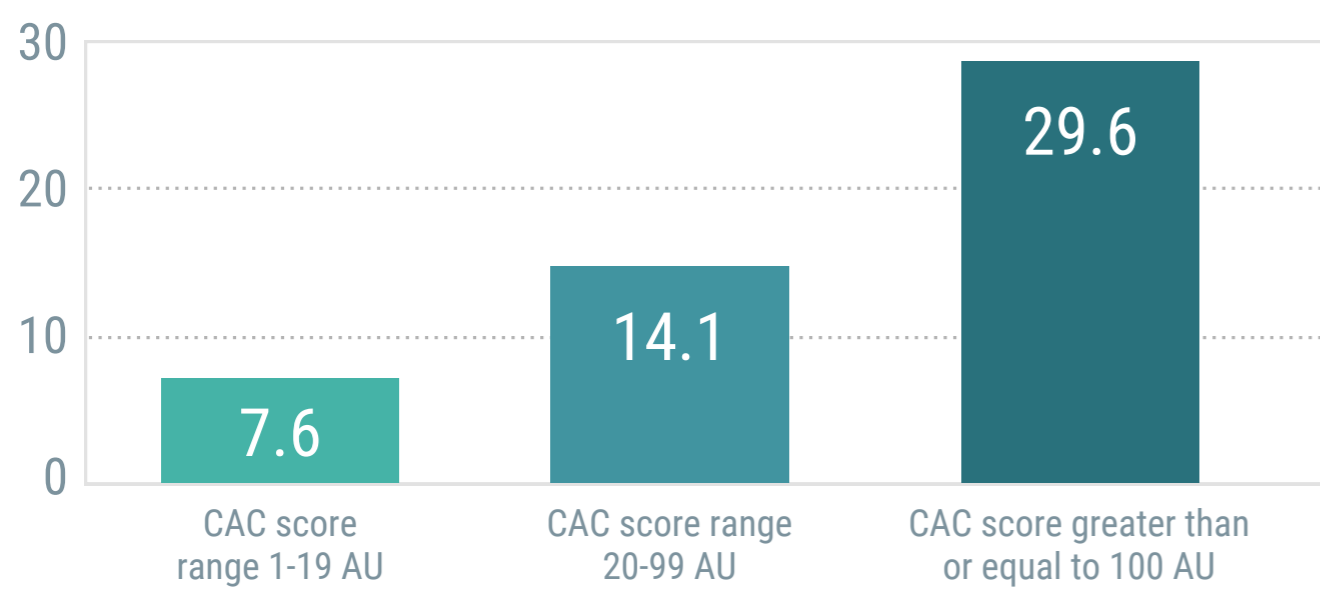


Cardiovascular Risk Reduction in Young Adults

CAC Score in Younger Adults Predicts Future Event Risk

CAC score >0 in adults ages 32 to 46 predicts future CVD events



Source: Carr JJ, Jacobs DR, Terry JG, et al. Association of coronary artery calcium in adults aged 32 to 46 years with incident coronary heart disease and death. *JAMA Cardiol.* 2017;2(4):391-399.

Depression Is a Potent Risk Factor



CAD patients with depression are

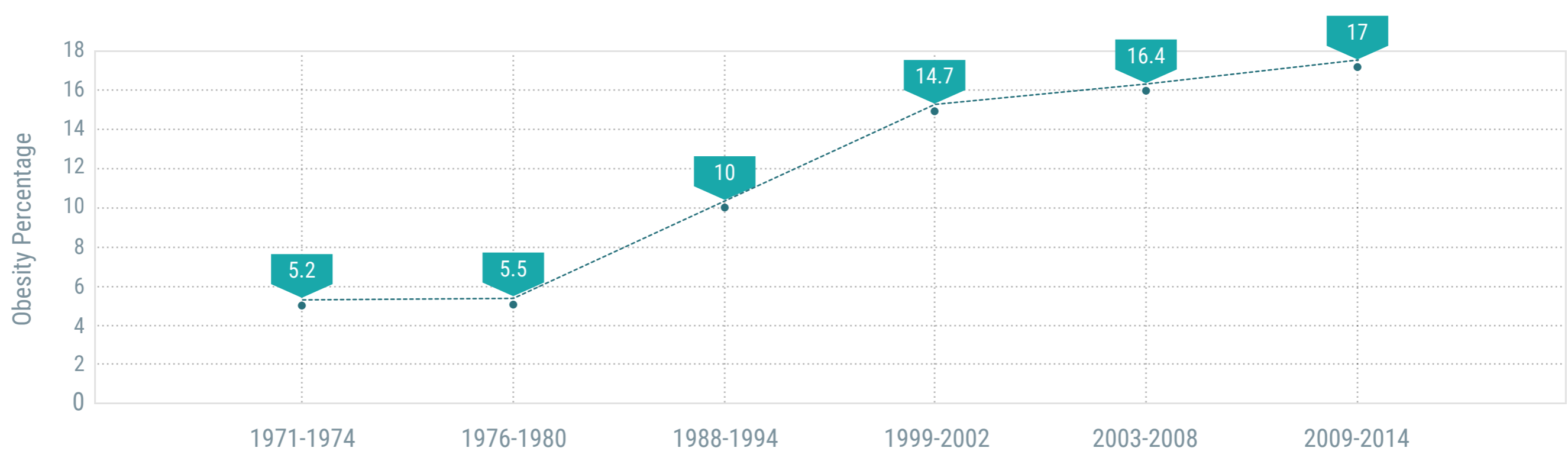
2-3x
MORE LIKELY

to experience future cardiac events than patients without depression

Source: Rudisch B and Nemeroff CB. Epidemiology of comorbid coronary artery disease and depression. *Biol Psychiatry.* 2003;54(3):227-240.

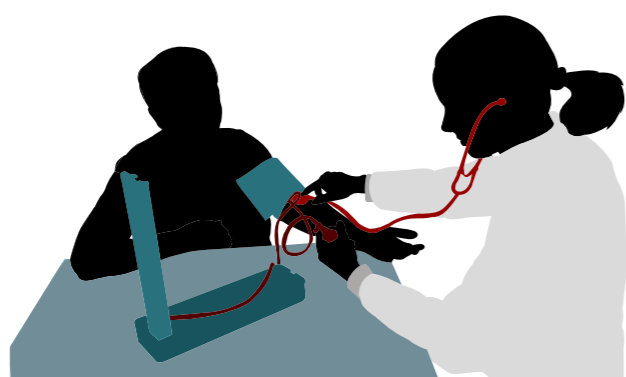
Upward Trend in US Childhood Obesity

Obesity Percentages Among Children Aged 2-19 Years



Source: Centers for Disease Control. National Health and Nutrition Examination Survey. 2016.

White-Coat Hypertension: Benign Phenomenon?



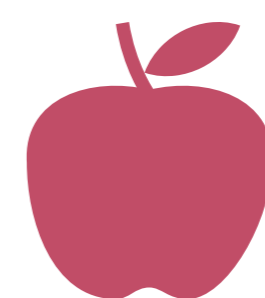
Compared with normotensive cohorts, WHC is associated with:

38% increased risk of CVD

20% increased risk of total mortality

Source: Huang Y, Huang W, Mai W. White-coat hypertension is a risk factor for cardiovascular diseases and total mortality. *J Hypertens.* 2017;35(4):677-688.

Lifestyle Improvements Can Diminish Genetic Risk



For patients in the top quintile of genetic risk scores
making three lifestyle changes reduced their risk by 46%
over patients in the same quintile who were unhealthy

Source: AV Khera, CA Emdin, I Drake, et al. Genetic risk, adherence to a healthy lifestyle, and coronary disease. *N Engl J Med.* 2016; 375:2349-2358.