

# STATEMENT OF CONSENSUS

## on Cardiovascular Health in Europe

National and pan-European stakeholders who represent people affected by cardiovascular conditions, stroke and diabetes collectively commend the European Society of Cardiology and the European Atherosclerosis Society for publishing 2019 Guidelines for the Management of Dyslipidaemias. The guidelines represent an important step towards reducing the burden of high cholesterol, cardiovascular disease and preventable vascular events across Europe.

In particular, the guidelines present an opportunity to empower and equip people across Europe with knowledge about the risks associated with high low-density lipoproteins. Key messages from the guidelines include:

- LDL cholesterol is not just a biomarker for cardiovascular disease. It is, in fact, causal. This increases the urgency for treatment and early detection.
- The advice to “know your number” underscores the need for people with cardiovascular issues, dyslipidaemia or diabetes to take control of their cholesterol level.
- Lower is better when it comes to LDL cholesterol.
- Addressing risk factors and making behavioural changes are important for people to improve their cardiovascular health. The earlier, the better.
- Primary and secondary prevention improves health and saves lives.

While the guidelines’ messages are invaluable, health care providers do not always have time to discuss cholesterol and cardiovascular health with patients at length. Therefore, patient organisations need to provide clear, accessible information about the recommendations contained in the guidelines.

In conclusion, the organisations listed below acknowledge the importance of education and action to ensure that the guidelines significantly improve cardiovascular health in Europe, the value of the new ESC/EAS guidelines, and the public health burden of high LDL cholesterol.

**We commit to a unified effort to empower people with cardiovascular issues, dyslipidaemia or diabetes through outreach and education about the 2019 ESC guidelines and to maximise the opportunities for prevention and improved care which these guidelines offer.**

