Cardiovascular Risk Reduction in Young Adults

CAC Score in Younger Adults Predicts Future Event Risk


Depression Is a Potent Risk Factor


Compared with normotensive cohorts, WHC is associated with:

- **38%** increased risk of CVD
- **20%** increased risk of total mortality


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