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Current Status of Risk Factors and Prediction Models for Risk Stratification on ASCVD in Korea

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Atherosclerotic cardiovascular disease (ASCVD), defined as coronary heart disease, cerebrovascular disease, and peripheral artery disease, is the leading cause of morbidity and mortality in general populations. So, guidelines related to cardiovascular disease recommend assessing ASCVD risk and adjust the intensity of preventive interventions to the risk level. In Korea, nationwide survey, the Korea National Health and Nutrition Examination Survey conducted by the Ministry of Health and Welfare and the Korean Centers for Disease Control and Prevention. The Korean Society of Lipid and Atherosclerosis published dyslipidemia fact sheet regarding to lipid profile and control rate of Korean populations based on this national survey from 2015. According to this fact sheet, the prevalence of hypercholesterolemia (total cholesterol ≥ 240 mg/

dL, previously diagnosed, or taking anti-dyslipidemic medications) in adults 30 years or older is 19.9% in 2016. Among them, only 49.1% are taking anti-dyslipidemic medications and 41.6% are not aware of their condition. Regarding the control rate of hypercholesterolemia, 41.3% of subjects with hypercholesterolemia reached the target of total cholesterol < 200 mg/dL. The prevalence of dyslipidemia is 40.5%, about twice that of hypercholesterolemia. The prevalence of dyslipidemia in adults with obesity, hypertension, and diabetes mellitus increased to 55.3%, 71.0%, and 86.6%, respectively. In this lecture, I will discuss the current status of risk factors of ASCVD in Korean and ASCVD prediction model applicable to Korea.