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Primary Prevention of Ischemic Heart Disease

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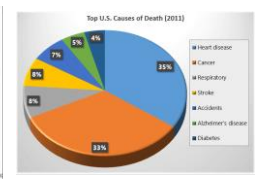
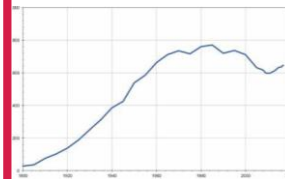
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Disclosures

- none

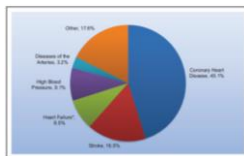
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- 20 million in US with ischemic heart disease
- \$240 billion annual cost
- 12% of health expenditures
- 370,000 deaths / 600,000 MIs
- 450,000 PCI/ 200,000 CABG
- 4.7 million hospital visits

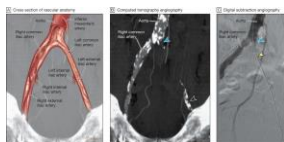
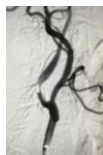


Circulation, Heart Disease and Stroke Statistics, 2024

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~50% due to ASCVD

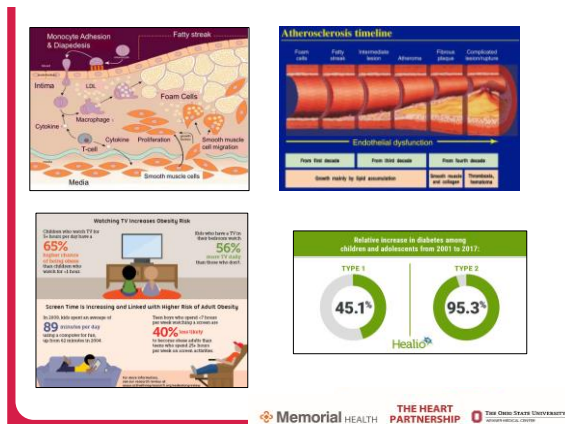


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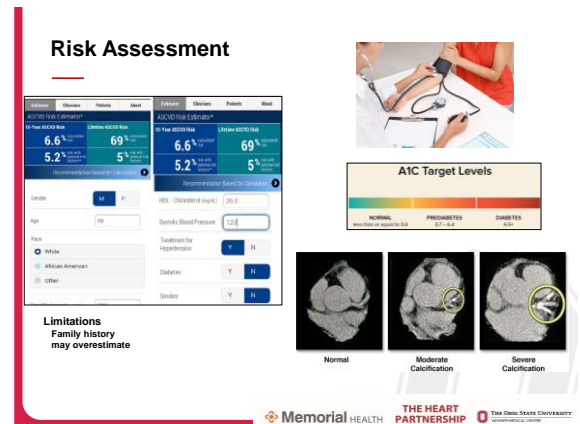


90% is preventable

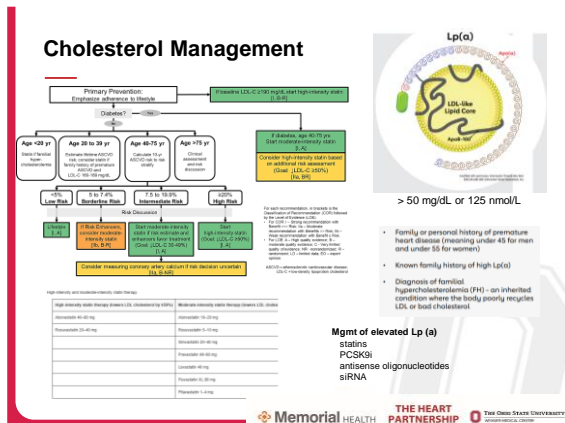
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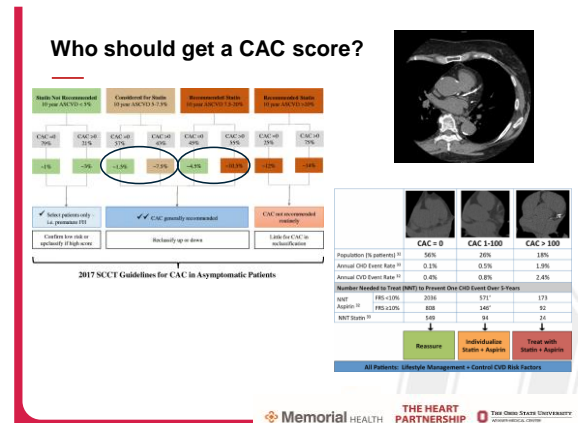
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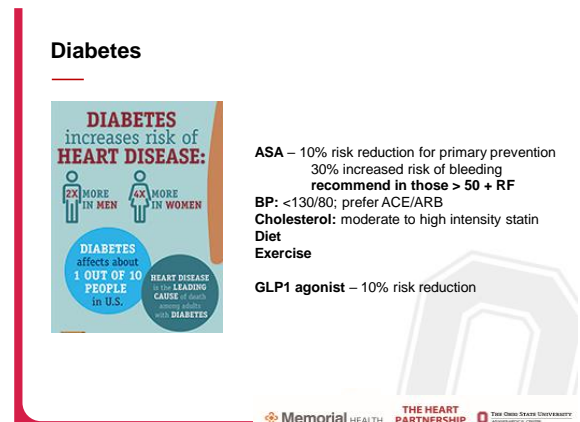
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Aspirin

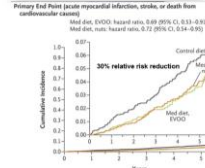
4.6. Aspirin Use

Recommendations for Aspirin Use		
Referenced studies that support recommendations are summarized in Online Data Supplements 17 and 18.		
COR	LOE	Recommendations
Itb	A	1. Low-dose aspirin (75-100 mg orally daily) might be considered for the primary prevention of ASCVD among select adults 40 to 70 years of age who are at higher ASCVD risk but not at increased bleeding risk (54.6-1-54.6-8).
Itb Harm	B-R	2. Low-dose aspirin (75-100 mg orally daily) should not be administered on a routine basis for the primary prevention of ASCVD among adults >70 years of age (54.6-9).
Itb Harm	C-LD	3. Low-dose aspirin (75-100 mg orally daily) should not be administered for the primary prevention of ASCVD among adults of any age who are at increased risk of bleeding (54.6-10).

Higher ASCVD risk
family history
DM / metabolic syndrome
CKD
chronic inflammatory disease
premature menopause / pre-eclampsia
lipid profile

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Diet DASH and Mediterranean



DASH Eating Plan	
✓ Eat This	✗ Limit This
Vegetables	Fatty meats
Fruits	High-fat dairy
Whole grains	Full-fat dairy
Low-fat or fat-free dairy	High-sodium meats
Fish	Sugar-sweetened beverages
Beans	Sweets
Nuts & seeds	Sodium salts
Vegetable oils	

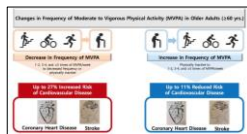
www.ohiohealth.gov/DASH

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Exercise

- 15 minutes a day or 90 minutes a week reduces risk by 15%

- Reduces inflammation
- Lowers blood pressure
- Lowers cholesterol
- Improves diabetes control
- Reduces risks of cardiac events (~25%)



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Smoking cessation

35% reduction



2-4X Smokers are 2 to 4 times more likely to get heart disease than nonsmokers.

2X Long-term use of unadvised tobacco can increase risk of dying from disease and stroke.

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Sleep

Reduced risk of CV disease by ~ 20%

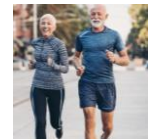


CBT Components	
Technique	Aims
Stimulus Control	Strengthen bed & bedroom as sleep cues
Sleep Restriction	Reduce time in bed to increase sleep drive and consolidate sleep
Relaxation, buffer, worry time	Anxiety reduction
Sleep Hygiene	Address substance, exercise, eating, environment
Cognitive Restructuring	Address thoughts and beliefs that interfere with sleep and adherence
Circadian Rhythm Enhancement	Shift or strengthen the circadian sleep/wake rhythm



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Weight Management



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Summary

- 1) Heart disease specifically coronary heart disease remains common
- 2) Early detection and risk assessment are vital
- 3) Lifestyle changes are a key component
- 4) Medications play an additional role
- 5) Continued monitoring and education
- 6) Team approach



Thank you!

