



Cardiovascular Disease Risk Reduction in Type 2 Diabetes

ASCVD is the leading cause of morbidity and mortality among individuals with type 2 diabetes



To reduce ASCVD, think about ABC's



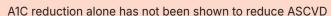


Blood pressure



Cholesterol and triglycerides







Whenever possible, use glucose-lowering medications with proven ASCVD benefit including GLP-1RA like liraglutide, dulaglutide and semaglutide as well as SGLT-2i like empagliflozin, canagliflozin and dapagliflozin





Blood pressure treatment goal should be individualized but is generally <130/80 mmHg for most people

Treatment

- · Lifestyle interventions including a healthy diet, potassium supplement, reduction of sodium intake, smoking cessation, weight loss, increase physical activity, and moderation in alcohol intake
- Pharmacotherapy:
- · If ASCVD or albuminuria: Start with ACEi or ARB
- No ASCVD: Start ACEi or ARB or CCB or diuretic
- If not meeting treatment goal on 3 drugs including a diuretic, consider adding MRA

FOR



Lipid panel should be obtained at time of diabetes diagnosis, 4-12 weeks after initiation or change of dose and annually

LDL qoals:

- For primary prevention: <70 mg/dL is recommended for adults aged 40-75. It is reasonable to treat those aged 20-39 with diabetes and other ASCVD risk factors
- For secondary prevention: <55 mg/dL

Treatment

- · Lifestyle interventions like weight loss, increase physical activity, reduction of saturated fat intake and smoking cessation, and increase intake of omega-3 fatty acids
- Pharmacotherapy:
 - Statins are first-choice for primary and secondary prevention
 - Add-on therapies: ezetimibe, PCSK9i, and inclisiran
 - · Fibrates or EPA are recommended to lower triglycerides <150 mg/dL



ACEi = angiotensin converting enzyme inhibitor ARB = angiotensin receptor blocker ASCVD = atherosclerotic cardiovascular disease Albuminuria = albumin-to-creatineine ratio of ≥300 mg/g GLP-1RA = glucagon-like peptide-1 receptor agonist

MRA = mineralocorticoid receptor antagonist SGLT-2i = sodium-glucose cotransporter-2 inhibitor