Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

CVD tool now includes kiwi data

The online Absolute CVD Risk/Benefit Calculator tool\(^1\) helps estimate a patient’s risk of cardiovascular disease (CVD) as smiley/sad face icons and enables the clinician to show the patient estimates of the benefits and harms for single interventions (e.g. diet, activity, statins, blood pressure medications).

It now has the PREDICT data from New Zealand which takes into account the fact that coronary heart disease has reduced 90% since the 1950s when the original Framingham equation was created. There are some caveats, e.g. cannot use for over 80-year-olds.

The tool is best used for demonstrating the impact that statins, blood pressure lowering, diet, aspirin and exercise have on CVD risk. It is not useful when discussing taking insulin, as there is an absence of evidence for insulin and CVD.

A 65-year-old man with a 12% CVD risk on the old tables has a 6% risk on the new ones.

Reference:

1. The Absolute CVD Risk/Benefit Calculator [Click here](#)

[Click here](#) to view more Gems
Returning Saturday 24th August 2019

One Day UPDATE

the Goodfellow Unit presents Red Whale's GP Update

If this email was forwarded to you and you would like to automatically receive Goodfellow Gems Click here.

Copyright © 2019 Goodfellow Unit, All rights reserved.

Our mailing address is:
Goodfellow Unit
Bldg 730, Tamaki Innovation Campus
261, Morrin Road, St Johns
Auckland, Auckland 1072
New Zealand