SHAPE II Guidelines—Under Discussions

Step 1

Very Low Risk

Exit

Coronary Artery Calcium Score (CACS) or Carotid Plaque Burden

Step 2

Negative Test
- CACs = 0
  0 Carotid Plaque

Positive Test
- CACs ≥ 1
  Carotid Plaque

Step 3

Lowest Risk

Low Risk

Intermediate Risk

High Risk

Apparently Healthy Population Men > 45y Women > 55y

SHAPE II Guidelines – Under Discussions

CACS 100-399 & <75th%
- Lowest Tertile Carotid Plaque

CACS 100-399 & >75th%
- Middle Tertile Carotid Plaque

CACS > 400 or >75th%
- Highest Tertile Carotid Plaque
SHAPE II Guidelines – Under Discussions

**Step 1**
Calculate 10yr Risk using Risk Calculators such as Framingham Risk Score¹

- **10y Risk <6%**
  - No test: Follow Preventive Recommendations as in Low Risk

- **10y Risk 6%-20%**
  - Atherosclerosis Test
    - **Optional**
    - Diabetics >40yr or family history of premature coronary artery disease

- **10y Risk >20%**
  - No test: Follow Preventive Recommendations as in High Risk

**Step 2**

**Atherosclerosis Test**

- **Carotid IMT & Plaque**
  - CIMT >75th% and (or?) Plaque>1.5mm
  - CIMT <75th % or Plaque<1.5mm

**Coronary Artery Calcium Scan (CACS)**

**Step 3**

<table>
<thead>
<tr>
<th>Very Low Risk²</th>
<th>Low Risk²</th>
<th>Intermediate Risk²</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>CACS =0</td>
<td>CACS &lt;100 &amp;&lt;75th%</td>
<td>CACS 100-399 &amp;&lt;75th%</td>
<td>CACS ≥400 or ≥ 75th%</td>
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<td>++ +++++</td>
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<tr>
<td>&lt;160 mg/dl</td>
<td>&lt;130 mg/dl</td>
<td>&lt;100 mg/dl</td>
<td>&lt;75 mg/dl</td>
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<tr>
<td>No RX</td>
<td>Rx</td>
<td>Rx</td>
<td>Intensive RX</td>
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</tbody>
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Diet, Exercise, Smoking Cessation, BP and Diabetes Control

Consider LDL Target

Consider HDL and TG Rx

See the SHAPE II Task Force report for further cardiac imaging tests in selected High Risk individuals.

¹ http://www.framinghamheartstudy.org/risk/hrdcoronary.html

² Elevate to High Risk if 1.4<Ankle Brachial Index <0.9