

American Heart Association guidance for the prevention of CVD in women²²

Lifestyle changes

- Weight control
- Management of hypertension
- Increased exercise
- Alcohol moderation
- Dietary advice

Encourage **smoking cessation** with advice and cessation therapy

Dietary modification

- Eat oily fish at least twice a week
- Limit saturated fat intake

Aspirin

Consider low-dose therapy in women over 65 if benefits outweigh risks

Hormone replacement therapy and selected oestrogen receptor modulators are not recommended

Antioxidant supplements

e.g. vitamins C and E should not be used for primary/secondary prevention of CVD