardial Infarct, stroke or Transient ischemic attack or death from any vascular cause)
6. **Primary Safety Outcome** is first major bleeding event.
7. From this study , ADA ( American Diabetes Association ) Recommendation on ANTIPLATELET AGENTS FOR PRIMARY PREVENTION stated as

* Aspirin Therapy (75 to 162 mg/day ) may be considered in those who are at **INCREASED CARDIOVASCULAR** risk and **not at increased risk of bleeding .**
* Those with INCREASED CARDIOVASCULAR risk are

1. Age above 50 years old
2. Family History of Premature ASCVD
3. Hypertension
4. Dyslipidemia
5. Smoking
6. Albuminuria