CARDIOVASCULAR RISK ASSESSMENTS & TARGETS

L Kosar, B Jensen © www.RxFiles.ca July 2023

Cardiovascular Disease Risk Assessment

see below links or Online Extras for tools

- Many CVD risk assessment tools are available, and there can be variability among them. Despite limitations, these tools are the most reliable way to estimate CVD risk.
- Risk assessment is for **primary prevention** (1°). Individuals with known CVD (i.e. secondary prevention, 2°) are automatically classified as high risk for recurrent events.
- Risk Calculators (see **Online Extras** 💻 for others; QRISK3 useful if CKD):

Framingham
qxmd.com/calculate/calculator_252

McGill MyHealthCheckup
https://cardiometabolicage.com

Metabolic Syndrome

- Metabolic syndrome ↑ risk of heart disease, stroke & T2DM. Risk factors include:
  - **abdominal obesity**: males ≥90cm, or ≥94cm if European, African, Eastern Mediterranean, or Middle Eastern descent; females ≥80cm
  - **plus ≥2 of the following:**
    - elevated triglycerides (TG >1.7mmol/L)
    - low HDL-C (males <1.03mmol/L, females <1.3mmol/L)
    - elevated BP (>130/85mmHg) or on an antihypertensive
    - elevated fasting BG (>5.6mmol/L)

Lifestyle modifications are the treatment of choice

The below tables summarize guideline recommendations for starting therapy along with targets; however, treatment & targets should also be individualized. Treat the patient, not the target.

BLOOD PRESSURE Hypertension Canada thresholds & targets based on non-automated office BP; see ACEI pg 5, BB pg 6, CCB pg 7, Diuretic pg 8, Summary pg 4 & 9 for info on antihypertensives

POPULATION	2020 HYPERTENSION CANADA	2017 USA GUIDELINES	HEALTH BEHAVIOUR MANAGEMENT
LOW Risk	No target organ damage or CV risk factors - **Consider Tx if:** ≥160/100mmHg GRADE A - **Target BP:** <140/90mmHg GRADE A	**2017 ACC/AHA**: 1° CVD prevention & 10-yr ASCVD risk <10%: - **Consider Tx if:** ≥140/90mmHg I,C-LD - **Target BP:** <130/80mmHg I,B-R & I,C-EO	The following ↓ risk of HTN, & ↓ BP in those with HTN - **Increase Physical Activity: ↓ SBP by 2-8mmHg** ▪ 30-60 minutes of moderate-intensity exercise (e.g. walking, jogging, cycling, swimming) 4 to 7 times/week GRADE D - **Weight Reduction: ↓ SBP 2-5mmHg (↓1kg = ↓1mmHg)** ▪ BMI 18.5 – 24.9kg/m², & waist ♂ <102cm, ♀ <88cm GRADE C/B - **Abstain or Reduce Alcohol Consumption: ↓ SBP by 3-4mmHg** ▪ ≤2 drinks/day, & males ≤14 & females ≤9 drinks/week GRADE B/A - **DASH Diet: ↓ SBP by 3-11mmHg** ▪ fruits, vegetables, low-fat dairy products, whole grain foods rich in dietary fibre, and protein from plant sources that is reduced in saturated fat & cholesterol GRADE B - **Mediterranean Diet: to reduce CV risk** GRADE B - **Reduce Sodium Intake: ↓ SBP by 2-6mmHg** ▪ ≤2000mg/day (5g of NaCl or 87mmol of Na^+) GRADE A ▪ Watch for hidden sodium sources e.g. effervescent tablets.[29] ▪ Evidence that a **potassium-containing salt-substitute** (25% potassium chloride, 75% NaCl) reduces CV events[30] (but caution if hyperkalemia risk, e.g. K^+ >4.5mmol/L, eGFR <45mL/min, on RAAS inhibitor). - **Manage Stress** GRADE D
HIGH Risk	- clinical or subclinical CV disease, or - CKD (non-DM nephropathy, proteinuria <1g/day, eGFR 20-59mL/min), or - estimated 10-year CV risk ≥15%, or - age ≥75 years (studies included healthy eldery), and consent to intensive management - **Consider Tx if:** SBP ≥130mmHg GRADE B - **Target SBP:** <120mmHg GRADE B, SPRINT	**2017 ACC/AHA**: 2° prevention of recurrent CVD, or 1° prevention of CVD & 10-year ASCVD risk ≥10% - **Consider Tx if:** ≥130/80mmHg I,A & I,C-EO - **Target BP:** <130/80mmHg IIb,B-NR & IIb,C-EO	
Older Adults HYVET, JATOS **ISH 2020 TARGETS:** - <65yrs: 121-130 / 71-80 - ≥65yrs: <140/90		**2017 ACC/AHA**: ≥65 years, non-institutional, ambulatory, community-living - **Consider Tx if:** SBP ≥130mmHg 1,A - **Target SBP:** <130mmHg 1,A **2017 ACP:** ≥60 years - **Consider Tx if:** ≥150mmHg - **Target SBP:** <150mmHg, SR, HQ or <140mmHg if history of stroke / TIA WR, MQ or high CV risk SR, HQ	
Diabetes Mellitus	- **Consider Tx if:** ≥130/80mmHg on ≥3 different days HYPERTENSION CANADA 2020 (GRADE C/A), 2017 ACC/AHA I,B-R - **Target BP:** <130/80mmHg HYPERTENSION CANADA 2020 (GRADE C/A), DIABETES CANADA 2018 (GRADE C/B), 2017 ACC/AHA I,B-R		
All Others	- **Consider Tx if:** ≥140/90mmHg GRADE C/A - **Target BP:** <140/90mmHg GRADE A	**2017 ACC/AHA**: - **Consider Tx if:** 2° stroke prevention ≥ 140/90 mmHg, others ≥ 130/80mmHg; **Target BP:** <130/80mmHg	

CHOLESTEROL see Lipid Lowering agents page 29 or Lipid Landmark Trials for information on lipid-lowering therapies; (Link to CCS Guideline - At a Glance)

WHO TO SCREEN for PRIMARY PREVENTION	POPULATION	2021 CCS LIPID GUIDELINES	2015 SIMPLIFIED LIPID	COMMENTS & CONSIDERATIONS
- Men 40 to 75 years, & women 40 (or post-menopausal) CCS or 50 SIMPLIFIED up to 75 years; repeat q5yrs or when risk status changes CCS Consider earlier if below risk factors present: - abdominal aortic aneurysm, arterial HTN, BMI ≥30kg/m², clinical evidence of atherosclerosis, COPD, CKD, current smoker, DM, erectile dysfunction, ethnic groups at ↑ risk e.g. South Asian, Indigineous, HIV, family hx of premature CVD men <55 yrs old & females <65 yrs old in 1st degree relative or dyslipidemia, inflammatory diseases e.g. IBD, pregnancy complication HTN disorders of pregnancy, gestational DM, pre-term birth, still birth, low birthweight infant, placental abruption, stigmata of dyslipidemia arcus cornea, xanthelasma, or xanthoma	**LOW Risk** 10-yr CVD Risk <10%	**Lifestyle** for all, regardless of risk, CCS SR, HQ; SIMP HQ benefit ≥ statins: smoking cessation, exercise/activity, healthy diet e.g. Mediterranean		- Non-fasting lipid panel can be used, except for individuals with a history of TGs >4.5mmol/L - Risk assessment is skewed when an individual is on lipid lowering medication. Input pre-statin lipid levels, & then ↓ the risk estimate by 25-35%, depending on statin intensity. - **CCS LIPID Thresholds** (for intensification/add-on): • **1° prevention & FRS ≥10%:** LDL-C <2mmol/L, ApoB <0.8g/L or non-HDL-C <2.6mmol/L • **2° prevention:** LDL-C <1.8mmol/L, ApoB <0.7g/L or non-HDL-C <2.4mmol/L • **Statin-Indicated Condition:** varies based on indication; e.g. DM or CKD LDL-C <2mmol/L - **SIMPLIFED LIPID TARGETS:** None, as limited targets to guide titration of statin therapy
	INTERMEDIATE Risk 10-yr CVD Risk 10-19.9% **NNT=40** when treated with a statin	Statin high intensity or max tolerated if: SR, HQ - LDL-C ≥3.5mmol/L, non-HDL-C ≥4.2mmol/L or ApoB ≥1.05g/L, or - men ≥50yrs & women ≥60 yrs + 1 additional risk factor see below + {If TG>1.5, use non-HDL-C or ApoB instead of LDL-C}	**Moderate**-intensity statin (↓ RRR by 30%): HQ atorvastatin 10-20mg, lovastatin 40-80mg, pravastatin 40-80mg, rosuvastatin 5-10mg, simvastatin 20-40mg	
	HIGH Risk 10-yr CVD Risk ≥20% or Secondary Prevention or Statin-Indicated Condition **NNT=20-35** when treated with a statin {Option for add-on tx, e.g. ezetimibe, PCSK9i; ? IPE}	Statin high-intensity 2° prevention SR, HQ **Statin-Indicated Condition:** - clinical atherosclerosis or AAA - DM: age ≥40yrs, age ≥30yrs & DM x 15yr, or microvascular disease - CKD: ≥50yrs & eGFR <60mL/min or ACR >3mg/mmol x ≥3 months - LDL-C ≥5mmol/L (or ApoB ≥ 1.45g/L or non-HDL ≥5.8mmol/L)	**High**-potency statin (↓ RRR by 35%): HQ atorvastatin 40-80mg, rosuvastatin 20-40mg Secondary Prevention + >75yrs: **moderate**-intensity statin HQ	

See pages 41 to 57 for diabetes, eg. risk reduction, management and targets. + **Additional CV risk factors**: low HDL-C, impaired fasting glucose, high waist circumference, smoker, hypertension, or other risk modifiers: hsCRP ≥2mg/L, CAC >0 AU, family history of premature CAD, Lp(a) ≥50mg/dL (100nmol/L). [Note: an update to Simplified guideline is expected in late 2023.]

1◦=primary prevention **2**◦=secondary prevention **AAA**=abdominal aortic aneurysm **ACR**=albumin to creatinine ratio **Apo**=apolipoprotein **BP**=blood pressure **BMI**=body mass index **COPD**=chronic obstructive pulmonary disease **CKD**=chronic kidney disease **CV**=cardiovascular disease **CVD**= cardiovascular disease **DM**=diabetes mellitus **eGFR**=estimated glomerular filtration rate **HDL**=high density lipoprotein **HTN**=hypertension **IPE**=icosapent ethyl **Na+**=sodium **NaCl**=sodium chloride **NNT**=number needed to treat **LDL**=low density lipoprotein **K⁺**=potassium **PCSK9i**=PCSK9 inhibitor **RAAS**=renin angiotensin aldosterone system **SBP**=systolic blood pressure **T1DM**=Type 1 Diabetes Mellitus **T2DM**=Type 2 Diabetes Mellitus **TG**=triglycerides **TIA**=transient ischemic attack **Tx**=treatment

AHA/ACC BLOOD CHOLESTEROL Targets: tailor statin-intensity to patient risk profile, use LDL-C to assess therapy / adherence

FRAMINGHAM RISK SCORE (available at the Canadian Cardiovascular Society website: https://www.ccs.ca/images/Guidelines/Tools_and_Calculators_En/FRS_eng_2017_fnl1.pdf)

FRAMINGHAM RISK SCORE (FRS)

Estimation of 10-year Cardiovascular Disease (CVD) Risk

Date: _____

Patient's Name: _____

Step 1[1]

In the "points" column enter the appropriate value according to the patient's age, HDL-C, total cholesterol, systolic blood pressure, and if they smoke or have diabetes. Calculate the total points.

Risk Factor	Risk Points		Points
	Men	Women	
Age			
30-34	0	0	
35-39	2	2	
40-44	5	4	
45-49	7	5	
50-54	8	7	
55-59	10	8	
60-64	11	9	
65-69	12	10	
70-74	14	11	
75+	15	12	
HDL-C (mmol/L)			
>1.6	-2	-2	
1.3-1.6	-1	-1	
1.2-1.29	0	0	
0.9-1.19	1	1	
<0.9	2	2	
Total Cholesterol			
<4.1	0	0	
4.1-5.19	1	1	
5.2-6.19	2	3	
6.2-7.2	3	4	
>7.2	4	5	
Systolic Blood Pressure (mmHg)	Not Treated / Treated	Not Treated / Treated	
<120	-2 / 0	-3 / -1	
120-129	0 / 2	0 / 2	
130-139	1 / 3	1 / 3	
140-149	2 / 4	2 / 5	
150-159	2 / 4	4 / 6	
160+	3 / 5	5 / 7	
Smoker Yes	4	3	
Smoker No	0	0	
Diabetes Yes	statin-indicated condition		
Diabetes No	0	0	
Total Points			

Step 2[1]

Using the total points from Step 1, determine the 10-year CVD risk (%).*

Total Points	10-Year CVD Risk (%)*	
	Men	Women
-3 or less	<1	<1
-2	1.1	<1
-1	1.4	1.0
0	1.6	1.2
1	1.9	1.5
2	2.3	1.7
3	2.8	2.0
4	3.3	2.4
5	3.9	2.8
6	4.7	3.3
7	5.6	3.9
8	6.7	4.5
9	7.9	5.3
10	9.4	6.3
11	11.2	7.3
12	13.3	8.6
13	15.6	10.0
14	18.4	11.7
15	21.6	13.7
16	25.3	15.9
17	29.4	18.51
18	>30	21.5
19	>30	24.8
20	>30	27.5
21+	>30	>30

Step 3[1]

Using the total points from Step 1, determine heart age (in years).

Heart Age, y	Men	Women
<30	<0	<1
30	0	
31		1
32	1	
34	2	2
36	3	3
38	4	
39		4
40	5	
42	6	5
45	7	6
48	8	7
51	9	8
54	10	
55		9
57	11	
59		10
60	12	
64	13	11
68	14	12
72	15	
73		13
76	16	
79		14
>80	≥17	15+

* Double cardiovascular disease risk percentage for individuals between the ages of 30 and 59 without diabetes if the presence of a positive history of premature cardiovascular disease is present in a first-degree relative before 55 years of age for men and before 65 years of age for women. This is known as the modified Framingham Risk Score.[3]

Step 4[2,3]

Using 10-year CVD risk from Step 2, determine if patient is Low, Moderate or High risk.† Indicate Lipid and/or Apo B targets

Risk Level†	Initiate Treatment If:	Primary Target (LDL-C)	Alternate Target
High FRS ≥20%	• Consider treatment in all *(Strong, High)*	• ≤2 mmol/L or ≥50% decrease in LDL-C *(Strong, Moderate)*	• Apo B ≤0.8 g/L or • Non-HDL-C ≤2.6 mmol/L *(Strong, High)*
Intermediate FRS 10-19%	• LDL-C ≥3.5 mmol/L *(Strong, Moderate)* • For LDL-C <3.5 mmol/L consider if: • Apo B ≥1.2 g/L • OR Non-HDL-C ≥4.3 mmol/L *(Strong, Moderate)* • *Men ≥50 and women ≥60 with 1 risk factor: low HDL-C, impaired fasting glucose, high waist circumference, smoker, hypertension*	• ≤2 mmol/L or ≥50% decrease in LDL-C *(Strong, Moderate)*	• Apo B ≤0.8 g/L or • Non-HDL-C ≤2.6 mmol/L *(Strong, Moderate)*
Low FRS <10%	• statins generally not indicated	• statins generally not indicated	• statins generally not indicated
Statin-indicated conditions**	• *Clinical atherosclerosis** • *Abdominal aortic aneurysm* • *Diabetes mellitus Age ≥ 40 years 15-Year duration for age ≥ 30 years (DM1) Microvascular disease* • *Chronic kidney disease (age ≥ 50 years) eGFR <60 mL/min/1.73 m2 or ACR > 3 mg/mmol*		

Lipid targets LDL-C: _____ or Apo B: _____

1 Adapted from: D'Agostino RB et al.(i). General cardiovascular risk profile for use in primary care. The Framingham Heart Study. Circ 2008;117:743-53.
2 Adapted from: Genest J et al.(i). 2009 Canadian Cardiovascular Society/Canadian guidelines for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease in the adult. Can J Cardiol. 2009;25(10):567-579.
3 Adapted from: Anderson T et al.(i). 2012 Update of the Canadian Cardiovascular Society guidelines for the diagnosis and treatment of dyslipidemia for the prevention of cardiovascular disease in the adult. Can J Cardiol. 2013;29(2):151-167.

† apoB: apolipoprotein B stat, CVD: cardiovascular disease, FRS: Framingham Risk Score, HDL-C: high-density lipoprotein cholesterol, LDL-C: low-density lipoprotein cholesterol.
* Statins indicated as initial therapy
** Consider LDL-C < 1.8 mmol/L for subjects with acute coronary syndrome (ACS) within past 3 months

Provided courtesy of Canadian Cardiovascular Society
Leadership. Knowledge. Community.

NEW ZEALAND PRIMARY CARE HANDBOOK 2012 – 5 Year CVD Risk Assessment Tables
Available at: https://www.health.govt.nz/system/files/documents/publications/nz-primary-care_handbook_2012.pdf
- Quick & easy way to estimate **heart & stroke risk**. Based on Framingham

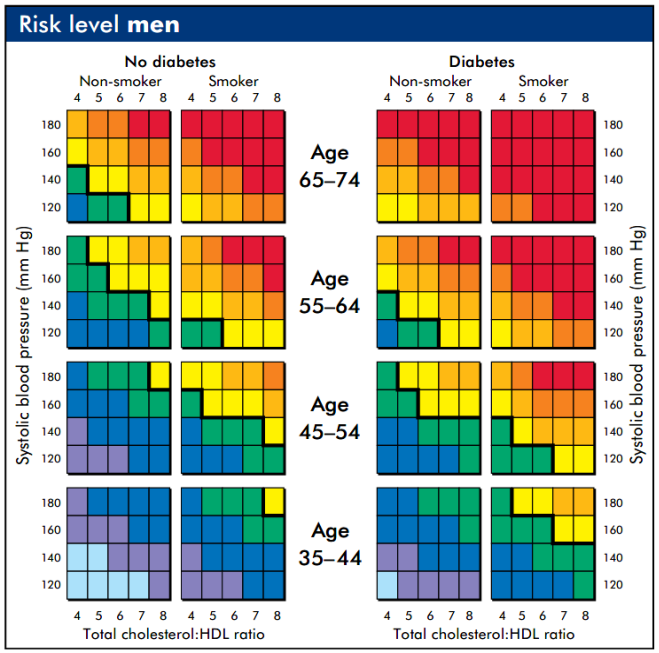
How to use the Charts

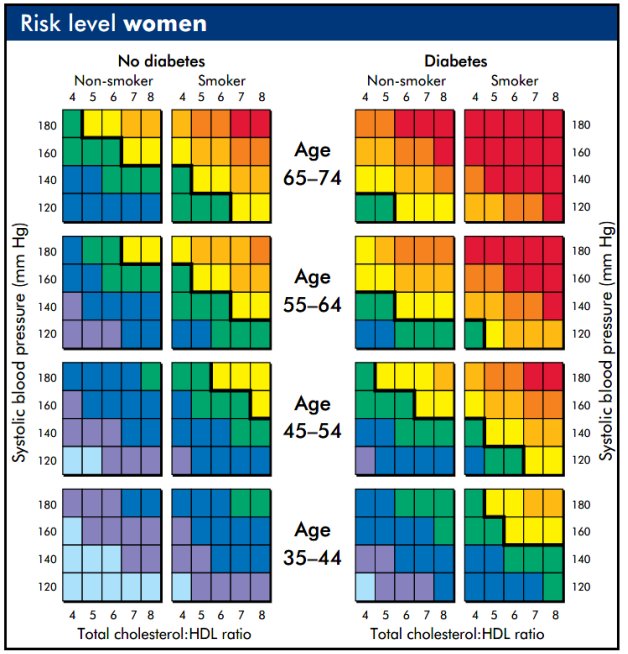
- Identify the chart relating to the person's sex, diabetic status, smoking history and age
- Within the chart choose the cell nearest to the person's age, systolic blood pressure (SBP) and total cholesterol (TC) TC:HDL ratio. For example, the lower left cell contains all non-smokers without diabetes who are 35–44 years and have a TC:HDL ratio of less than 4.5 and a SBP of less than 130 mm Hg. People who fall exactly on a threshold between cells are placed in the cell indicating higher risk
- The risk charts now include values for SBP alone, as this is the most informative of conventionally measured blood pressure parameters for cardiovascular risk. Diastolic pressures may add some predictive power, especially at younger ages (eg, a diastolic pressure consistently >100 mm Hg in a patient with SBP values between 140 and 170 mm Hg)

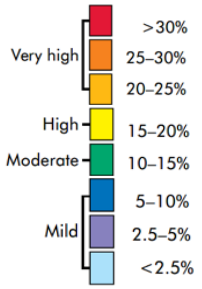
a) NNT = Number needed to treat
Based on the conservative estimate that each intervention:
ASA ASPIRIN, **BP treatment** (lowering SBP by 10 mmHg) or **lipid** modification (↓ LDL by 20%) reduces cardiovascular risk by about 25% over 5 years.

b) Cardiovascular events are defined as MI, new angina, ischemic stroke, TIA, PVD, HF & CV death.

Note: 15% on this **5 year** CVD heart & stroke risk tool is approximately equal to 20% on the common **10 year** Framingham CAD risk tool.







Risk level: 5-year CVD risk (fatal and non-fatal)	Benefits: NNT for 5 years to prevent one event (CVD events prevented per 100 people treated for 5 years)		
	1 intervention (25% risk reduction)	2 interventions (45% risk reduction)	3 interventions (55% risk reduction)
30%	13 (7.5 per 100)	7 (14 per 100)	6 (16 per 100)
20%	20 (5 per 100)	11 (9 per 100)	9 (11 per 100)
15%	27 (4 per 100)	15 (7 per 100)	12 (8 per 100)
10%	40 (2.5 per 100)	22 (4.5 per 100)	18 (5.5 per 100)
5%	80 (1.25 per 100)	44 (2.25 per 100)	36 (3 per 100)

Cardiovascular Disease (CVD) Risk Assessment Tools:

1) http://www.cvriskcalculator.com/ [AHA/ACC, 2013] Considers: age, gender, race, total cholesterol, HDL cholesterol, SBP, DBP, treatment of hypertension, diabetes, smoking status
2) http://tools.acc.org/ASCVD-Risk-Estimator-Plus/#!/calculate/estimate/ [ACC, 2018] Considers: age, sex, race, SBP, DBP, total cholesterol, HDL, LDL, diabetes, smoking status, treatment of hypertension, use of statin, use of aspirin
3) http://www.myhealthcheckup.com [Canada] Considers: age, gender, height, weight, waist measurement, total cholesterol, LDL, HDL, SBP, DBP, blood glucose; treatment of: hypertension, high cholesterol or diabetes; existence of: heart disease, stroke/TIA, PVD, family hx (CVD or diabetes), exercise, smoking status
4) https://www.projectbiglife.ca/cardiovascular-disease [Canada] Considers: age, sex, smoking (amount), alcohol consumption (amount), nutrition, physical activity, education level, weight, height, diabetes, hypertension
5) https://www.framinghamheartstudy.org/ [USA: 10year and 30year risk assessment available; interactive and excel spreadsheet] Considers: age, sex, diabetes, smoking status, SBP, total cholesterol, HDL, BMI
6) https://cvdcalculator.com [4 different calculators; data from USA, UK, New Zealand]
7) http://www.reynoldsriskscore.org/ [UK] Considers: age, gender, BP, cholesterol, smoking status, hsCRP, family hx (MI)
8) http://www.jbs3risk.com/ [UK] Considers: age, gender, ethnicity, BMI, townsend, total cholesterol, HDL, SBP
9) https://qrisk.org/three/ [UK] Useful in patients with chronic kidney disease

Blood Pressure	3
Cardiovascular Risk Factors	3
CVD Risk Assessment	3
Framingham Risk Assessment	3
Hypertension	**3**
Lipid	3
Targets	3

Acknowledgements: Written by Lynette Kosar & Brent Jensen. Thanks to our reviewers.
Disclosures: No conflicts of interest are reported by Lynette Kosar or Brent Jensen.

REFERENCES:

1. Canadian Hypertension Society -**2017 Canadian** Hypertension **Recommendations** Working Group-downloadable Summary & Slides; www.hypertension.ca
2. Leung AA, Nerenberg K, Daskalopoulou SS, et al; CHEP Guidelines Task Force. Hypertension Canada's **2016 CHEP guidelines** for blood pressure measurement, diagnosis, assessment of risk, prevention and treatment of hypertension. Can J Cardiol 2016 (accepted manuscript) doi: 10.1016/j.cjca.2016.02.066 www.onlinecjc.ca/article/S0828-282X(16)00192-6/pdf (accessed April 11, 2016).
3. Hackam DG, Quinn RR, Ravani P, et al. Canadian Hypertension Education Program. The 2013 Canadian Hypertension Education Program (CHEP) Recommendations for Blood Pressure Measurement, Diagnosis, Assessment of Risk, Prevention, and Treatment of Hypertension. Can J Cardiol. 2013 Mar 28.
4. Canadian Hypertension Education Program. 2013 CHEP recommendations for the management of hypertension. http://hypertension.ca/chep/wp-content/uploads/2011/05/FullCHEPRecommendations_EN_2011.pdf
5. ACCF American College of Cardiology Foundation / AHA American Heart Association 2011 – Hypertension in the Elderly: http://circ.ahajournals.org/cgi/reprint/CIR.0b013e31821daaf6
6. Dasgupta K, Quinn RR, Zarnke KB, et al. Canadian Hypertension Education Program. The **2014 CHEP-Canadian Hypertension** Education Program Recommendations for Blood Pressure Measurement, Diagnosis, Assessment of Risk, Prevention, and Treatment of Hypertension. Can J Cardiol. 2014 May;30(5):485-501.
7. The 2016 Canadian Hypertension Education Program Recommendations www.hypertension.ca
8. Dionne JM, Harris KC, Benoit G, et al. **Hypertension Canada's 2017 Guidelines for the Diagnosis, Assessment, Prevention, and Treatment of Pediatric Hypertension**. Can J Cardiol. 2017 May;33(5):577-585
9. Leung AA, Daskalopoulou SS, Dasgupta K, et al. **Hypertension Canada's 2017 Guidelines for Diagnosis, Risk Assessment, Prevention, and Treatment of Hypertension in Adults**. Can J Cardiol. 2017 May;33(5):557-576
10. **ACC/AHA 2017** Whelton PK, Carey RM, et al. **2017 ACC/AHA**/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA **Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure** in Adults:
11. A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Hypertension. 2017 Nov 13.
12. Nerenberg KA, Zarnke KB, Leung AA, et al. **Hypertension Canada's 2018 guidelines for diagnosis, risk assessment, prevention, and treatment of hypertension in adults and children**. Can J Cardiol 2018; February 20, 2018.
13. Rabi DM, McBrien KA, Sapir-Pichhadze R, et al. **Hypertension Canada's 2020 Comprehensive Guidelines** for the Prevention, Diagnosis, Risk Assessment, and Treatment of Hypertension in Adults and Children. Can J Cardiol. 2020;36(5):596-624. doi:10.1016/j.cjca.2020.02.086
14. Unger T, Borghi C, Charchar F, et al. **2020 International Society of Hypertension Global Hypertension Practice Guidelines**. Hypertension. 2020;75(6):1334-1357. doi:10.1161/HYPERTENSIONAHA.120.15026
15. Schutte AE, Neal B. The sodium hidden in medication: a tough pill to swallow. European Heart Journal. 2022 May 7;43(18):1756-8.
16. Genest J, McPherson R, Frohlich J, et al. **2009 Canadian** Cardiovascular Society/Canadian guidelines for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease in the adult - 2009 recommendations. Can J Cardiol. 2009 Oct;25(10):567-79.
17. McPherson R, Frohlich J, Fodor G, Genest J. **Canadian 2006** Cardiovascular Society position statement -- Recommendations for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease. Can J Cardiol. 2006 Sep;22(11):913-27. (Genest J, Frohlich J, Fodor G, McPherson R; Working Group on Hypercholesterolemia and Other Dyslipidemias. Recommendations for the management of dyslipidemia and the prevention of cardiovascular disease: summary of the **Canadian 2003 update**. CMAJ. 2003 Oct 28;169(9):921-4. http://www.cmaj.ca/cgi/data/169/9/921/DC1/1 Full Report.)
18. Anderson TJ, Grégoire J, Hegele RA, et al. **2012 Update of the Canadian Cardiovascular Society Guidelines** for the diagnosis and treatment of dyslipidemia for the prevention of cardiovascular disease in the adult. Can J Cardiol 2013;29(2):151-67. www.onlinecjc.ca/article/S0828-282X(12)01510-3/fulltext (accessed February 5, 2013).
19. Anderson TJ, Grégoire J, Pearson GJ, et al. **2016** Canadian Cardiovascular Society guidelines for the management of **dyslipidemia** for the prevention of cardiovascular disease in the adult. Can J Cardiol 2016 [accepted manuscript published online], doi: 10.1016/j.cjca.2016.07.510.
20. **Canadian 2008 Guidelines (Sept 2008)**: http://www.diabetes.ca/files/cpg2008/cpg-2008.pdf
21. Canadian 2003 Diabetes Guidelines http://www.diabetes.ca/cpg2003/download.aspx (Meltzer S, Leiter L, Daneman D, et al 1998. Clinical practice guidelines for the management of diabetes in Canada. CMAJ 1998;159 (8 Suppl).)
22. **Canadian 2013 Guidelines (April 2013)**: http://guidelines.diabetes.ca/
23. **Diabetes Canada Clinical Practice Guidelines** Expert Committee, Lipscombe L, Booth G, Butalia S, et al. **Pharmacologic Glycemic Management of Type 2 Diabetes in Adults. Can J Diabetes. 2018** Apr;42 Suppl 1:S88-S103.
24. Brown AF, Mangione CM, Saliba D, Sarkisian CA; California Healthcare Foundation/**American Geriatrics Society** Panel on Improving Care for Elders with Diabetes. Guidelines for improving the care of the older person with diabetes mellitus. J Am Geriatr Soc. **2003** May;51(5 Suppl Guidelines):S265-80.
25. Stone NJ et al. **2013 ACC/AHA** guideline on the treatment of **blood cholesterol to reduce atherosclerotic cardiovascular risk in adults**: A report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. J Am Coll Cardiol 2013 Nov 12.
26. Grundy SM, Stone NJ, Bailey AL, et al. **2018 AHA/ACC**/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the **Management of Blood Cholesterol**: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. J Am Coll Cardiol. 2018 Nov 8.

27. Grundy SM, Stone NJ, Bailey AL, et al. **2018 AHA/ACC**/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the **Management of Blood Cholesterol: Executive Summary**: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. J Am Coll Cardiol. 2018 Nov 3.
28. Wilson PWF, Polonsky TS, Miedema MD, et al. **Systematic Review for the 2018 AHA/ACC**/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the **Management of Blood Cholesterol**: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. J Am Coll Cardiol. 2018 Nov 3.
29. Schutte AE, Neal B. The sodium hidden in medication: a tough pill to swallow. European Heart Journal. 2022 May 7;43(18):1756-8.
30. Neal B, Wu Y, Feng X, Zhang R, Zhang Y, Shi J, Zhang J, Tian M, Huang L, Li Z, Yu Y. Effect of salt substitution on cardiovascular events and death. New England Journal of Medicine. 2021 Sep 16;385(12):1067-77.

Additonal articles of interest for CV Risk:

Abdelhamid AS, Martin N, Bridges C, et al. **Polyunsaturated fatty acids for the primary and secondary prevention of cardiovascular disease**. Cochrane Database Syst Rev. 2018 Jul 18;7:CD012345. This is the most extensive systematic review of RCTs conducted to date to assess effects of increasing PUFA on cardiovascular disease, mortality, lipids or adiposity. Increasing PUFA intake probably slightly reduces risk of coronary heart disease and cardiovascular disease events, may slightly reduce risk of coronary heart disease mortality and stroke (though not ruling out harms), but has little or no effect on all-cause or cardiovascular disease mortality. The mechanism may be via lipid reduction, but increasing PUFA probably slightly increases weight.
Aburto NJ, Hanson S, Gutierrez H, Hooper L, Elliott P, Cappuccio FP. Effect of increased **potassium intake** on cardiovascular risk factors and disease: systematic review and meta-analyses. BMJ. 2013 Apr 3;346:f1378.
Aburto NJ, Ziolkovska A, Hooper L, et al. Effect of lower **sodium intake** on health: systematic review and meta-analyses. BMJ. 2013 Apr 3;346:f1326.
Abushouk AI, Sayed A, Munir M, et al. **Fixed-Dose Combination (Polypill)** for Cardiovascular Disease Prevention: A Meta-Analysis. Am J Prev Med. 2022 May 22:S0749-3797(22)00185-4.
Abuzaid AS, Al Ashry HS, Elbadawi A, et al. Meta-Analysis of Cardiovascular Outcomes With **Continuous Positive Airway Pressure** Therapy in Patients With Obstructive Sleep Apnea. Am J Cardiol. 2017 Jun 1.
ACC/AHA 2017 Whelton PK, et al. **2017 ACC/AHA**/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA **Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure** in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Hypertension. 2017 Nov 13.
ACC-AHA 2023- Maron DJ, Blankstein R, et al. ACC/AHA/ASE/ASNC/ASPC/HFSA/HRS/SCAI/SCCT/SCMR/STS 2023 Multimodality Appropriate Use **Criteria for the Detection and Risk Assessment of Chronic Coronary Disease**. J Am Coll Cardiol. 2023 May 19:S0735-1097(23)05223-3.
ADA 2013: American Diabetes Association. Clinical practice recommendations. Diabetes Care 2013; 36:S1-S110. http://care.diabetesjournals.org/content/36/Supplement_1.toc
Adabag S, Huxley RR, Lopez FL, et al. **Obesity-related risk of sudden cardiac death**: the Atherosclerosis Risk in Communities study (ARIC). Heart 2014;10.1136/heartjnl-2014-306238.
Agca R, Heslinga SC, Rollefstad S, et al.**EULAR** recommendations for **cardiovascular disease risk management in patients with rheumatoid arthritis and other forms of inflammatory joint disorders**: 2015/2016 update. Ann Rheum Dis. 2016 Oct 3.
ADA 2014: American Diabetes Association. Standards of **Medical Care in Diabetes**. Diabetes Care January 2014 37:S14-S80; doi:10.2337/dc14-S014. http://care.diabetesjournals.org/content/37/Supplement_1.toc
ADA 2015: Standards of medical care in diabetes--2015: summary of revisions. Diabetes Care. 2015 Jan;38 Suppl:S4.
ADA 2017: American Diabetes Association.. 8. Pharmacologic Approaches to Glycemic Treatment. Diabetes Care. 2017 Jan;40(Suppl 1):S64-S74.
ADA 2017: American Diabetes Association.. 13. Management of Diabetes in Pregnancy. Diabetes Care. 2017 Jan;40(Suppl 1):S114-S119.
Aengevaeren VL, Mosterd A, Braber TL, et al. Relationship between **lifelong exercise** volume and coronary atherosclerosis in athletes. Circulation. 2017;136;138–148.
Afshin A, Babalola D, Mclean M, et al. **Information Technology and Lifestyle**: A Systematic Evaluation of Internet and Mobile Interventions for Improving Diet, Physical Activity, Obesity, Tobacco, and Alcohol Use. J Am Heart Assoc. 2016 Aug 31;5(9).
Aggarwal R, Yeh RW, Joynt Maddox KE, Wadhera RK. **Cardiovascular Risk Factor Prevalence**, **Treatment, and Control** in US Adults Aged 20 to 44 Years, 2009 to March 2020. JAMA. 2023 Mar 5:e232307.
Aggio D, Papacosta O, Lennon L, et al. Association between **physical activity levels in mid-life with physical activity in old age**: a 20-year tracking study in a prospective cohort. BMJ Open. 2017 Sep 21;7(8):e017378.
AHA 2013 Risk Calculator: http://my.americanheart.org/professional/StatementsGuidelines/PreventionGuidelines/Prevention-Guidelines_UCM_457698_SubHomePage.jsp
AHA- El Khoudary SR, Aggarwal B, Beckie TM, et al. Menopause Transition and Cardiovascular Disease Risk: Implications for Timing of Early Prevention: A Scientific Statement From the American Heart Association. Circulation. 2020 Nov 30:CIR0000000000000912
AHA- Parikh NI, Gonzalez JM, Anderson CAM, et al. **Adverse Pregnancy Outcomes** and Cardiovascular Disease Risk: Unique Opportunities for Cardiovascular Disease Prevention in Women: A Scientific Statement From the American Heart Association. Circulation. 2021 May 4;143(18):e902-e916.
AHA- Powell-Wiley TM, Poirier P, Burke LE, et al. **Obesity** and Cardiovascular Disease: A Scientific Statement From the American Heart Association. Circulation. 2021 Apr 22:CIR0000000000000973.
AHA- Kris-Etherton PM, Petersen KS, Després JP, et al. **Special Considerations for Healthy Lifestyle Promotion** Across the Life Span in Clinical Settings: A Science Advisory From the American Heart Association. Circulation. 2021 Oct 25:CIR0000000000001014.
AHA- Kris-Etherton PM, Petersen KS, Després JP, et al. **Strategies for Promotion of a Healthy Lifestyle** in Clinical Settings: Pillars of Ideal Cardiovascular Health: A Science Advisory From the American Heart Association. Circulation. 2021 Oct 25:CIR0000000000001018
AHA- Lichtenstein AH, Appel LJ, Vadiveloo M, et al. **2021 Dietary Guidance to Improve Cardiovascular Health**: A Scientific Statement From the American Heart Association. Circulation. 2021 Nov 2:CIR0000000000001031.
AHA- Joseph JJ, Deedwania P, Acharya T, et al. Comprehensive Management of Cardiovascular Risk **Factors for Adults With Type 2 Diabetes**: A Scientific Statement From the American Heart Association. Circulation. 2022 Jan 10:CIR0000000000001040
AHA- Lichtenstein AH, Appel LJ, Vadiveloo M, et al. **2021 Dietary Guidance** to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association. Circulation. 2021 Dec 7;144(23):e472-e487.
AHA- Lloyd-Jones DM, Allen NB, Anderson CAM, et al. Life's Essential 8: Updating and Enhancing the **American Heart Association's Construct of Cardiovascular Health**: A Presidential Advisory From the American Heart Association. Circulation. 2022 Jun 29:101161CIR0000000000001078
AHA- Mehta LS, Velarde GP, Lewey J, et al. Cardiovascular Disease Risk Factors in Women: The Impact of Race and Ethnicity: A Scientific Statement From the American Heart Association. Circulation. 2023 Apr 10. doi: 10.1161/CIR.0000000000001139.
AHA- Lamas GA, Bhatnagar A, Jones MR, et al. **Contaminant Metals** as Cardiovascular Risk Factors: A Scientific Statement From the American Heart Association. J Am Heart Assoc. 2023 Jun 12:e029852.
Ahmad FS, Ning H, Rich JD, et al. **Hypertension, Obesity, Diabetes, and Heart Failure-Free Survival**: The **Cardiovascular Disease Lifetime Risk Pooling Project**. JACC Heart Fail. 2016 Dec;4(12):911-919.
Ahmadi MN, Clare PJ, Katzmarzyk PT, et al. **Vigorous physical activity, incident heart disease, and cancer**: how little is enough? Eur Heart J. 2022 Oct 27:ehac572
Ahmadi N, Hajsadeghi F, Mirshkarlo HB, et al. **Post-traumatic stress disorder**, **coronary atherosclerosis, and mortality**. Am J Cardiol. 2011 Jul 1;108(1):29-33.
Ahmed HM, Blaha MJ, Nasir K, et al. Effects of **Physical Activity** on Cardiovascular Disease. Am J Cardiol. 2011 Oct 17.
Ahmed HM, Blaha MJ, Nasir K, et al. **Low-risk lifestyle, coronary calcium**, cardiovascular events, and mortality: results from MESA.Am J Epidemiol 2013.
Ahmad S, Moorthy MV, Demler OV, et al. **Assessment of Risk Factors and Biomarkers Associated With Risk of Cardiovascular Disease Among Women Consuming a Mediterranean Diet**. JAMA Netw Open. 2018;1(8):e185708.
Ahn H-J, Lee S-R, Choi E-K, Han K-D, Jung J-H, Lim J-H, et al. (2021) Association between **exercise habits and stroke, heart failure, and mortality** in Korean patients with incident atrial fibrillation: A nationwide population-based cohort study. PLoS Med 18(6): e1003659
Ai S, Zhang J, Zhao G, et al. **Causal associations of short and long sleep durations** with 12 cardiovascular diseases: linear and nonlinear Mendelian randomization analyses in UK Biobank. Eur Heart J. 2021 Sep 7;42(34):3349-3357
Akesson A, Larsson SC, Discacciati A, et al. **Low-Risk Diet and Lifestyle Habits** in the Primary Prevention of Myocardial Infarction in Men: A Population-Based Prospective Cohort Study. J Am Coll Cardiol. 2014 Sep 30;64(13):1299-306.
Aladin AI, Al Rifai M, Rasool SH, et al. Relation of **Coronary Artery Calcium and Extra-Coronary Aortic Calcium** to Incident Hypertension (from the Multi-Ethnic Study of Atherosclerosis). Am J Cardiol. 2018 Jan 15;121(2):210-216
Alageel S, Gulliford MC. **Health checks and cardiovascular risk** factor values over six years' follow-up: Matched cohort study using electronic health records in England. PLoS Med. 2019 Jul 30;16(7):e1002863.
Alahmad B, Khraishah H, Royé D, et al. Associations Between **Extreme Temperatures and Cardiovascular Cause-Specific Mortality**: Results From 27 Countries. Circulation. 2022 Dec 12. doi: 10.1161/CIRCULATIONAHA.122.061832.
Alahmad B, Khraishah H, Shakarchi AF, et al. Cardiovascular **Mortality and Exposure to Heat** in an Inherently Hot Region: Implications for Climate Change. Circulation. 2020 Apr 14;141(15):1271-1273
Alcaraz KI, Eddens KS, Blase JL, et al. **Social Isolation and Mortality** in US Black and White Men and Women. Am J Epidemiol. 2018 Oct 16.
Allan, G. Michael, Mallery, Laurie, Ivers, Noah. Treating hypertension in the **very elderly**. Can Fam Physician 2010 56: 1141.

Allan GM, Nouri F, Korownyk C, et al. Agreement among **cardiovascular disease risk calculators**. Circulation. 2013;127:1948–195

Allen K, Pearson-Stuttard J, Hooton W, et al. Potential of **trans fats policies** to reduce socioeconomic inequalities in mortality from coronary heart disease in England: cost effectiveness modeling study. BMJ. 2015 Sep 15;351:h4583.

Allen N, Berry J, Ning H, et al. **Impact of blood pressure** and blood pressure change during middle age on the remaining lifetime risk for cardiovascular disease the cardiovascular lifetime risk pooling project. Circulation 2012;

Allen NB, Krefman AE, Labarthe D, et al. **Cardiovascular Health Trajectories From Childhood Through Middle Age** and Their Association With Subclinical Atherosclerosis. JAMA Cardiol. 2020 Mar 11. doi: 10.1001/jamacardio.2020.0140.

Allen NB, Zhao L, Liu L, et al. **Favorable cardiovascular health**, compression of morbidity, and healthcare costs: **forty-year follow-up of the CHA study** (**Chicago** Heart Association Detection Project in Industry). Circulation. 2017;135:1693–1701.

Alhalabi L, Singleton MJ, Oseni AO, et al. Relation of Higher Resting Heart Rate to Risk of Cardiovascular Versus Noncardiovascular Death. Am J Cardiol. 2017 Jan 5.

Alimujiang A, Wiensch A, Boss J, Fleischer NL, Mondul AM, McLean K, Mukherjee B, Pearce CL**. Association Between Life Purpose and Mortality** Among US Adults Older Than 50 Years. JAMA Netw Open. 2019 May 3;2(5):e194270.

Alpert JS. Cardiology **patient page**. What you need to know if you have **coronary artery disease**. Circulation. 2011 Aug 9;124(6):e176-8.

Al Rifai M, Blaha MJ, Nambi V, et al. Determinants of Incident Atherosclerotic Cardiovascular Disease Events Among Those With **Absent Coronary Artery Calcium**: Multi-Ethnic Study of Atherosclerosis. Circulation. 2021 Dec 8. doi: 10.1161/CIRCULATIONAHA.121.056705.

Al-Shaar L, Satija A, Wang DD, et al. **Red meat intake** and risk of coronary heart disease among US men: prospective cohort study. BMJ. 2020 Dec 2;371:m4141.

Alshehri AA, Jalal Z, Cheema E, et al. Impact of the **Pharmacist-Led Intervention on the Control of Medical Cardiovascular Risk** Factors for the Primary Prevention of Cardiovascular Disease in General Practice:A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Br J Clin Pharmacol. 2019 Nov 27. doi: 10.1111/bcp.14164.

Alvarez-Bueno C, Cavero-Redondo I, Martinez-Andres M, et al. Effectiveness of **multifactorial interventions** in **primary health care** settings for primary prevention of cardiovascular disease: A systematic review of systematic reviews. Prev Med. 2014 Dec 12.

An P, Wan S, Luo Y, et al. **Micronutrient Supplementation to Reduce Cardiovascular Risk**. J Am Coll Cardiol. 2022 Dec 13;80(24):2269-2285

Anchan R, Cifu AS, Paul J. Management of Acute Coronary Syndromes in Patients Without **Persistent ST-Segment Elevation**. JAMA. 2021 Apr 20;325(15):1556-1557

Andersen K et al. **Exercise capacity and muscle strength** and risk of vascular disease and arrhythmia in 1.1 million young Swedish men: Cohort study. BMJ 2015 Sep 16; 351:h4543.

Andersen K, Farahmand B, Ahlbom A, et al. Risk of arrhythmias in 52 755 **long-distance cross-country skiers**: a cohort study. Eur Heart J. 2013 Jun 11.

Andersen K, Rasmussen F, Held C, et al. **Exercise capacity and muscle strength** and risk of vascular disease and arrhythmia in 1.1 million young Swedish men: cohort study. BMJ. 2015 Sep 16;351:h4543.

Anderson J, et al. **Calcium intake from Diet and Supplements** & the Risk of Coronary Atery Calcification and its Progression Among Older Adults : 10-Year Follow-Up of the Multi-Ethnic Study of Atherosclerosos (MESA). J Am Heart Assoc.2016 ;5 :e003815.

Anderson JB, Grenier M, Edwards NM, et al. Usefulness of Combined History, Physical Examination, Electrocardiogram, and Limited Echocardiogram in Screening Adolescent Athletes for Risk for Sudden Cardiac Death. Am J Cardiol. 2014 Sep 17.

Anderson JJ, Kruszka B, et al. **Calcium intake from diet and supplements** and the risk of coronary artery calcification and its progression among older adults: 10-year follow-up of the Multi-Ethnic Study of Atherosclerosis (MESA). *J Am Heart Assoc* 2016.

Anderson L, Oldridge N, Thompson DR, et al. **Exercise-Based Cardiac Rehabilitation** for Coronary Heart Disease: Cochrane Systematic Review and Meta-Analysis. J Am Coll Cardiol. 2016 Jan 5;67(1):1-12.

Anderson L, Taylor RS. Cardiac rehabilitation for people with heart disease: an overview of Cochrane systematic reviews. Cochrane Database of Systematic Reviews 2014, Issue 12. Art. No.: CD011273. DOI: 10.1002/14651858.CD011273.pub2. Exercise-based cardiac rehabilitation is an effective and safe therapy to be used in the management of clinically stable people following myocardial infarction or percutaneous coronary intervention or who have heart failure. Future RCTs of cardiac rehabilitation need to improve their reporting methods and reflect the real world practice better including the recruitment of higher risk people and consideration of contemporary models of cardiac rehabilitation delivery, and identify effective interventions for enhancing adherence to rehabilitation.

Angell SY, Cobb LK, Curtis CJ, et al. Change in **trans fatty acid** content of fast-food purchases associated with New York City's restaurant regulation. Ann Intern Med 2012

Ankle Brachial Index Collaboration, Fowkes FG, Murray GD, Butcher I, Heald CL, Et al. **Ankle brachial index combined with Framingham** Risk Score to predict cardiovascular events and mortality: a meta-analysis. JAMA. 2008 Jul 9;300(2):197-208. Measurement of the ABI may improve the accuracy of cardiovascular risk prediction beyond the FRS.

Antiochos P, Ge Y, Steel K, et al. Evaluation of Stress Cardiac Magnetic Resonance Imaging in **Risk Reclassification** of Patients With Suspected Coronary Artery Disease. JAMA Cardiol. 2020;10.1001/jamacardio.2020.2834.

Antman EM, Appel LJ, Balentine D, et al. Stakeholder discussion to reduce population-wide sodium intake and decrease **sodium in the food supply**: a conference report from the american heart association sodium conference 2013 planning group. Circulation. 2014 Jun 24;129(25):e660-79.

Antonisamy B, Vasan SK, Geethanjali FS, et al. **Weight Gain and Height Growth during Infancy**, Childhood, and Adolescence as Predictors of Adult Cardiovascular Risk. J Pediatr. 2016 Nov 4.

Appel LJ. Reducing **Sodium** Intake to Prevent Stroke: Time for Action, Not Hesitation. Stroke. 2014 Jan 21.

Araujo CG, de Souza E Silva CG, Laukkanen JA, et al. Successful 10**-second one-legged stance performance predicts survival** in middle-aged and older individuals. Br J Sports Med. 2022 Jun 21:bjsports-2021-105360.

Arbab-Zadeh A, Miller JM, Rochitte CE, et al. Diagnostic accuracy of **computed tomography coronary angiography** according to pre-test probability of coronary artery disease and severity of coronary arterial calcification: The CORE-64 (Coronary Artery Evaluation Using 64-Row Multidetector Computed Tomography Angiography) international multicenter

Arbab-Zadeh A, Perhonen M, Howden E, et al. Cardiac remodeling in response to 1 year of **intensive endurance training**. *Circulation* 2014.

Arcand J, Steckham K, Tzianetas R, et al. Evaluation of **sodium levels in hospital patient menus**. Arch Intern Med 2012.

Arcaya M, Glymour MM, Chakrabarti P, et al. Effects of proximate **foreclosed properties** on individuals' systolic blood pressure in Massachusetts, 1987 to 2008. Circulation. 2014;129:2262–2268.

Arem H, Moore SC, Patel A, et al. Leisure Time **Physical Activity and Mortality**: A Detailed Pooled Analysis of the Dose-Response Relationship. JAMA Intern Med. 2015 Apr 6.

Armenian SH, Sun CL, Vase T, Ness KK, et al. Cardiovascular risk factors in **hematopoietic cell transplantation** (HCT) survivors: Role in development of subsequent cardiovascular disease. Blood 2012

Armstrong AW, Harskamp CT, Ledo L et al. Coronary Artery Disease in Patients With **Psoriasis** Referred for Coronary Angiography. Am J Cardiol. 2012 Jan 3.

Armstrong ME, Green J, et al. **Million Women Study** Collaborators. **Frequent physical activity** may not reduce vascular disease risk as much as moderate activity: large prospective study of women in the United kingdom. Circulation. 2015 Feb24;131(8):721-9.

Armstrong S, Wong CA, Perrin E, et al. Association of **Physical Activity With Income, Race/Ethnicity, and Sex Among Adolescents and Young Adults** in the United States: Findings From the National Health and Nutrition Examination Survey, 2007-2016. JAMA Pediatr. 2018 Jun 11.

Arnett DK, Blumenthal RS, Albert MA, et al. 2019 ACC/AHA Guideline on the **Primary Prevention** of Cardiovascular Disease: Executive Summary. J Am Coll Cardiol. 2019 Mar 7.

Arnett DK, Khera A, Blumenthal RS. 2019 ACC/AHA **Guideline on the Primary Prevention** of Cardiovascular Disease: Part 1, Lifestyle and Behavioral Factors. JAMA Cardiol. 2019 Jul 31. doi: 10.1001/jamacardio.2019.2604.

Arnott C, Nelson M, Alfaro Ramirez M, et al. Maternal cardiovascular **risk after hypertensive disorder of pregnancy**. Heart. 2020;heartjnl-2020-316541

Arnson Y, Rozanski A, Gransar H, et al. Comparison of the **Coronary Artery Calcium Score and Number of Calcified Coronary Plaques** for Predicting Patient Mortality Risk. Am J Cardiol. 2017 Dec 15;120(12):2154-2159.

Aro AL, Rusinaru C, Uy-Evanado A, et al. **Sexual Activity** as a Trigger for Sudden Cardiac Arrest. J Am Coll Cardiol.2017 Oct 30.

Arsenault, Benoit J., Lemieux, Isabelle, Despres, Jean-Pierre, et al. The **hypertriglyceridemic-waist phenotype** and the risk of coronary artery disease: results from the EPIC-Norfolk Prospective Population Study. CMAJ 2010 182: 1427-1432.

Artinian NT, Fletcher G, Mozaffarian D, et al on behalf of the American Heart Association (AHA) Prevention Committee of the Council on Cardiovascular Nursing. Interventions to promote **physical activity and dietary lifestyle** changes for cardiovascular risk factor reduction in adults; a scientific statement from the American Heart Association. Circulation 2010; DOI: 10.1161/CIR.0b013e3181e8edf1.

Arts EE, Fransen J, den Broeder AA, et al. The effect of disease duration and disease activity on the **risk of cardiovascular disease** in rheumatoid arthritis patients. Ann Rheum Dis. 2014 Jan 23.

Arts EE, Popa C, Den Broeder AA, Semb et al. Performance of four current **risk algorithms in predicting cardiovascular events in patients with early rheumatoid arthritis**. Ann Rheum Dis. 2015 Apr; 74(4):668-74.

Ashburn NP, Snavely AC, O'Neill JC, et al. Performance of the European Society of Cardiology **0/1-Hour Algorithm With High-Sensitivity Cardiac Troponin T** Among Patients With Known Coronary Artery Disease. JAMA Cardiol. 2023 Mar 1:e230031.

Ashley EA, Hershberger RE, Caleshu C, et al. **Genetics and cardiovascular disease**. A policy statement from the American Heart Association. Circulation 2012.

Aspry KE, Van Horn L, Carson JAS, et al. Medical Nutrition Education, Training, and Competencies **to Advance Guideline-Based Diet Counseling by Physicians**: A Science Advisory From the American Heart Association. Circulation. 2018 Jun 5;137(23):e821-e841.

Astrup A, Bertram HC, Bonjour JP, et al. **WHO draft guidelines on dietary saturated and trans fatty acids**: time for a new approach? BMJ. 2019 Jul 3;366:l4137.

Auer R, Bauer DC, Marques-Vidal P, et al. **Association of major and minor ECG abnormalities** with coronary heart disease events.JAMA 2012; 307:1497-1505.

Auger N et al. Long-term risk of cardiovascular disease in **women who have had infants with heart defects**. Circulation 2018. Apr 2

Aune D, Sen A, Prasad M, et al. **Body mass index** and all cause mortality: systematic review and non-linear dose-response meta-analysis of 230 prospective studies with 3.74 million deaths among 30.3 million participants. BMJ 2016;353:i1256.

Aune D, Chan DS, Lau R, et al. **Dietary fibre, whole grains**, and risk of colorectal cancer: systematic review and dose-response meta-analysis of prospective studies. BMJ 2011;343:d6617. doi:10.1136/bmj.d6617 pmid:22074852.

Aune D, Keum N, Giovannucci E, et al. **Nut consumption** and risk of cardiovascular disease, total cancer, all-cause and cause-specific mortality: a systematic review and dose-response meta-analysis of prospective studies. BMC Med. 2016 Dec 5;14(1):207

Aung T, Halsey J, Kromhout D, et al. Associations of **Omega-3 Fatty Acid Supplement Use** With Cardiovascular Disease Risks: Meta-analysis of 10 Trials Involving 77 917 Individuals. JAMA Cardiol. 2018 Jan 31.

Ayyavoo A, Savage T, Derraik JG, et al. **First-born Children** Have Reduced Insulin Sensitivity and Higher Daytime Blood Pressure Compared to Later-Born Children. J Clin Endocrinol Metab. 2013 Jan 30.

Azad MB, Abou-Setta AM, Chauhan BF, et al. **Nonnutritive sweeteners** and cardiometabolic health: a systematic review and meta-analysis of randomized controlled trials and prospective cohort studies. CMAJ. 2017 Jul 17;189(28):E929-E939

Bachmann JM, Willis BL, Ayers CR, et al. Association between **Family History and Coronary Heart Disease Death** across Long-Term Follow-Up in Men: The Cooper Center Longitudinal Study. Circulation. 2012 May 23.

Baggish, Aaron L. Hutter, Jr Adolph M.., Wang, Francis Et al. Cardiovascular Screening in College **Athletes** With and Without Electrocardiography: A Cross-sectional Study. Ann Intern Med March 2, 2010 152:269-275

Bairey Merz CN, Andersen H, Sprague E, et al. Knowledge, Attitudes, and Beliefs Regarding **Cardiovascular Disease in Women**: The Women's Heart Alliance. J Am Coll Cardiol. 2017 Jun 20.

Baker PRA, Francis DP, Soares J, Weightman AL, Foster C. **Community wide interventions for increasing physical activity**. Cochrane Database of Systematic Reviews 2011, Issue 4. Art. No.: CD008366. DOI: 10.1002/14651858.CD008366.pub2.

Bandosz P, O'Flaherty M, Drygas W, et al. **Decline in mortality from coronary heart disease in Poland** after socioeconomic transformation: modelling study. BMJ 2012;344:d8136.

Banerjee A, Newman DR, Van den Bruel A, Heneghan C. **Diagnostic accuracy of exercise stress testing** for coronary artery disease: a systematic review and meta-analysis of prospective studies. Int J Clin Pract. 2012 May;66(5):477-92.

Banerjee A. **Macroeconomics and cardiovascular risk factors**: the same view through a different lens? Circulation. 2013 Apr 9;127(14):1451-2.

Bangalore S, Kumar S, Lobach I, et al. **Blood pressure targets in subjects with type 2 diabetes mellitus/impaired fasting glucose**: Observations from traditional and Bayesian random-effects meta-analyses of randomized trials. Circulation 2011.

Bangalore S, Fayyad R, Laskey R, et al. **Body-Weight Fluctuations** and Outcomes in Coronary Disease. N Engl J Med. 2017 Apr 6;376(14):1332-1340.

Bansilal S, Castellano JM, Garrido E, et al. Assessing the impact of **medication adherence** on long-term cardiovascular outcomes. J Am Coll Cardiol 2016; 68:789-801.

Barbarawi M, Kheiri B, Zayed Y, et al. **Vitamin D supplementation** and cardiovascular disease risks in more than 83 000 individuals: meta-analysis of 21 randomized clinical trials [online June 19, 2019]. JAMA Cardiol. doi:10.1001/jamacardio.2019.1870

Barbiellini Amidei C, Trevisan C, Dotto M, et al. Association of **physical activity trajectories** with major cardiovascular diseases in elderly people. Heart. 2022 Mar;108(5):360-366.

Baron SL, Hein MJ, Lehman E et al. **Body Mass Index, Playing Position, Race, and the Cardiovascular Mortality** of Retired **Professional Football Players**. (NFL) Am J Cardiol. 2012 Jan 13.

Barr ELM, Barzi F, Rohit A, et al. Performance of **cardiovascular risk prediction equations** in Indigenous Australians. Heart. 2020 Jan 16. doi: 10.1136/heartjnl-2019-315889

Barraclough K, Gale CP, Hall R. Assessment of **chest pain** in a low risk patient: is the **exercise tolerance test** obsolete? BMJ. 2015 May 6;350:h1905.

Barreto Pde S. Global health agenda on non-communicable diseases: has WHO set a smart goal for **physical activity**? BMJ. 2015 Jan 21;350:h23.

Barroso M, Zomeño MD, Díaz JL, et al. Control of cardiovascular **risk factors with tailored recommendations**: A randomized controlled trial. Prev Med. 2020 Dec;141:106302

Barry AR, O'Neill DE, Graham MM. **Primary Prevention** of Cardiovascular Disease in Older Adults. Can J Cardiol. 2016 Apr 19.

Bartels SJ, Pratt SI, Aschbrenner KA, et al. Pragmatic replication trial of **health promotion coaching** for obesity in serious mental illness and maintenance of outcomes. Am J Psychiatry 2015;172:344–52.

Bartlett J, Predazzi IM, Williams SM, et al. Is isolated **low high-density lipoprotein cholesterol** a cardiovascular disease risk factor? New insights from the Framingham Offspring Study. *Circ Cardiovasc Qual Outcomes* 2016.

Barton P, Andronis L, Briggs A, et al. Effectiveness and cost effectiveness of **cardiovascular disease prevention in whole populations**: modelling study. BMJ. 2011 Jul 28;343:d4044.

Basterra-Gortari FJ, Bes-Rastrollo M, Gea A, et al. **Television Viewing, Computer Use, Time Driving** and All-Cause Mortality: The SUN Cohort. J Am Heart Assoc. 2014 Jun 25;3(3).

Batacan RB Jr, Duncan MJ, Dalbo VJ, et al. Effects of **high-intensity interval training** on cardiometabolic health: a systematic review and meta-analysis of intervention studies. Br J Sports Med. 2017 Mar;51(6):494-503.

Battes L, Barendse R, Steyerberg EW, et al. Development and Validation of a **Cardiovascular Risk Assessment Model** in Patients With Established Coronary Artery Disease. Am J Cardiol. 2013 Apr 1.

Bayturan Ozgur; Tuzcu E. Murat; Lavoie Andrea; et al. The **Metabolic Syndrome**, Its **Component Risk Factors**, and Progression of Coronary Atherosclerosis. *Arch Intern Med*. 2010;170(5):478-484.

Beatty AL, Schiller NB, Whooley MA. **Six-minute walk test** as a prognostic tool in stable coronary heart disease: data from the heart and soul study. Arch Intern Med. 2012 Jul 23;172(14):1096-102.

Beatty AL, Ku IA, Christensen RH, et al. **High-sensitivity cardiac troponin T levels** and secondary events in outpatients with coronary heart disease from the Heart and Soul study. JAMA Intern Med 2013 .

Beatty AL, Ku IA, Bibbins-Domingo K, et al. **Traditional Risk Factors Versus Biomarkers** for Prediction of Secondary Events in Patients With Stable Coronary Heart Disease: From the Heart and Soul Study. J Am Heart Assoc. 2015 Jul 6;4(7).

Beckett NS, Peters R, Fletcher AE, Staessen JA, Liu L, et al.; the **HYVET** Study Group. Treatment of Hypertension in Patients 80 Years of Age or Older.N Engl J Med. 2008 Mar 31; [Epub ahead of print].

Beelen R, Raaschou-Nielsen O, Stafoggia M, et al. Effects of long-term exposure to **air pollution** on natural-cause mortality: an analysis of 22 European cohorts within the multicentre ESCAPE project. Lancet 2013; online Dec 9.

Bell KJ, Hayen A, Irwig L, et al. When to **remeasure cardiovascular risk** in untreated people at low and intermediate risk: observational study. BMJ. 2013 Apr 3;346:f1895.

Bell KJL, White S, Hassan O, et al. Evaluation of the Incremental **Value of a Coronary Artery Calcium Score** Beyond Traditional Cardiovascular Risk Assessment: A Systematic Review and Meta-analysis. JAMA Intern Med. 2022 Apr 25. doi: 10.1001/jamainternmed.2022.1262

Bell GA, Kantor ED, Lampe JW, et al. Intake of **Long-Chain ω-3 Fatty Acids From Diet and Supplements** in Relation to Mortality. Am J Epidemiol. 2014 Feb 3.

Bell JA, Hamer M, Sabia S, et al. The natural course of **healthy obesity** over 20 years. J Am Coll Cardiol 2014; 65:101-102.

Beller GA, et al. 2010 ACCF/AHA Guideline: **Assessment of Cardiovascular Risk in Asymptomatic Adults.** A Report of the American College of Cardiology Foundation/American Heart Association Task Force on Practice Guidelines Developed in Collaboration With the American Society of Echocardiography, American Society of Nuclear Cardiology, Society of Atherosclerosis Imaging and Prevention, Society for Cardiovascular Angiography and Interventions, Society of Cardiovascular Computed Tomography, and Society for Cardiovascular Magnetic Resonance. J Am Coll Cardiol. 2010 Dec 14;56(25):e50-e103. http://content.onlinejacc.org/cgi/reprint/56/25/e50.pdf

Bellettiere J, LaMonte MJ, Evenson KR, et al. **Sedentary behavior and cardiovascular disease** in older women: The Objective Physical Activity and Cardiovascular Health (OPACH) Study. Circulation. 2019 Feb 19;139(8):1036-1046.

Bello NA, Miller EC, Cleary KL, Wapner R. Cases in Precision Medicine: A Personalized Approach to Stroke and Cardiovascular **Risk Assessment in Women**. Ann Intern Med. 2019 Oct 15. doi: 10.7326/M19-1601.

Benjamin EJ, Muntner P, Alonso A, et al. Heart Disease and Stroke **Statistics-2019 Update**: A Report From the American Heart Association. Circulation. 2019 Jan 31: CIR0000000000000659.

Bennett DA, Du H, et al; China Kadoorie Biobank Study Collaborative Group. Association of **physical activity** with risk of major cardiovascular diseases in Chinese men and women [online November 8, 2017].JAMA Cardiol. doi:10.1001/jamacardio.2017.4069

Bennett-Britton I, Teyhan A, et al. Changes in **marital quality** over 6 years and its association with cardiovascular disease risk factors in men: findings from the ALSPAC prospective cohort study. J Epidemiol Community Health. 2017 Nov;71(11):1094-1100.

Berge LI, Skogen JC, Sulo G, et al. **Health anxiety** and risk of ischaemic heart disease: a prospective cohort study linking the Hordaland Health Study (HUSK) with the Cardiovascular Diseases in Norway (CVDNOR) project. BMJ Open. 2016 Nov 3;6(11):e012914.

Bergeron N, Chiu S, Williams PT, et al. Effects of red meat, white meat, and nonmeat **protein sources on atherogenic lipoprotein measures** in the context of low compared with high saturated fat intake: a randomized controlled trial. Am J Clin Nutr. 2019Jun4.

Bergh C, Udumyan R, Fall K, et al. **Stress resilience and physical fitness** in adolescence and risk of coronary heart disease in middle age. Heart. 2015 Mar 4. pii: heartjnl-2014-306703.

Berkelmans GFN, Gudbjornsdottir S, Visseren FLJ, et al. Prediction of **individual life-years gained without cardiovascular events** from lipid, blood pressure, glucose, and aspirin treatment based on data of more than 500 000 patients with **Type 2 diabetes mellitus**. Eur Heart J. 2019 Jan 9.

Berra K, Rippe J, Manson JE. Making **physical activity counseling a priority** in clinical practice: the time for action is now. JAMA. 2015 Dec 10.

Berry JD et al. **Lifetime risks** of cardiovascular disease. N Engl J Med 2012 Jan 26; 366:321.

Bhaskaran K, dos-Santos-Silva I, Leon DA, et al. Association of **BMI with overall and cause-specific mortality**: a population-based cohort study of 3·6 million adults in the UK. Lancet Diabetes Endocrinol 2018; online Oct 30.

Bhaskaran K, Hajat S, Armstrong B, Haines A, Herrett E, Wilkinson P, et al. The effects of hourly differences in **air pollution** on the risk of myocardial infarction: case crossover analysis of the MINAP database. BMJ 2011;343:d5531.

Bhatia RS, Pendrith C, Ross H; Canadian Cardiovascular Society Choosing Wisely Canada Committee. **Cardiac testing in an asymptomatic** 42-year-old man. CMAJ. 2015 Jul 14;187(10):747-9.

Bhatia RS, Bouck Z, Ivers NM, et al. **Electrocardiograms** in Low-Risk Patients Undergoing An Annual Health Examination. JAMA Intern Med. 2017 Jul 10.

Bhatt Deepak L.; Eagle Kim A.; Ohman E. Magnus; et al. for the **REACH** Registry Investigators. Comparative Determinants of 4-Year Cardiovascular Event **Rates in Stable Outpatients** at Risk of or With Atherothrombosis. JAMA. 2010;0(2010):jama.2010.1322.

Bibbins-Domingo, Kirsten, Chertow, Glenn M., Coxson, Pamela G., et al. Projected Effect of Dietary **Salt Reductions** on Future Cardiovascular Disease. N Engl J Med 2010 0: NEJMoa0907355.

Bibbins-Domingo K. The **Institute of Medicine (IOM) Report Sodium Intake** in Populations: Assessment of Evidence: Summary of Primary Findings and Implications for Clinicians. JAMA Intern Med. 2013 Oct 28.

Biddinger KJ, Emdin CA, Haas ME, et al. Association of **Habitual Alcohol Intake With Risk** of Cardiovascular Disease. JAMA Netw Open. 2022 Mar 1;5(3):e223849.

Bilhorn KR, Luo Y, Lee BT, Wong ND. High-Density Lipoprotein Cholesterol, **High-Sensitivity C-Reactive Protein**, and Cardiovascular Disease in United States Adults. Am J Cardiol. 2012 Aug 1.
Biswas A, Oh PI, Faulkner GE, et al. **Sedentary Time** and Its Association With Risk for Disease Incidence, Mortality, and Hospitalization in Adults: A Systematic Review and Meta-analysis. Ann Intern Med. 2015 Jan 20;162(2):123-32.
Bittner V, Bertolet M, Barraza R, et al. **Comprehensive cardiovascular risk factor control improves survival**. *J Am Coll Cardiol* 2015; 66:765-773.
Blaha M, Budoff M, DeFilippis A, et al. Association between **C-reactive protein, coronary artery calcium**, and cardiovascular events: implications for the JUPITER population from MESA, a population-based cohort study. Lancet 2011; 378: 684-692.
Blaha MJ, Hung RK, Dardari Z, Feldman et al. Age-dependent prognostic value of exercise capacity and derivation of **fitness-associated biologic age**. Heart. 2016 Mar;102(6):431-7.
Bloomfield HE, Koeller E, Greer N, et al. Effects on Health Outcomes of a **Mediterranean Diet** With No Restriction on Fat Intake: A Systematic Review and Meta-analysis. Ann Intern Med. 2016 Jul 19.
Blumenthal James A.; Babyak Michael A.; Hinderliter Alan; et al. Effects of the **DASH Diet** Alone and in Combination With Exercise and Weight Loss on Blood Pressure and Cardiovascular Biomarkers in Men and Women With High Blood Pressure: The **ENCORE** Study. *Arch Intern Med*. 2010;170(2):126-135.
Bluemke DA, Achenbach S, Budoff M, et al. Noninvasive Coronary Artery Imaging. **Magnetic Resonance Angiography and Multidetector Computed Tomography Angiography**. A Scientific Statement From the American Heart Association Committee on Cardiovascular Imaging and Intervention of the Council on Cardiovascular Radiology and Intervention, and the Councils on Clinical Cardiology and Cardiovascular Disease in the Young. Circulation. 2008 Jun 27. [Epub ahead of print]
Boakye E, Kwapong YA, Obisesan O, et al. **Nativity-Related Disparities in Preeclampsia** and Cardiovascular Disease Risk Among a Racially Diverse Cohort of US Women. JAMA Netw Open. 2021 Dec 1;4(12):e2139564
Boden WE, Franklin BA, Wenger NK. **Physical activity** and structured exercise for patients with stable ischemic heart disease.JAMA 2013; 309:143-144.
Bolla M, Van Tienhoven G, Warde P, et al. External irradiation with or without long-term **androgen suppression for prostate cancer** with high metastatic risk: 10-year results of an EORTC randomised study. Lancet Oncol 2010;11:1066-73.
Bonaccio M, Di Castelnuovo A, Costanzo S, et al. **Mediterranean diet and mortality in the elderly**: a prospective cohort study and a meta-analysis. Br J Nutr. 2018 Oct;120(8):841-854.
Bonaccio M, Di Castelnuovo A, Costanzo S, et al. **Ultra-processed food consumption** is associated with increased risk of all-cause and cardiovascular mortality in the Moli-sani Study. Am J Clin Nutr. 2020 Dec 18:nqaa299
Bonaccio M, Di Castelnuovo A, Ruggiero E, et al. Joint association of **food nutritional profile by Nutri-Score front-of-pack label and ultra-processed food intake** with mortality: Moli-sani prospective cohort study BMJ 2022;378:e070688 doi:10.1136/bmj-2022-070688
Bonow, Robert O. Should **Coronary Calcium Screening** Be Used in Cardiovascular Prevention Strategies? N Engl J Med 2009 361: 990-997.
Bosner, Stefan, Haasenritter, Jorg, Becker, Annette, et al. Ruling out coronary artery disease in **primary care**: development and validation of a **simple prediction rule**. CMAJ 2010 0: cmaj.100212.
Bouchard C, Blair SN, Church TS, et al. **Adverse metabolic response to regular exercise**: Is it a rare or common occurrence? PLoS ONE 2012.
Bozeman W, Teacher E, Winslow J, et al. Transcardiac conducted electrical weapon (**Taser**) probe deployments: incidence and outcomes. J Emerg Med 2012.
Brand A, Visser ME, Schoonees A, Naude CE. **Replacing salt with low-sodium salt substitutes** (LSSS) for cardiovascular health in adults, children and pregnant women. Cochrane Database Syst Rev. 2022 Aug 10;8(8):CD015207. When compared to regular salt, LSSS probably reduce blood pressure, non-fatal cardiovascular events and cardiovascular mortality slightly in adults. However, LSSS also probably increase blood potassium slightly in adults. These small effects may be important when LSSS interventions are implemented at the population level. Evidence is limited for adults without elevated blood pressure, and there is a lack of evidence in pregnant women and people in whom an increased potassium intake is known to be potentially harmful, limiting conclusions on the safety of LSSS in the general population. We also cannot draw firm conclusions about effects of non-discretionary LSSS implementations. The evidence is very uncertain about the effects of LSSS on blood pressure in children.
Brander G, Isomura K, Chang Z, et al. Association of **Tourette Syndrome and Chronic Tic Disorder** With Metabolic and Cardiovascular Disorders. JAMA Neurol. 2019 Jan 14.
Brandt EJ, Chang T, Leung C, et al. **Food Insecurity** Among Individuals With Cardiovascular Disease and Cardiometabolic Risk Factors Across Race and Ethnicity in 1999-2018. JAMA Cardiol. 2022 Sep 28. doi: 10.1001/jamacardio.2022.3729
Brandt R J, Myerson R, Coca M, et al. Hospital admissions for myocardial infarction and stroke before and after the **trans-fatty acid restrictions** in New York. JAMA Cardiol 2017.
Bredin SS, Gledhill N, Jamnik VK, et al. **PAR-Q+ and ePARmed-X+:** New risk stratification and **physical activity** clearance strategy for physicians and patients alike. Can Fam Physician. 2013 Mar;59(3):273-7.
Brenner DJ, Shuryak I, Jozsef G, deWyngaert JK, Formenti SC. Risk and risk reduction of major coronary events associated with contemporary **breast radiotherapy** [online October 28, 2013]. JAMA Intern Med. doi:10.1001/jamainternmed.2013.11790.
Breton CV, Wang X, Mack WJ, et al. Childhood **air pollutant exposure (ozone)** and carotid artery intima-media thickness in young adults. Circulation. 2012;126:1614 –1620.
Brett T, Arnold-Reed D, Phan C, et al. The **Fremantle** Primary Prevention Study: a multicentre randomised trial of **absolute cardiovascular risk reduction**. Br J Gen Pract. 2012;e22-28.
Brewer LC, Bowie J, Slusser JP, et al. **Religiosity/Spirituality and Cardiovascular Health**: The American Heart Association Life's Simple 7 in African Americans of the Jackson Heart Study. J Am Heart Assoc. 2022 Sep 6;11(17):e024974
Brewer N, Wright CS, Travier N, Cunningham CW, Hornell J, Pearce N, Jeffreys M. A New Zealand linkage study examining the associations between A1C concentration and mortality. Diabetes Care. 2008 Jun;31(6):1144-9. Epub 2008 Feb 25. This is the largest study to date of **A1C** levels and subsequent mortality risk. It confirms previous findings that A1C levels are strongly associated with subsequent mortality in both men and women without a prior diabetes diagnosis.
Brindle P, Beswick A, Fahey T, Ebrahim S. Accuracy and impact of risk assessment in the primary prevention of cardiovascular disease: a systematic review. Heart. 2006 Dec;92(12):1752-9. Epub 2006 Apr 18. For CHD, the predicted to observed ratios ranged from an underprediction of 0.43 (95% CI 0.27 to 0.67) in a high-risk population to an overprediction of 2.87 (95% CI 1.91 to 4.31) in a lower-risk population.
Brotons C, Calvo-Bonacho E, Moral I, et al. Comparison of application of **different methods to estimate lifetime cardiovascular risk**. Eur J Prev Cardiol. 2015 Mar 31.
Brown WJ, Pavey T, Bauman AE. Comparing **population attributable risks** for heart disease across the adult lifespan in **women**. Br J Sports Med. 2014 May 8.
Brown AF, Liang LJ, et al. **Trends in racial/ethnic and nativity disparities** in cardiovascular health among adults without prevalent cardiovascular disease in the United States, 1988 to 2014. Ann Intern Med. 2018. [Epub ahead of print]. doi:10.7326/M17-0996
Brown HL, Warner JJ, Gianos E, et al. Promoting Risk Identification and Reduction of Cardiovascular Disease in Women Through Collaboration With Obstetricians and Gynecologists: A Presidential Advisory From the American Heart Association and the American College of Obstetricians and Gynecologists. Circulation. 2018 May 10.
Brown TJ, Brainard J, Song F, et al. **Omega-3, omega-6, and total dietary polyunsaturated fat** for prevention and treatment of type 2 diabetes mellitus: systematic review and meta-analysis of randomised controlled trials. BMJ. 2019 Aug 21;366:l4697.
Brunner G, Virani SS, Sun W, et al. Associations Between **Carotid Artery Plaque Burden, Plaque Characteristics**, and Cardiovascular Events: The ARIC Carotid Magnetic Resonance Imaging Study. JAMA Cardiol. 2020 Nov 18:e205573
Bu F, Zaninotto P, Fancourt D. Longitudinal associations between **loneliness, social isolation and cardiovascular events**. Heart. 2020 Sep;106(18):1394-1399
Buckley D. I., Fu R., Freeman M., et al. **C-Reactive Protein** as a Risk Factor for Coronary Heart Disease: A Systematic Review and Meta-analyses for the U.S. Preventive Services Task Force. *Ann Intern Med* 2009; 483-495.
Buckley JP, Hedge A, et al. The **sedentary office**: a growing case for change towards better health and productivity. Expert statement commissioned by Public Health England and the Active Working Community Interest Company. Br J Sports Med. 2015 Jun 1.
Buckley LF, Schmidt IM, Verma A, et al. Associations Between **Kidney Histopathologic Lesions and Incident Cardiovascular Disease** in Adults With Chronic Kidney Disease. JAMA Cardiol. 2023 Mar 8:e230056.
Budhathoki S, Sawada N, Iwasaki M, et al. Association of **Animal and Plant Protein Intake** With All-Cause and Cause-Specific Mortality. JAMA Intern Med. 2019 Aug 26.
Budoff MJ, Mayrhofer T, Ferencik M, et al; on behalf of the PROMISE Investigators. Prognostic value of **coronary artery calcium** in the **PROMISE** Study (Prospective Multicenter Imaging Study for Evaluation of Chest Pain). Circulation. 2017;136:1993–2005.
Buitrago-Lopez A, Sanderson J, Johnson L, et al. **Chocolate consumption** and cardiometabolic disorders: systematic review and meta-analysis. BMJ 2011; DOI:10.1136/bmj.d4488.
Bullo V, Bergamin M, Gobbo S, et al. The effects of **Pilates exercise** training on physical fitness and wellbeing in the elderly: A systematic review for future exercise prescription. Prev Med. 2015 Mar 12;75:1-11.
Bulugahapitiya U, Siyambalapitiya S, Sithole J, Idris I. Is **diabetes** a coronary risk equivalent? Systematic review and meta-analysis. Diabet Med. 2009;26:142-8. {InfoPOEMs Apr09: This meta-analysis found no evidence to support the contention that diabetes alone is a coronary heart disease (CHD) risk equivalent to a history of prior myocardial infarction (MI). The blanket use of aspirin and statins for patients with type 2 diabetes, regardless of their lipid levels, is not supported by the evidence. (LOE = 2a)}
Burke LE, Ma J, Azar KM et al. Current Science on **Consumer Use of Mobile Health** for Cardiovascular Disease Prevention: A Scientific Statement From the American Heart Association. Circulation. 2015 Aug 13.
Burzynska AZ, Wong CN, Voss MW, et al. **Physical Activity** Is Linked to Greater Moment-To-Moment Variability in Spontaneous Brain Activity in Older Adults. PLoS One. 2015 Aug 5;10(8):e0134819.
Byberg L, Melhus H, et al. Total mortality after changes in leisure time **physical activity** in 50 year old men: 35 year follow-up of population based cohort. BMJ. 2009 Mar 5;338:b688. doi: 10.1136/bmj.b688. Increased physical activity in middle age is eventually followed by a reduction in mortality to the same level as seen among men with constantly high physical activity. This reduction is comparable with that associated with smoking cessation.
Caceres BA, Sharma Y, Ravindranath R, et al. Differences in Ideal **Cardiovascular Health Between Sexual Minority and Heterosexual Adults**. JAMA Cardiol. 2023 Feb 22:e225660.
Cadmus-Bertram LA, Marcus BH, Patterson RE, et al. Randomized Trial of a **Fitbit-Based Physical Activity Intervention** for Women. Am J Prev Med. 2015 Jun 10.
Cahill LE, Chiuve SE, Mekary RA, et al. Prospective Study of **Breakfast Eating** and Incident Coronary Heart Disease in a Cohort of Male US Health Professionals. Circulation. 2013 Jul 23;128(4):337-43.
Cai X, Zhang Y, Li M, et al. Association between **prediabetes and risk** of all cause mortality and cardiovascular disease: updated meta-analysis. BMJ. 2020 Jul 15;370:m2297
Cai Y, Hansell AL, Blangiardo M, et al. Long-term exposure to **road traffic noise**, ambient air pollution, and cardiovascular risk factors in the HUNT and Lifelines cohorts. Eur Heart J 2017;38:2290–2296.

Caleyachetty R, Thomas GN, Toulis KA, et al. **Metabolically Healthy Obese** and Incident Cardiovascular Disease Events Among 3.5 Million Men and Women. JACC. 2017;70(12):1429-37

Calvin CM, Batty GD, Der G, et al. **Childhood intelligence** in relation to major causes of death in 68 year follow-up: prospective population study. BMJ 2017;357:j2708.

Campbell N, Lackland D, Chockalingam A, et al. The World Hypertension League and International Society of Hypertension call on governments, nongovernmental organizations, and the food industry to work to **reduce dietary sodium**. J Clin Hypertens (Greenwich). 2014;16:99-100.

Campos-Rodriguez F, Martinez-Garcia MA, de la Cruz-Moron I et al. Cardiovascular mortality in women with **obstructive sleep apnea** with or without continuous positive airway pressure treatment: a cohort study. Ann Intern Med. 2012 Jan 17;156(2):115-22.

Canoy D, Beral V, Balkwill A, et al. **Age at menarche** and risks of coronary heart and other vascular diseases in a large UK cohort. Circulation. 2015;131:237–244.

Canto JG, Kiefe CI, Roger WJ, et al; NRMI Investigators. **Number of coronary heart disease risk factors and mortality** in patients with first myocardial infarction. JAMA. 2011;306(19):2120-2127.

Capewell S, O'Flaherty M. Rapid **mortality falls after risk-factor changes** in populations. Lancet. 2011 Mar 15.

Cappuccio FP, Cooper D, D'Elia L, Strazzullo P, Miller MA. **Sleep duration predicts cardiovascular outcomes**: a systematic review and meta-analysis of prospective studies. Eur Heart J 2011; online 7 February.

Cappuccio FP, Capewell S, Lincoln P, McPherson K. Policy options to reduce population **salt** intake. BMJ 2011; DOI:10.1136/bmj.d4995.

Cardiovascular Disease Risk Calculator: http://bestsciencemedicine.com/chd/calc2.html

Cardoso R, Nasir K, Blumenthal RS, Blaha MJ. Selective Use of **Coronary Artery Calcium Testing** for Shared Decision Making: Guideline Endorsed and Ready for Prime Time. Ann Intern Med. 2019 Feb 12.

Carey IM, Shah SM, Dewilde S, et al. Increased Risk of Acute Cardiovascular Events After **Partner Bereavement**: A Matched Cohort Study. JAMA Intern Med. 2014 Feb 24.

Carlson LE, Watt GP, Tonorezos ES, et al; WECARE Study Collaborative Group. Coronary Artery Disease in Young Women After **Radiation Therapy for Breast Cancer**: The WECARE Study. JACC CardioOncol. 2021 Sep 21;3(3):381-392

Carr JJ, Jacobs DR Jr, Terry JG, et al. **Association of coronary artery calcium** in adults aged 32 to 46 years with incident coronary heart disease and death [online Feb 8, 2017].JAMA Cardiol. doi:10.1001/jamacardio.2016.5493

Case MA, Burwick HA, Volpp KG, Patel MS. Accuracy of **smartphone applications** and wearable devices for **tracking physical activity data**. JAMA. 2015 Feb 10; 313(6):625-6.

Casper M, Kramer MR, Quick H, et al. Changes in the **Geographic Patterns of Heart Disease** Mortality in the United States: 1973 to 2010. Circulation. 2016 Mar 22;133(12):1171-80.

Cassidy A, Mukamal KJ, Liu L, et al. High **anthocyanin intake (blueberries, strawberries)** is associated with a reduced risk of myocardial infarction in young and middle-aged women (NHS II). Circulation 2013.

Cavus E, Karakas M, Ojeda FM, et al; BiomarCaRE consortium. Association of **Circulating Metabolites With Risk of Coronary Heart Disease** in a European Population: Results From the Biomarkers for Cardiovascular Risk Assessment in Europe (BiomarCaRE) Consortium. JAMA Cardiol. 2019 Oct 30:1-10. doi: 10.1001/jamacardio.2019.4130.

CDC Sep/11 **Million Hearts**: Strategies to Reduce the Prevalence of Leading Cardiovascular Disease Risk Factors --- United States, 2011 http://www.cdc.gov/mmwr/preview/mmwrhtml/mm60e0913a1.htm?s_cid=mm60e0913a1_x

CDC. Feb 2012 Vital Signs: Food Categories Contributing the Most to **Sodium Consumption** — United States, 2007–2008. Early Release. February 7, 2012 / 61(Early Release);1-7. http://www.cdc.gov/mmwr/pdf/wk/mm61e0207.pdf
Overall, the mean daily sodium consumption (excluding table salt) was 3266 mg, well above recommendations to keep intake below 2300 mg. The top 10 food categories contributing to sodium consumption were, in descending order: bread and rolls, cold cuts, pizza, poultry, soups, sandwiches, cheese, pasta mixed dishes, meat mixed dishes, and savory snacks.

Celis-Morales CA, Lyall DM, Steell L, et al. Associations of discretionary **screen time with mortality, cardiovascular disease and cancer** are attenuated by strength, fitness and physical activity: findings from the UK Biobank study. BMC Med. 2018 May 24;16(1):77.

Celis-Morales CA, Lyall DM, Welsh P, et al. Association between **active commuting** (**biking**) and incident cardiovascular disease, cancer, and mortality: prospective cohort study. BMJ 2017;357:j1456.

Celis-Morales CA, Welsh P, Lyall DM, et al. Associations of **grip strength** with cardiovascular, respiratory, and cancer outcomes and all cause mortality: prospective cohort study of half a million UK Biobank participants. BMJ. 2018 May 8;361:k1651.

Cerhan JR, Moore SC, Jacobs EJ, et al. A pooled analysis of **waist circumference and mortality** in 650 000 adults.Mayo Clin Proc 2014; 89: 335-345.

Cesa CC, Sbruzzi G, Ribeiro RA, et al. **Physical activity and cardiovascular risk factors in children**: meta-analysis of randomized clinical trials. Prev Med. 2014 Aug 29;69C:54-62.

Cesaroni G, Forastiere F, Stafoggia M, et al. Long term exposure to **ambient air pollution** and incidence of acute coronary events: prospective cohort study and meta-analysis in 11 European cohorts from the ESCAPE Project. BMJ. 2014 Jan 21;348:f7412

Chaddha A, Jackson EA, Richardson CR, Franklin BA. **Technology to Help Promote Physical Activity**. Am J Cardiol. 2017 Jan 1;119(1):149-152

Chaikriangkrai K, Palamaner Subash Shantha G, et al. Prognostic Value of **Coronary Artery Calcium Score** in Acute Chest Pain Patients Without Known Coronary Artery Disease: Systematic Review and Meta-analysis. Ann Emerg Med. 2016 Oct 10.

Chamnan Parinya, Simmons Rebecca K, Khaw Kay-Tee, et al. Estimating the population impact of **screening** strategies for identifying and treating people at high risk of cardiovascular disease: modelling study. BMJ 2010;340:c1693, (Pub 25 April 2010)

Chamnan P, Simmons RK, Hori H, Sharp S, Khaw KT, Wareham NJ, Griffin SJ. A **simple risk score** using routine data for predicting cardiovascular disease in primary care. Br J Gen Pract. 2010 Aug;60(577):e327-34.

Chan PS, Spertus JA, Krumholz HM, et al. Validated **prediction tool** for initial survivors of **in-hospital cardiac arrest**. Arch Intern Med2012; 172:947-953.

Chang AM, Litt HI, Snyder BS, et al. **Impact of Coronary Computed Tomography Angiography** Findings on Initiation of Cardioprotective Medications. Circulation. 2017 Nov 28;136(22):2195-2197.

Chang SM, Nabi F, Xu J, et al. **Values of CACS compared with ETT and myocardial perfusion imaging** for predicting long-term outcome in asymptomatic and symptomatic patients at low risk for coronary disease. *JACC Cardiovasc Imaging* 2015; 8:134-144.

Charchar FJ, Bloomer LDS, Barnes TA, et al. **Inheritance of coronary artery disease in men**: an analysis of the role of the **Y chromosome**. Lancet 2012; published online Feb 9.

Chatterjee A, Harris SB, Leiter LA, et al. Managing **cardiometabolic risk in primary care**: summary of the 2011 consensus statement. Can Fam Physician. 2012 Apr;58(4):389-93, e196-201.

Chavez A, Scales R, Kling JM. **Promoting physical activity** in older women to maximize health. Cleve Clin J Med. 2021 Jul 1;88(7):405-415

Chen F, Du M, Blumberg JB, et al. Association Among **Dietary Supplement Use, Nutrient Intake, and Mortality Among U.S. Adults:** A Cohort Study. Ann Intern Med. 2019 Apr 9.

Chen GC, Arthur R, Iyengar NM, et al. Association between **regional body fat and cardiovascular disease risk among postmenopausal women** with normal body mass index. Eur Heart J. 2019 Jun 30.

Chen H, Kaufman JS, Olaniyan T, et al. Changes in **exposure to ambient fine particulate matter** after relocating and long term survival in Canada: quasi-experimental study. BMJ. 2021 Oct 8;375:n2368.

Chen J, Budoff MJ, Reilly MP, et al. **Coronary artery calcification** and risk of cardiovascular disease and death among patients with chronic kidney disease. JAMA Cardiol 2017.

Chen L, Caballero B, Mitchell DC, et al. Reducing consumption of **sugar-sweetened beverages** is associated with reduced blood pressure. A prospective study among United States adults. Circulation 2010.

Chen R, Yin P, Wang L, et al. Association between **ambient temperature and mortality risk** and burden: time series study in 272 main Chinese cities. BMJ. 2018 Oct 31;363:k4306.

Chen ST, Maruthur NM, Appel LJ. The effect of **dietary patterns** on estimated coronary heart disease risk: results from the Dietary Approaches to Stop Hypertension (**DASH**) trial. Circ Cardiovasc Qual Outcomes. 2010;3:484 – 489.

Chen Y, Freedman ND, Albert PS, et al. Association of **Cardiovascular Disease With Premature Mortality** in the United States. JAMA Cardiol. 2019 Oct 16. doi:10.1001/jamacardio.2019.3891.

Chen ZY, Chiang CH, Huang CC, et al. The Association of **Tooth Scaling** and Decreased Cardiovascular Disease: A Nationwide Population-based Study. Am J Med. 2012 Jun;125(6):568-75.

Cheng M, He H, Wang D, Xu L, Wang B, Ho KM, Chen W. **Shift work** and ischaemic heart disease: meta-analysis and dose-response relationship. Occup Med (Lond). 2019 May 25;69(3):182-188.

Cheng S, Claggett B, Correia AW, et al. **Temporal trends in the population attributable risk** for cardiovascular disease: the atherosclerosis risk in communities study. Circulation. 2014 Sep 2;130(10):820-8.

Cheng VY, Berman DS, Rozanski A, et al. Performance of the traditional age, sex, and angina typicality-based approach for estimating **pretest probability of angiographically significant coronary artery disease** in patients undergoing coronary computed tomographic angiography: results from the multinational coronary CT angiography evaluation for clinical outcomes: an international multicenter registry (CONFIRM). Circulation. 2011 Nov 29;124(22):2423-32, 1-8.

Chetty R, Stepner M, Abraham S, et al. The association between **income and life expectancy** in the United States, 2001-2014.JAMA. doi:10.1001/jama.2016.4226.

Chiavaroli L, Lee D, Ahmed A, et al. Effect of **low glycaemic index or load dietary patterns on glycaemic control** and cardiometabolic risk factors in diabetes: systematic review and meta-analysis of randomised controlled trials. BMJ. 2021 Aug 4;374:n1651.

Chieng D, Canovas R, Segan L, et al. The **impact of coffee subtypes** on incident cardiovascular disease, arrhythmias, and mortality: long-term outcomes from the UK Biobank. Eur J Prev Cardiol. 2022 Sep 27:zwac189.

Chin MT. Basic mechanisms for adverse cardiovascular events associated with **air pollution**. Heart. 2015 Feb;101(4):253-6.

Chinthapalli K. Dethroning the king of condiments (**salt**). BMJ. 2013 Dec 4;347:f7192

Chirinos JA, Gurubhagavatula I, Teff K, et al. **CPAP, weight loss, or both for obstructive sleep apnea.** N Engl J Med 2014;370: 2265-75.

Chiu M, Rahman F, Vigod S, et al. **Mortality in single fathers compared with single mothers** and partnered parents: a population-based cohort study. Lancet Public Health 2018; online Feb 14

Chiuve SE, Fung TT, Rexrode KM, et al. Adherence to a low-risk, healthy **lifestyle** and risk of sudden cardiac death among women. JAMA 2011; 306:62-69.

Choi Y, Chang Y, Ryu S,et al. **Coffee consumption** and coronary artery calcium in young and middle-aged asymptomatic adults. Heart. 2015 Mar 2.

Chomistek AK, Manson JE, Stefanick, ML, et al. The relationship of **sedentary behavior and physical activity** to incident cardiovascular disease: Results from the Women's Health Initiative. J Am Coll Cardiol 2013.

Chomistek AK, Chiuve SE, Eliassen AH, Mukamal KJ, Willett WC, Rimm EB. **Healthy lifestyle** in the primordial prevention of cardiovascular disease among young **women** (**NHS**) . J Am Coll Cardiol 2015;65:43–51.

Chomistek AK, Henschel B, Eliassen AH, et al. Frequency, Type, and Volume of **Leisure-Time Physical Activity** and Risk of Coronary Heart Disease in Young Women. Circulation. 2016 Jul 26;134(4):290-9.

Chou R, Arora B, Dana T, Fu R, et al. **Screening asymptomatic adults with resting or exercise electrocardiography (ECG)**: a review of the evidence for the U.S. Preventive Services Task Force. (USPSTF) Ann Intern Med. 2011; 155:375-85.

Chou R; High Value Care Task Force of the American College of Physicians. **Cardiac screening** with electrocardiography, stress echocardiography, or myocardial perfusion imaging: advice for high-value care from the American college of physicians. Ann Intern Med. 2015 Mar 17;162(6):438-47.

Choudhry NK, Isaac T, Lauffenburger JC, et al. Effect of a **Remotely Delivered Tailored Multicomponent Approach to Enhance Medication Taking for Patients With Hyperlipidemia**, Hypertension, and Diabetes: The STIC2IT Cluster Randomized Clinical Trial. JAMA Intern Med. 2018 Aug 6.

Chow BJ, Freeman MR, Bowen JM, et al. Ontario Multidetector **Computed Tomographic Coronary Angiography** Study: Field Evaluation of Diagnostic Accuracy. Arch Intern Med. 2011 Mar 14.

Chow CK, Pell AC, Walker A, O'Dowd C, Dominiczak AF, Pell JP. **Families of patients with premature** coronary heart disease: an obvious but neglected target for primary prevention. BMJ. 2007 Sep 8;335(7618):481-5.

Chow CK, Jolly S, Rao-Melacini P, Fox KA, Anand SS, Yusuf S. Association of **diet, exercise, and smoking** modification with risk of early cardiovascular events after acute coronary syndromes. Circulation. 2010 Feb 16;121(6):750-8.

Chow CK, Islam S, Bautista L, et al. **Parental history** and myocardial infarction risk across the world: The INTERHEART study. J Am Coll Cardiol 2011; 57:619-627.

Chow CK, Redfern J, Hillis GS, et al. Effect of **lifestyle-focused text messaging** on risk factor modification in patients with coronary heart disease: a randomized clinical trial. JAMA. doi:10.1001/jama.2015.10945.

Chow EJ, Rolfes MA, O'Halloran A, et al. Acute Cardiovascular Events Associated With **Influenza** in Hospitalized Adults : A Cross-sectional Study. Ann Intern Med. 2020;10.7326/M20-1509

Chowdhury R, Ramond A, O'Keeffe LM, et al. **Environmental toxic metal contaminants and risk of cardiovascular disease**:systematic review and meta-analysis. BMJ. 2018 Aug 29;362:k3310.

Chowdhury R, Stevens S, Gorman D, Pan A, Warnakula S, Chowdhury S, et al. Association between **fish consumption, long chain omega 3 fatty acids**, and risk of cerebrovascular disease: systematic review and meta-analysis. BMJ 2012;345:e6698.

Chowdhury R, Warnakula S, Kunutsor S, et al. Association of **dietary, circulating, and supplement fatty acids** with coronary risk. A systematic review and meta-analysis. *Ann Intern Med* 2014; 160;398-406.

Christensen AV, Juel K, Ekholm O, et al. Significantly increased risk of all-cause mortality among **cardiac patients feeling lonely**. Heart. 2019 Nov 4. doi: 10.1136/heartjnl-2019-315460.

Christoffersen M, Frikke-Schmidt R, Schnohr P, Jensen GB, Nordestgaard BG, Tybjærg-Hansen A. **Xanthelasmata, arcus corneae**, and ischaemic vascular disease and death in general population: prospective cohort study. BMJ 2011;343:d5497

Christoffersen M, Frikke-Schmidt R, Schnohr P, et al. **Visible age-related signs** and risk of ischemic heart disease in the general population: a prospective cohort study. Circulation. 2014 Mar 4;129(9):990-8.

Chronic Kidney Disease Prognosis Consortium, Matsushita K, van der Velde M, Astor BC, Woodward M, et al. Association of **estimated glomerular filtration rate and albuminuria** with all-cause and cardiovascular mortality in general population cohorts: a Collaborative meta-analysis. Lancet. 2010 Jun 12;375(9731):2073-81.

Chrysant SG. **Coffee Consumption** and Cardiovascular Health. Am J Cardiol. 2015 Jun 4.

Chung M, Tang AM, Fu Z, et al. **Calcium Intake and Cardiovascular Disease Risk**: An Updated Systematic Review and Meta-analysis. Ann Intern Med. 2016 Oct 25.

Cirino AL, Harris S, Lakdawala NK, et al. Role of **Genetic Testing** in Inherited Cardiovascular Disease: A Review. JAMA Cardiol. 2017 Aug 9.

Cirino AL, Ho CY. **Genetic testing for inherited heart disease**. Circulation. 2013 Jul 2;128(1):e4-8.

Cirillo PM, Cohn BA. **Pregnancy Complications and Cardiovascular Disease Death**: 50-Year Follow-Up of the Child Health and Development Studies Pregnancy Cohort. Circulation. 2015 Sep 29;132(13):1234-42.

Clase CM, Gao P, Tobe SW, et al. on behalf of the ONTARGET (ONgoing Telmisartan Alone and in combination with Ramipril Global Endpoint Trial) and TRANSCEND (Telmisartan Randomized Assessment Study in Angiotensin-Converting-Enzyme-Inhibitor Intolerant Subjects with Cardiovascular Disease). **Estimated Glomerular Filtration Rate and Albuminuria** as Predictors of Outcomes in Patients With High Cardiovascular Risk: A Cohort Study. Ann Intern Med. 2011 Mar 1;154(5):310-318.

Clar C;Al-Khudairy L;Loveman E;Kelly SA;Hartley L;. **Low glycaemic index diets** for the prevention of cardiovascular disease. Cochrane Database Syst Rev. 2017 Jul 31;7:CD004467. T here is currently no evidence available regarding the effect of low GI diets on cardiovascular disease events. Moreover, there is currently no convincing evidence that low GI diets have a clear beneficial effect on blood lipids or blood pressure parameters.

Clarke R, Peden JF, Hopewell JC, et al. PROCARDIS Consortium. Genetic variants associated with **Lp(a) lipoprotein** level and coronary disease. N Engl J Med. 2009 Dec 24;361(26):2518-28.

Clarke R, Bennett DA, Parish S, et al. **Homocysteine** and coronary heart disease: meta-analysis of MTHFR case-control studies, avoiding publication bias. PLoS Med 2012

Clarke PM, Walter SJ, Hayen A, et al. **Survival** of the fittest: retrospective cohort study of the longevity of **Olympic medallists** in the modern era. BMJ. 2012 Dec 13;345:e8308.

Clausen JSR, Marott JL, Holtermann A, et al. **Midlife Cardiorespiratory Fitness and the Long-Term Risk of Mortality**: 46 Years of Follow-Up. J Am Coll Cardiol. 2018 Aug 28;72(9):987-995.

Cobb LK, Anderson CAM, Elliott P, et al. Methodological issues in cohort studies that relate **sodium intake** to cardiovascular disease outcomes: a science advisory from the American Heart Association. Circulation. 2014;129:1173–1186.

Cogswell ME, Mugavero K, Bowman BA, et al. **Dietary Sodium** and Cardiovascular Disease Risk - Measurement Matters. N Engl J Med. 2016 Jun 1.

Cohen AJ, Brauer M, Burnett R, et al. Estimates and **25-year trends of the global burden of disease attributable to ambient air pollution**: an analysis of data from the Global Burden of Diseases Study 2015. Lancet 2017; online April 10.

Cohen BE. Exploring **Posttraumatic Stress Disorder** as a Cardiovascular Risk Factor in Women Veterans: The Heart of the Matter. JAMA Cardiol. 2021 Mar 17. doi: 10.1001/jamacardio.2021.0236

Cohen DA, Han B, Nagel CJ, et al. The First National Study of **Neighborhood Parks**: Implications for Physical Activity. Am J Prev Med. 2016 Oct;51(4):419-26.

Cohen HW, Zeig-Owens R, Joe C, et al. Long-term Cardiovascular Disease **Risk Among Firefighters After the World Trade Center Disaster**. JAMA Netw Open. 2019 Sep 4;2(9):e199775.

Cohen JC, Boerwinkle E, Mosley TH Jr, Hobbs HH. Sequence variations in PCSK9, low LDL, and protection against coronary heart disease. N Engl J Med. 2006 Mar 23;354(12):1264-72. These data indicate that moderate lifelong reduction in the plasma level of LDL cholesterol is associated with a substantial reduction in the incidence of coronary events, even in populations with a high prevalence of non-lipid-related cardiovascular risk factors.

Cohen R, Budoff M, McClelland RL, et al. Significance of a **Positive Family History** for Coronary Heart Disease in Patients With a Zero Coronary Artery Calcium Score (from the Multi-Ethnic Study of Atherosclerosis). Am J Cardiol. 2014 Jul 30.

Cohen R, Bavishi C, Haider, et al. Meta-Analysis of **Relation of Vital Exhaustion** to Cardiovascular Disease Events. Am J Cardiol. 2017.

Colantonio LD, Richman JS, Carson AP, et al. Performance of the Atherosclerotic Cardiovascular Disease Pooled Cohort Risk Equations by **Social Deprivation Status**. J Am Heart Assoc. 2017 Mar 17;6(3).

Coles B, Zaccardi F, Hvid C, et al. Cardiovascular events and **mortality in people with type 2 diabetes and multimorbidity**: A real-world study of patients followed for up to 19 years. Diabetes Obes Metab. 2020 Oct 7. doi: 10.1111/dom.14218

Collins GS, Altman DG. An independent external validation and evaluation of **QRISK** cardiovascular risk prediction: a prospective open cohort study. BMJ. 2009 Jul 7;339:b2584. doi: 10.1136/bmj.b2584.

Collins GS, Altman DG. An independent and external validation of **QRISK2** cardiovascular disease risk score: a prospective open cohort study. BMJ. 2010 May 13;340:c2442. doi: 10.1136/bmj.c2442.

Collins GS, Altman DG. External validation of **QDSCORE**((R)) for predicting the 10-year risk of developing Type 2 diabetes. Diabet Med. 2011 May;28(5):599-607. doi: 10.1111/j.1464-5491.2011.03237.x

Collins GS, Altman DG. Predicting the 10 year risk of cardiovascular disease in the United Kingdom: independent and external validation of an updated version of **QRISK2**. BMJ 2012;344:e4181.

Conen David, Chae Claudia U., Glynn Robert J., et al. Risk of Death and Cardiovascular Events in Initially Healthy Women With **New-Onset Atrial Fibrillation**. JAMA. 2011;305(20):2080-2087.doi:10.1001/jama.2011.659

Cook NR, Obarzanek E, Cutler JA, Buring JE, Rexrode KM, Kumanyika SK, Appel LJ, Whelton PK; Trials of Hypertension Prevention Collaborative Research Group. Joint effects of **sodium and potassium intake** on subsequent Cardiovascular disease: the Trials of Hypertension Prevention follow-up study. Arch Intern Med. 2009 Jan 12;169(1):32-40. A higher sodium to potassium excretion ratio is associated with increased risk of subsequent CVD, with an effect stronger than that of sodium or potassium alone.

Cook NR, Paynter NP, Eaton CB, et al. Comparison of the **Framingham** and **Reynolds Risk Scores** for Global Cardiovascular Risk Prediction in the Multiethnic Women`s Health Initiative. Circulation. 2012 Mar 7.

Cook NR, Appel LJ, Whelton PK. Lower levels of **sodium** intake and reduced cardiovascular risk. Circulation. 2014 Mar 4;129(9):981-9.

Cook NR, Appel LJ, Whelton PK. **Sodium intake** and all-cause mortality over 20 years in the Trials of Hypertension Prevention. J Am Coll Cardiol 2016;68:1609–17.

Cook NR, Ridker PM. **Calibration of the Pooled Cohort Equations for Atherosclerotic Cardiovascular Disease**: An Update. Ann Intern Med. 2016 Oct 11.

Cooney Marie Therese, Dudina Alexandra, D'Agostino Ralph, et al. **Cardiovascular Risk-Estimation** Systems in Primary Prevention: Do They Differ? Do They Make a Difference? Can We See the Future? Circulation 122: 300-310.

Cooper Rachel, Kuh Diana, Hardy Rebecca, Mortality Review Group . Objectively measured **physical capability** levels and mortality: systematic review and meta-analysis. BMJ 341:doi:10.1136/bmj.c4467 (Published 9 September 2010).

Cooper R, Strand BH, Hardy R, et al. **Physical capability in mid-life and survival** over 13 years of follow-up: British birth cohort study. BMJ 2014;348:g2219.

Corlin L, Short MI, Vasan RS, Xanthakis V. Association of the **Duration of Ideal Cardiovascular Health Through Adulthood With Cardiometabolic Outcomes** and Mortality in the Framingham Offspring Study. JAMA Cardiol. 2020 Mar 11. doi:10.1001/jamacardio.2020.0109.

Corrales-Medina VF, Alvarez KN, Weissfeld LA, et al. Association between **hospitalization for pneumonia** and subsequent risk of cardiovascular disease. *JAMA* 2015; 313:264-274.

Correia A, Peters JL, Levy JI, Melly S, Dominici F. **Residential exposure to aircraft noise** and hospital admissions for cardiovascular diseases: multi-airport retrospective study. BMJ 2013;347:f5561

Coutinho T, Goel K, Correa de Sá D, et al. **Combining body mass index with measures of central obesity** in the assessment of mortality in subjects with coronary heart disease. Role of "normal weight central obesity." J Am Coll Cardiol 2012; 61:553-560.

Coxson PG, Cook NR, Joffres M, et al. Mortality benefits from US population-wide reduction in **sodium consumption** projections from 3 modeling approaches. Hypertension 2013; 61:564-570.

Cragg JJ, Noonan VK, Krassioukov A, Borisoff J. Cardiovascular disease and **spinal cord injury**: results from a national population health survey. Neurology 2013;81:723–728.

Crea F. Prevention of cardiovascular diseases and dementia: the emerging role of **air pollution, socioeconomic factors, e-cigarettes**, new biomarkers, proteomics, and genetics. Eur Heart J. 2020 Nov 1;41(41):3969-3972

Cremer PC, Wu Y, Ahmed HM, et al. Use of **sex-specific clinical and exercise risk scores** to identify patients at increased risk for all-cause mortality [online October 26, 2016]. JAMA Cardiol. doi:10.1001/jamacardio.2016.3720

Criqui MH, Denenberg JO, Ix JH, et al. **Calcium density of coronary artery plaque** and risk of incident cardiovascular events. (MESA) JAMA. 2014 Jan 15;311(3):271-8

Cromar KR, et al. American Thoracic Society & Marron Institute Report. Estimated Excess Morbidity and Mortality Caused by **Air Pollution** above American Thoracic Society-Recommended Standards, 2011-2013. Ann Am Thorac Soc. 2016 Aug;13(8):1195-2016

Cross SH, Mehra MR, Bhatt DL, et al. **Rural-Urban Differences** in Cardiovascular Mortality in the US, 1999-2017. JAMA. 2020 May 12;323(18):1852-1854.

Crous-Bou M, Fung TT, Prescott J, Julin B, Du M, Sun Q, et al. **Mediterranean diet** and telomere length in Nurses Health Study (NHS): population based cohort study. BMJ 2014;349:g6674.

Crowe F, Zemedikun DT, Okoth K, et al. Comorbidity phenotypes and risk of mortality in patients **with ischaemic heart disease** in the UK. Heart. 2020;106(11):810-816.

Crowson CS, Matteson EL, Roger VL, et al. Usefulness of Risk Scores to Estimate the Risk of **Cardiovascular Disease in Patients With Rheumatoid Arthritis**. Am J Cardiol. 2012 Apr 20.

Crum-Cianflone NF, Bagnell ME, Schaller E, et al. Impact of combat deployment and **posttraumatic stress disorder** on newly reported coronary heart disease among US active duty and reserve forces. Circulation. 2014;129:1813–1820.

Crump C, Howell EA, Stroustrup A, et al. Association of **Preterm Birth With Risk of Ischemic Heart Disease** in Adulthood. JAMA Pediatr. 2019 Jun 3.

Cruz M, Covinsky K, Widera EW, et al. **Predicting 10-year mortality** for older adults. JAMA. 2013 Mar 6;309(9):874-6.

Curhan SG, Kawai K, Yawn B, et al. **Herpes Zoster and Long-Term Risk** of Cardiovascular Disease. J Am Heart Assoc. 2022 Dec 6;11(23):e027451.

Dagfinn Aune, Edward G, et al. **Fruit and vegetable intake** and the risk of cardiovascular disease, total cancer and all-cause mortality–a systematic review and dose-response meta-analysis of prospective studies. International Journal of Epidemiology, 2017.

Dai H, Younis A, Kong JD, et al. **Trends and Regional Variation in Prevalence** of Cardiovascular Risk Factors and Association With Socioeconomic Status in Canada, 2005-2016. JAMA Netw Open. 2021 Aug 2;4(8):e2121443

Dalal HM, Doherty P, Taylor RS. **Cardiac rehabilitation**. BMJ. 2015 Sep 29;351:h5000.

Dall PM, et al The influence of **dog ownership** on objective measures of free-living physical activity and sedentary behaviour in community-dwelling older adults: a longitudinal case-controlled study. BMC Public Health. 2017 Jun 9;17(1):496

Dalton JE, Perzynski AT, Zidar DA, et al. Accuracy of cardiovascular risk prediction varies by **neighborhood socioeconomic position**. A retrospective cohort study. Ann Intern Med. 2017. [Epub ahead of print]. doi:10.7326 /M16-2543

Dalton JE;Perzynski AT;Zidar DA;Rothberg MB;Coulto Accuracy of Cardiovascular Risk Prediction Varies by **Neighborhood Socioeconomic Position**: A Retrospective Cohort Study. Ann Intern Med. 2017 Aug 29.

Dalton JE, Rothberg MB, Dawson NV, et al. **Failure of Traditional Risk Factors to Adequately Predict** Cardiovascular Events in Older Populations. J Am Geriatr Soc. 2020 Jan 20. doi: 10.1111/jgs.16329.

Dam MK, Hvidtfeldt UA, Tjønneland A, et al. Five Year change in **alcohol intake and risk of breast cancer** and coronary heart disease among postmenopausal women: prospective cohort study. BMJ. 2016 May 11;353:i2314.

Damen JAAG, Hooft L, Schuit E, et al. **Prediction models for cardiovascular disease risk in the general population**: systematic review. BMJ 2016;353:i2416.

Danaei G, Finucane MM, et al. **National, regional, and global trends in systolic blood pressure since 1980**: systematic analysis of health examination surveys and epidemiological studies with 786 country-years and 5.4 million participants. Lancet 2011.

Danaei G, Singh GM, Paciorek CJ, et al. Global Burden of Metabolic Risk Factors of Chronic Diseases Collaborating Group. The global cardiovascular risk transition: associations of **four metabolic risk factors** with national income, urbanization, and Western diet in 1980 and 2008. Circulation. 2013 Apr 9;127(14):1493-502.

Daniels SR, Pratt CA, Hayman LL. **Reduction** of risk for cardiovascular disease in **children and adolescents**. Circulation. 2011 Oct 11;124(15):1673-86.

Darby SD et al. Risk of ischemic heart disease in women after **radiotherapy for breast cancer**. N Engl J Med 2013 Mar 14; 368:987.

Daviglus ML, Talavera GA, Avilés-Santa ML, et al. Prevalence of major cardiovascular risk factors and cardiovascular diseases among **Hispanic/Latino** individuals of diverse backgrounds in the United States. JAMA 2012.

Day DB, Xiang J, Mo J, et al. Association of **Ozone Exposure** With Cardiorespiratory Pathophysiologic Mechanisms in Healthy Adults. JAMA Intern Med. 2017 Jul 17.

De Bosscher R, Dausin C, Claus P, et al; Master@Heart Consortium. **Lifelong endurance exercise** and its relation with coronary atherosclerosis. Eur Heart J. 2023 Mar 6:ehad152.

De Caterina Raffaele. **n–3 Fatty Acids** in Cardiovascular Disease. N Engl J Med 2011; 364:2439-2450.

de Gonzalez Amy Berrington, Hartge Patricia, Cerhan James R., et al. **Body-Mass Index** and Mortality among 1.46 Million White Adults. N Engl J Med 2010; 363:2211-2219.

de Koning L, Malik VS, Kellogg MD et al. **Sweetened beverage consumption**, incident coronary heart disease and biomarkers of risk in men. Circulation 2012; DOI: 10.1161/CIRCULATIONAHA.111.067017

de Lemos JA., Drazner MH., Omland T, et al. Association of **Troponin T** Detected With a Highly Sensitive Assay and Cardiac Structure and Mortality Risk in the General Population. JAMA. 2010;304(22):2503-2512.

de Lemos JA, Ayers CR, Levine BD, et al. A **Multimodality Strategy for Cardiovascular Risk Assessment**: Performance in Two Population-Based Cohorts. Circulation. 2017 Mar 30.

De Lorgeril M, Renaud S, Mamelle N, Salen P, Martin JL, Monjaud I, et al. **Mediterranean alpha-linolenic acid-rich diet** in secondary prevention of coronary heart disease. *Lancet* 1994;343(8911):1454-59.

De Marchis GM, Dankowski T, König IR, et al. A novel **biomarker-based prognostic score in acute ischemic stroke**: The CoRisk score. Neurology. 2019 Mar 26;92(13):e1517-e1525.

de Oliveira C, Watt R, Hamer M. **Toothbrushing**, inflammation, and risk of cardiovascular disease: results from Scottish Health Survey. BMJ. 2010 May 27;340:c2451. doi: 10.1136/bmj.c2451.

De Ruijter W, et al. Use of Framingham risk score and new biomarkers (**homocysteine**) to predict cardiovascular mortality in older people: population-based observational cohort study. BMJ 2009; DOI: 10.1136/bmj.a3083.

de Souza RJ, Mente A, et al. Intake of **saturated and trans unsaturated fatty acids** and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. BMJ. 2015 Aug 11;351:h3978.

Debras D, Chazelas E, Sellem L, et al. **Artificial sweeteners and risk** of cardiovascular diseases: results from the prospective NutriNet-Santé cohort. BMJ 2022;378:e071204. doi:10.1136/bmj-2022-071204

Dedoussi IC, Eastham SD, Monier E, Barrett SRH. Premature mortality related to United States **cross-state air pollution**. Nature. 2020 Feb;578(7794):261-265.

DeFilippis AP, Young R, Carrubba CJ, et al. An analysis of **calibration and discrimination among multiple cardiovascular risk scores in a modern multiethnic cohort**. *Ann Intern Med* 2015; 162: 266-275.

DeFilippis AP, Young R, McEvoy JW, et al. **Risk score overestimation**: the impact of individual cardiovascular risk factors and preventive therapies on the performance of the American Heart Association-American College of Cardiology-Atherosclerotic Cardiovascular Disease risk score in a modern multi-ethnic cohort. Eur Heart J. 2016 Jul 19

DeFina LF, Radford NB, Barlow CE, et al. Association of **all-cause and cardiovascular mortality with high levels of physical activity** and concurrent coronary artery calcification [online Jan 30, 2019]. JAMA Cardiol. doi:10.1001/jamacardio.2018.4628

Dehghan M, Mente A, Teo KK, et al. Relationship between **healthy diet and risk of CVD** among patients on drug therapies for secondary prevention. A prospective cohort study of 31536 high-risk individuals from 40 countries. Circulation 2012.

Dehghan M, Mente A, Zhang X, et al. Associations of **fats and carbohydrate intake** with cardiovascular disease and mortality in 18 countries from five continents (PURE): a prospective cohort study. Lancet. 2017 Aug 28.

Dehghan M, Mente A, Rangarajan S, et al; Prospective Urban Rural Epidemiology (PURE) study investigators. Association of **dairy intake with cardiovascular disease and mortality** in 21 countries from five continents (PURE): a prospective cohort study. Lancet. 2018 Sep 11.

Deijle IA, Van Schaik SM, Van Wegen EE, et al. **Lifestyle Interventions** to Prevent Cardiovascular Events After Stroke and Transient Ischemic Attack: Systematic Review and Meta-Analysis. Stroke. 2017 Jan;48(1):174-179.

Delgado-Lista J, Alcala-Diaz JF, Torres-Peña JD, et al; CORDIOPREV Investigators. Long-term secondary **prevention of cardiovascular disease with a Mediterranean diet** and a low-fat diet (CORDIOPREV): a randomised controlled trial. Lancet. 2022 May 14;399(10338):1876-1885.

Del Gobbo LC, Imamura F, Aslibekyan S, et al; Cohorts for Heart and Aging Research in Genomic Epidemiology (CHARGE) **Fatty Acids** and Outcomes Research Consortium (FORCe). ω-3 Polyunsaturated Fatty Acid Biomarkers and Coronary Heart Disease: Pooling Project of 19 Cohort Studies. JAMA Intern Med. 2016 Jun 27.

Del Pozo Cruz B, Ahmadi MN, et al. Prospective Associations of **Daily Step Counts and Intensity** With Cancer and Cardiovascular Disease Incidence and Mortality and All-Cause Mortality. JAMA Intern Med. 2022 Sep 12. doi: 10.1001/jamainternmed.2022.4000.

Delp MD, Charvat JM, Limoli CL, et al. **Apollo lunar astronauts** show higher cardiovascular disease mortality: Possible deep space radiation effects on the vascular endothelium. *Sci Rep* 2016; 6:29901.

Den Ruijter HM, Peters SAE, Anderson TJ, et al. **Common carotid intima-media thickness** measurements in cardiovascular risk prediction: : A meta-analysis. JAMA 2012; 308:796-803.

Deo Rajat; Vittinghoff Eric; Lin Feng; et al. **Risk Factor and Prediction Modeling for Sudden Cardiac Death** in Women With Coronary Artery Disease. Arch Intern Med. 2011;0(2011):archinternmed.2011.328.

Deschasaux M, Huybrechts I, Julia C, et al. Association between nutritional profiles of foods **underlying Nutri-Score front-of-pack labels** and mortality: EPIC cohort study in 10 European countries. BMJ. 2020 Sep 16;370:m3173

Despréaux T, Saint-Lary O, Danzin F, et al. **Stress at work**. BMJ. 2017 Jun 15;357:j2489

Detrano R, Guerci AD, Carr JJ, et al. **Coronary calcium** as a predictor of coronary events in four racial or ethnic groups. N Engl J Med 2008; 358:1336-1345.

Devi R, Singh SJ, Powell J, et al. **Internet-based interventions for the secondary prevention** of coronary heart disease. Cochrane Database Syst Rev. 2015 Dec 22;12:CD009386.

Devlin RB, Duncan KE, Jardim M, et al. Controlled exposure of healthy young volunteers to **ozone** causes cardiovascular effects. Circulation. 2012 Jul 3;126(1):104-11.

Dhoble A, Lahr BD, Allison TG, et al. **Predicting Long-Term Cardiovascular Risk Using the Mayo Clinic Cardiovascular Risk Score** in a Referral Population. Am J Cardiol. 2014 Jun 19.

Dhurandhar NV, Thomas D. The link between **dietary sugar** intake and cardiovascular disease mortality: an unresolved question. JAMA. 2015 Mar 3; 313(9):959-60.

Di Angelantonio Emanuele, Chowdhury Rajiv, Sarwar Nadeem, et al. **Chronic kidney disease** and risk of major cardiovascular disease and non-vascular mortality: prospective population based cohort study. BMJ 341:doi:10.1136/bmj.c4986 (30 Sept 2010).

Di Q, Wang Y, Zanobetti A, et al. **Air pollution** and mortality in the Medicare population. N Engl J Med 2017;376:2513-22.

Di Q, Dai L, Wang Y, et al. Association of Short-term Exposure to **Air Pollution** With Mortality in Older Adults. JAMA. 2017 Dec 26;318(24):2446-2456.

Diaz KM, Duran AT, Colabianchi N, et al. Potential Effects of **Replacing Sedentary Time With Short Sedentary Bouts or Physical Activity** on Mortality: A National Cohort Study. Am J Epidemiol. 2018 Dec 14.

Diaz KM, Howard VJ, Hutto B, et al. Patterns of **sedentary behavior** and mortality in U.S. middle-aged and older adults. A national cohort study. Ann Intern Med. 2017. [Epub ahead of print]. doi:10.7326/M17-0212

Diaz KM, Goldsmith J, et al. **Prolonged, Uninterrupted Sedentary Behavior** and Glycemic Biomarkers Among US Hispanic/Latino Adults: The HCHS/SOL (Hispanic Community Health Study/Study of Latinos). Circulation. 2017 Oct 10;136(15):1362-1373.

Dibben G, Faulkner J, Oldridge N, et al. Exercise-based cardiac rehabilitation for coronary heart disease. Cochrane Database Syst Rev. 2021 Nov 6;11(11):CD001800. doi: 10.1002/14651858.CD001800.pub4. This updated Cochrane Review supports the conclusions of the previous version, that exercise-based CR provides important benefits to people with CHD, including reduced risk of MI, a likely small reduction in all-cause mortality, and a large reduction in all-cause hospitalisation, along with associated healthcare costs, and improved HRQoL up to 12 months' follow-up. Over longer-term follow-up, benefits may include reductions in cardiovascular mortality and MI. In the last decade, trials were more likely to include females, and be undertaken in LMICs, increasing the generalisability of findings. Well-designed, adequately-reported RCTs of CR in people with CHD more representative of usual clinical practice are still needed. Trials should explicitly report clinical outcomes, including mortality and hospital admissions, and include validated HRQoL outcome measures, especially over longer-term follow-up, and assess costs and cost-effectiveness.

Dibben GO, Dalal HM, Taylor RS, et al. **Cardiac rehabilitation and physical activity**: systematic review and meta-analysis. Heart. 2018 Apr 13.

Dimakopoulou K, Koutentakis K, Papageorgiou I, et al. Is **aircraft noise exposure** associated with cardiovascular disease and hypertension? Results from a cohort study in Athens, Greece. Occup Environ Med. 2017 Jun 13.

Ding M, Li J, Qi L, et al. Associations of **dairy intake with risk** of mortality in women and men: three prospective cohort studies. BMJ. 2019 Nov 27;367:l6204.

Ding M, Satija A, et al. Association of **Coffee Consumption** with Total and Cause-Specific Mortality in Three Large Prospective Cohorts. Circulation. 2015 Nov 16.

DiNicolantonio JJ, Lucan SC. The wrong white crystals: **not salt but sugar** as aetiological in hypertension and cardiometabolic disease. Open Heart. 2014 Nov 3;1(1)

Dietary Guidelines for Americans (DGA) 2010. Full Guideline: http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf, Summary: http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/ExecSumm.pdf

Ding D, Rogers K, van der Ploeg H, et al. **Traditional and Emerging Lifestyle Risk Behaviors** and All-Cause Mortality in Middle-Aged and Older Adults: Evidence from a Large Population-Based Australian Cohort. PLoS Med. 2015 Dec 8;12(12):e1001917.

Ding D, Van Buskirk J, Nguyen B, et al. **Physical activity, diet quality** and all-cause cardiovascular disease and cancer mortality: a prospective study of 346 627 UK Biobank participants. Br J Sports Med. 2022 Jul 10:bjsports-2021-105195.

Ding M, Bhupathiraju SN, Satija A, et al. Long-term **coffee** consumption and risk of cardiovascular disease: a systematic review and a dose-response meta-analysis of prospective cohort studies. Circulation. 2014 Feb 11;129(6):643-59

Do R, Xie C, Zhang X, et al. INTERHEART investigators. The Effect of **Chromosome 9p21 Variants** on Cardiovascular Disease May Be Modified by Dietary Intake: Evidence from a Case/Control and a Prospective Study. PLoS Med. 2011 Oct;9(10):e1001106.

Dong JY, Zhang YH, Wang P, Qin LQ. Meta-analysis of **dietary glycemic load and glycemic index** in relation to risk of coronary heart disease. Am J Cardiol. 2012 Jun 1;109(11):1608-13.

Dong C, Rundek T, Wright CB, et al. Ideal **Cardiovascular Health Predicts** Lower Risks of Myocardial Infarction, Stroke, and Vascular Death across Whites, Blacks and Hispanics: the Northern Manhattan Study. Circulation. 2012 May 22.

Dos Santos M, Ferrari G, Lee DH, et al. Association of the **"Weekend Warrior" and Other Leisure-time Physical Activity Patterns** With All-Cause and Cause-Specific Mortality: A Nationwide Cohort Study. JAMA Intern Med. 2022 Jul 5. doi: 10.1001/jamainternmed.2022.2488

Drosos GC, Vedder D, Houben E, et al. **EULAR recommendations for cardiovascular risk management** in rheumatic and musculoskeletal diseases, including systemic lupus erythematosus and antiphospholipid syndrome. Ann Rheum Dis. 2022 Jun;81(6):768-779.

Drouin-Chartier JP, Chen S, Li Y, et al. **Egg consumption and risk** of cardiovascular disease: three large prospective US cohort studies, systematic review, and updated meta-analysis. BMJ. 2020 Mar 4;368:m513.

Drozda J. Jr., Messer JV, Spertus J, et al. **ACCF/AHA/AMA-PCPI 2011 performance measures** for adults with coronary artery disease and hypertension: a report of the American College of Cardiology Foundation/American Heart Association Task Force on Performance Measures and the American Medical Association-Physician Consortium for Performance Improvement. J Am Coll Cardiol 2011;58:xxx–xxx. http://content.onlinejacc.org/cgi/reprint/j.jacc.2011.05.002v1.pdf

Du H, Li L, Bennett D, Guo et al; China Kadoorie Biobank Study. **Fresh Fruit Consumption** and Major Cardiovascular Disease in China. N Engl J Med. 2016 Apr 7;374(14):1332-43.

Du Y, Liu B, Sun Y, et al. Trends in Adherence to the **Physical Activity Guidelines for Americans** for Aerobic Activity and Time Spent on Sedentary Behavior Among US Adults, 2007 to 2016. JAMA Netw Open. 2019 Jul 3;2(7):e197597.

Dufouil C, Beiser A, McLure LA, et al. **Revised Framingham Stroke Risk Profile** to Reflect **Temporal Trends**. Circulation. 2017 Mar 21;135(12):1145-1159.

Dukes JW, Dewland TA, Vittinghoff E, et al. Access to **alcohol** and heart disease among patients in hospital: observational cohort study using differences in alcohol sales laws. BMJ. 2016 Jun14;353:i2714.

Dumurgier Julien, Elbaz Alexis, , et al. **Slow walking speed** and cardiovascular death in well functioning older adults: prospective cohort study. BMJ 2009;339:b4460, doi: 10.1136/bmj.b4460 (Published 10 November 2009).

Duncan MS, Greevy RA, Tindle HA, et al. Inclusion of **Smoking Data in Cardiovascular Disease Risk** Estimation. JAMA Cardiol. 2021 Dec 8. doi: 10.1001/jamacardio.2021.4990.

Dunlop DD, Song J, Semek PA, et al. Relation of **physical activity time** to incident disability in community dwelling adults with or at risk of knee arthritis: prospective cohort study. BMJ 2014;348:g2472.

Duvivier BM, Schaper NC, Hesselink MK, et al. **Breaking sitting with light activities vs structured exercise**: a randomised crossover study demonstrating benefits for glycaemic control and insulin sensitivity in type 2 diabetes. Diabetologia. 2016 Dec 1.

Dwyer-Lindgren L, Bertozzi-Villa A, Stubbs RW, et al. **US county-level trends** in mortality rates for major causes of death, 1980-2014.JAMA. doi:10.1001/jama.2016.13645

Dyakova M, Shantikumar S, Colquitt JL, et al. **Systematic versus opportunistic risk assessment for the primary prevention of cardiovascular disease**. Cochrane Database Syst Rev. 2016 Jan 29;1:CD010411. The results are limited by the heterogeneity between trials in terms of participants recruited, interventions and duration of follow-up. Limited data suggest that systematic risk assessment for CVD has no statistically significant effects on clinical endpoints. There is limited evidence to suggest that CVD systematic risk assessment may have some favourable effects on cardiovascular risk factors. The completion of the five ongoing trials will add to the evidence base.

Dzaye O, Razavi AC, Dardari ZA, et al. Modeling the Recommended **Age for Initiating Coronary Artery Calcium Testing** Among At-Risk Young Adults. J Am Coll Cardiol. 2021 Oct 19;78(16):1573-1583.

Ebrahim S, Taylor F, Ward K, Beswick A, Burke M, Davey Smith G. **Multiple risk factor interventions for primary prevention** of coronary heart disease. Cochrane Database of Systematic Reviews 2011, Issue 1. Art. No.: CD001561. DOI: 10.1002/14651858.CD001561.pub3. Interventions using counselling and education aimed at behaviour change do not reduce total or CHD mortality or clinical events in general populations but may be effective in reducing mortality in high-risk hypertensive and diabetic populations. Risk factor declines were modest but owing to marked unexplained heterogeneity between trials, the pooled estimates are of dubious validity. Evidence suggests that health promotion interventions have limited use in general populations.

Eckardt KU, Gillespie IA, Kronenberg F. High cardiovascular event rates occur within the **first weeks of starting hemodialysis**. Kidney Int. 2015;88:1117-1125.

Eckel RH et al. **2013 AHA/ACC guideline** on **lifestyle management to reduce cardiovascular risk**: A report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. J Am Coll Cardiol 2013 Nov.

Eder L, Chandran V, Gladman DD. The **Framingham** Risk Score underestimates the extent of subclinical atherosclerosis in patients with **psoriatic** disease. Ann Rheum Dis. 2014 Nov;73(11):1990-6.

Edwardson CL, Yates T, Biddle SJH, et al. Effectiveness of the **Stand More AT (SMArT) Work intervention**: cluster randomised controlled trial. BMJ. 2018 Oct 10;363:k3870.

Egan BM, Li J, White K, et al. **2013 ACC/AHA Cholesterol Guideline** and Implications for Healthy People 2020 Cardiovascular Disease Prevention Goals. J Am Heart Assoc. 2016 Aug 19;5(8)

Egeberg A, Skov L, Joshi AA, et al. The relationship between duration of **psoriasis**, vascular inflammation, and cardiovascular events. J Am Acad Dermatol. 2017 Oct;77(4):650-656.e3.

Eggers KM, Venge P, Lind L. Prognostic Usefulness of the Change in **N-terminal pro B-type Natriuretic Peptide Levels** to Predict Mortality in a Single Community Cohort Aged ≥70 Years. Am J Cardiol. 2012 Oct 2.

Eijsvogels TMH, Maessen MFH, Bakker EA, et al. Association of **Cardiac Rehabilitation** With All-Cause Mortality Among Patients With Cardiovascular Disease in the Netherlands. JAMA Netw Open. 2020;3(7):e2011686.

Ekelund U. Infographic: **Physical activity, sitting time and mortality**. Br J Sports Med. 2018 Sep;52(18):1164-1165.

Ekelund U, Luan J, Sherar LB, et al. **Moderate to vigorous physical activity** and sedentary time and cardiometabolic risk factors in children and adolescents. JAMA 2012; 307:704-712.

Ekelund U, Steene-Johannessen J, et al. **Does physical** activity attenuate, or even eliminate, the detrimental association of sitting time with mortality? A harmonised meta-analysis of data from more than 1 million men and women. Lancet. 2016 Jul 27.

Ekelund U, Tarp J, Steene-Johannessen J, et al. Dose-response associations between **accelerometry measured physical activity and sedentary time** and all cause mortality: systematic review and harmonised meta-analysis. BMJ. 2019 Aug 21;366:l4570.

Ekelund U, Ward HA, Norat T, et al. **Physical activity** and all-cause mortality across levels of overall and abdominal adiposity in European men and women: the European Prospective Investigation into Cancer and Nutrition Study (EPIC). Am J Clin Nutr. 2015 Mar;101(3):613-21.

Elfassy T, Swift SL, Glymour MM, et al. Associations **of Income Volatility With Incident Cardiovascular Disease** and All-Cause Mortality in a US Cohort: 1990 to 2015. Circulation. 2019 Jan 7.
El Khoudary SR, Aggarwal B, Beckie TM, et al. **Menopause Transition and Cardiovascular Disease Risk**: Implications for Timing of Early Prevention: A Scientific Statement From the American Heart Association. Circulation. 2020 Nov 30:CIR0000000000000912
Elkind MS, Luna JM, Moon YP, Liu KM, Spitalnik SL, Paik MC, Sacco RL. High-sensitivity **C-reactive protein** predicts mortality but not stroke: The Northern Manhattan Study. Neurology. 2009 Oct 20;73(16):1300-7.
Elizabeth Dunford MPH, Jacqueline Webster PhD, Mark Woodward PhD, et al. The **variability of reported salt levels in fast foods** across six countries: Opportunities for salt reduction. CMAJ 2012
Elliott J, Bodinier B, Bond TA, et al. Predictive Accuracy of a **Polygenic Risk Score-Enhanced Prediction Model vs a Clinical Risk Score** for Coronary Artery Disease. JAMA. 2020 Feb 18;323(7):636-645.
Elliott L, Cifu AS. **Healthy Lifestyle Counseling** in Persons With Cardiovascular Risk Factors. JAMA. 2015 Jul 28;314(4):398-9.
Elliott P, Chambers JC, Zhang W, et al. Genetic Loci associated with **C-reactive protein** levels and risk of coronary heart disease. JAMA. 2009 Jul 1;302(1):37-48.
Elnabawi YA, Oikonomou EK, Dey AK, et al. Association of **Biologic Therapy With Coronary Inflammation in Patients With Psoriasis** as Assessed by Perivascular Fat Attenuation Index. JAMA Cardiol. 2019 Jul 31.
Elsayed EF, et al. Waist-to-hip ratio, body mass index, and subsequent kidney disease and death. Am J Kidney Dis. 2008 Jul;52(1):29-38. Epub 2008 May 29. WHR, but not BMI, is associated with incident CKD and mortality. Assessment of CKD risk should use WHR rather than BMI as an anthropomorphic measure of obesity.
Emdin CA, Khera AV, Natarajan P, et al. **Evaluation of the Pooled Cohort Equations** for Prediction of Cardiovascular Risk in a Contemporary Prospective Cohort. Am J Cardio. 2017.
Emdin CA, Odutayo A, Wong CX, et al. Meta-Analysis of **Anxiety** as a Risk Factor for Cardiovascular Disease. Am J Cardiol. 2016 Aug 15;118(4):511-9
Emdin CA, Khera AV, Natarajan P, et al. **Genetic association of waist-to-hip ratio** with **cardiometabolic traits, type 2 diabetes**, and coronary heart disease.JAMA. doi:10.1001/jama .2016.21042
Emerging Risk Factors Collaboration. **C-reactive protein** concentration and risk of coronary heart disease, stroke and mortality: an individual participant meta-analysis. Lancet 2009; DOI:10.1016/S0140-6736(09)61717-7.
Emerging Risk Factors Collaboration, Diabetes mellitus, **fasting blood glucose** concentration, & risk of vascular disease: a collaborative meta-analysis of 102 prospective studies, Lancet, Volume 375, Issue 9733, 26 June 2010-2 July 2010, Pages 2215-2222.
Emerging Risk Factors Collaboration. Separate and combined associations of **body-mass index and abdominal adiposity** with cardiovascular disease: collaborative analysis of 58 prospective studies.Lancet 2011;online Mar11.DOI:10.1016/S0140-6736(11)60105-0.
Emerging Risk Factors Collaboration. Lipid-related markers and cardiovascular disease prediction. JAMA 2012; 307:2499-2506.
Emerging Risk Factors Collaboration. **C-reactive protein, fibrinogen**, and cardiovascular disease prediction. N Engl J Med2012 Oct 4; 367:1310.
Emerging Risk Factors Collaboration. **Glycated hemoglobin measurement** and prediction of cardiovascular disease. JAMA. 2014 Mar 26;311(12):1225-33.
Emerging Risk Factors Collaboration, Di Angelantonio E, Kaptoge S, Wormser D, et al. Association of **Cardiometabolic Multimorbidity** With Mortality. JAMA. 2015 Jul 7;314(1):52-60.
Emerging Risk Factors Collaboration, EPIC-CVD/Vitamin D Studies Collaboration. Estimating **dose-response relationships for vitamin D** with coronary heart disease, stroke, and all-cause mortality: observational and Mendelian randomisation analyses. Lancet Diabetes Endocrinol. 2021 Dec;9(12):837-846
Eng A, Denison HJ, Corbin M, et al. **Long working hours, sedentary work, noise, night shifts** and risk of ischaemic heart disease. Heart. 2022 Aug 25:heartjnl-2022-320999.
England BR, Thiele GM, Anderson DR, et al. Increased **cardiovascular risk in rheumatoid arthritis**: mechanisms and implications. BMJ. 2018 Apr 23;361:k1036.
Ensor KB, Raun LH, Persse D. A Case-Crossover Analysis of Out-of-Hospital Cardiac Arrest and **Air Pollution**. Circulation. 2013 Feb 13.
Esposito K, Maiorino MI, Ciotola M, Di Palo C, et al. Effects of a **Mediterranean-style diet** on the need for antihyperglycemic drug therapy in patients with newly diagnosed type 2 diabetes: a randomized trial. *Ann Intern Med* 2009;151(5):306-14.
Erickson J, Sadeghirad B, Lytvyn L, et al. The Scientific Basis of Guideline Recommendations on **Sugar Intake**: A Systematic Review. Ann Intern Med. 2016 Dec 20.
ESC/EAPC- 2021 Visseren FLJ, Mach F, Smulders YM, et al. **2021 ESC Guidelines** on cardiovascular disease prevention in clinical practice. Eur Heart J. 2021 Aug 30:ehab484
Eskild A. Mothers who give **birth to offspring with low birth weight may have increased risk for cardiovascular death**. BMJ Evid Based Med. 2019 Feb;24(1):39-40.
Espeland MA, Gaussoin SA, Bahnson J, et al. Impact of an **8-Year Intensive Lifestyle Intervention** on an Index of Multimorbidity. J Am Geriatr Soc. 2020 Oct;68(10):2249-2256
Estruch R, Ros E, Salas-Salvadó J, et al; the **PREDIMED** Study Investigators. Primary Prevention of Cardiovascular Disease with a **Mediterranean Diet**. N Engl J Med. 2013 Feb 25.
Estruch R, Ros E, Salas-Salvadó J, et al. Primary Prevention of Cardiovascular Disease with a **Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts**. (**PREDIMED**) N Engl J Med. 2018 Jun 13.
Etemadi A, Sinha R, Ward MH, et al. Mortality from different causes associated with **meat, heme iron, nitrates, and nitrites in the NIH-AARP Diet and Health Study**: population cohort study. BMJ 2017;357:j1957.
Ezzati M, Riboli E. **Behavioral and dietary risk factors** for noncommunicable diseases. N Engl J Med. 2013 Sep 5;369(10):954-64.
Faeh D, Braun J, Bopp M. **Body mass index vs cholesterol** in cardiovascular disease risk prediction models. Arch Intern Med. 2012 Dec 10;172(22):1766-8.
Fan M, Sun D, Zhou T, et al. **Sleep patterns, genetic susceptibility, and incident** cardiovascular disease: a prospective study of 385 292 UK biobank participants. Eur Heart J. 2019 Dec 18. doi:10.1093/eurheartj/ehz849.
Fanaroff AC, Califf RM, Windecker S, Smith SC Jr, Lopes RD**. Levels of evidence supporting** American College of Cardiology/American Heart Association and European Society of Cardiology **guidelines**, 2008-2018 [Mar 19, 2019]. JAMA. doi:10.1001/jama.2019.1122
Fang J, Shaw KM, Keenan NL, Centers for Disease Control and Prevention. **Prevalence of coronary heart disease**—United States, 2006-2010. MMWR Morb Mortal Wkly Rep 2011; 60:1377-1381.
Fang J, Yang Q, Hong Y, et al. **Status of cardiovascular health among adult Americans** in the 50 states and the District of Columbia, 2009. J Am Heart Assoc 2012; DOI:10.1161/jaha. 112.005371.
Fardet L, Petersen I, Nazareth I. Risk of cardiovascular events in people prescribed **glucocorticoids** with iatrogenic Cushing's syndrome: cohort study. BMJ. 2012 Jul 30;345:e4928.
Farquhar WB, Edwards DG, Jurkovitz CT, Weintraub WS. **Dietary Sodium** and Health: More Than Just Blood Pressure. J Am Coll Cardiol. 2015 Mar 17;65(10):1042-1050.
Farvid MS, Ding M, Pan A, et al. **Dietary Linoleic Acid** and Risk of Coronary Heart Disease: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. Circulation. 2014 Aug 26.
Farzadfar F, Finucane MM, Danaei G, et al. **National, regional, and global trends in serum total cholesterol since 1980**: systematic analysis of health examination surveys and epidemiological studies with 321 country-years and 3.0 million participants. Lancet 2011.
Fearon WF, Achenbach S, Engstrom T, et al. **Accuracy of Fractional Flow Reserve** Derived From Coronary Angiography. Circulation. 2019 Jan 22;139(4):477-484.
Feinstein M, Ning H, Kang J, et al. **Racial Differences** in Risks for First Cardiovascular Events and Non-Cardiovascular Death: The Atherosclerosis Risk in Communities Study (ARIC), the Cardiovascular Health Study (CHS), and the Multi-Ethnic Study of Atherosclerosis (MESA). Circulation. 2012 Jun 12.
Feldman RD, Nattel S. Increasing appreciation for the role of single-pill combinations for the prevention of atherosclerotic disease: a pro-**polypill** polemic. Can J Cardiol. 2014 May;30(5):517-9.
Ference BA, Bhatt DL, Catapano AL, et al. Association of **Genetic Variants Related to Combined Exposure to Lower Low-Density Lipoproteins** and Lower Systolic Blood Pressure With Lifetime Risk of Cardiovascular Disease. JAMA. 2019 Sep 2.
Ferencik M, Mayrhofer T, Bittner DO, et al. Use of **high-risk coronary atherosclerotic plaque detection** for risk stratification of patients with stable chest pain [published online January 10, 2018].JAMA Cardiol. doi:10.1001/jamacardio.2017.4973.
Ferket Bart S.; Colkesen Ersen B.; Visser Jacob J.; et al. Systematic Review of Guidelines on **Cardiovascular Risk Assessment**: Which Recommendations Should Clinicians Follow for a Cardiovascular Health Check? *Arch Intern Med*. 2010;170(1):27-40.
Ferrie JE, Virtanen M, Jokela M, et al. **Job insecurity** and risk of diabetes: a meta-analysis of individual participant data. CMAJ. 2016 Oct 3.
Ferraro PM, Taylor EN, Eisner BH, et al. History of kidney stones and the risk of coronary heart disease. JAMA. 2013 Jul 24;310(4):408-15.
Fidler MM, Reulen RC, Henson K, et al. Population-Based Long-Term Cardiac-Specific Mortality Among 34 489 Five-Year **Survivors of Childhood Cancer** in Great Britain. Circulation. 2017 Mar 7;135(10):951-963.
Fihn SD, Bucher JB, McDonell M, et al. **Collaborative care intervention** for stable ischemic heart disease. Arch Intern Med. 2011 Sep 12;171(16):1471-9.
Finegold JA, Shun-Shin MJ, Cole GD, et al. Distribution of **lifespan gain from primary prevention intervention**. *Open Heart.* 2016.
Finkelstein EA, Haaland BA, Bilger M, et al. Eff ectiveness of **activity trackers** with and without incentives to increase physical activity (**TRIPPA**): a randomised controlled trial. Lancet Diabetes Endocrinol 2016; online Oct 4.
Finocchiaro G, Westaby J, Behr ER, et al. **Association of Sexual Intercourse** With Sudden Cardiac Death in Young Individuals in the United Kingdom. JAMA
Finucane MM, Stevens GA, Cowan MJ. **National, regional, and global trends in body-mass index since 1980**: systematic analysis of health examination surveys and epidemiological studies with 960 country-years and 9.1 million participants. Lancet 2011.
Fitzgerald JD, Johnson L, Hire DG, et al. **LIFE** Study Research Group. Association of Objectively Measured **Physical Activity** With Cardiovascular Risk in Mobility-limited Older Adults. J Am Heart Assoc. 2015 Feb 18;4(2).
Fleg JL, Forman DE, Berra K, et al; on behalf of the American Heart Association Committees on Older Populations and Exercise Cardiac Rehabilitation and Prevention of the Council on Clinical Cardiology, Council on Cardiovascular and Stroke Nursing, Council on Lifestyle and Cardiometabolic He. **Secondary Prevention of Atherosclerotic Cardiovascular Disease in Older Adults**: A Scientific Statement From the American Heart Association. Circulation. 2013 Oct 28.

Flegal KM, Kit BK, Oprana H, Graubard BI. Association of **all-cause mortality with overweight and obesity** using standard body mass index categories: a systematic review and meta-analysis. JAMA. 2012;309(1):71-82.

Florido R, Daya NR, Ndumele CE, et al. Cardiovascular **Disease Risk Among Cancer Survivors**: The Atherosclerosis Risk In Communities (ARIC) Study. J Am Coll Cardiol. 2022 Jul 5;80(1):22-32.

Flueckiger P, Longstreth W, Herrington D, et al. **Revised Framingham Stroke Risk Score, Nontraditional Risk Markers**, and Incident Stroke in a Multiethnic Cohort. Stroke. 2018 Feb;49(2):363-369.

Ford MK, Beattie WS, Wijeysundera DN. Systematic review: prediction of **perioperative** cardiac complications and mortality by the revised cardiac risk index. Ann Intern Med. 2010 Jan 5;152(1):26-35.

Ford ES. Trends in **mortality from all causes and cardiovascular disease among hypertensive and nonhypertensive adults** in the United States. Circulation. 2011 Apr 26;123(16):1737-44.

Ford ES, Greenlund KJ, Hong Y. **Ideal cardiovascular health and mortality** from all causes and diseases of the circulatory system among adults in the United States. Circulation 2012

Forman JP, Scheven L, de Jong PE, et al. Association between **sodium intake and change in uric acid**, urine albumin excretion and risk of developing hypertension. Circulation 2012.

Forouhi NG, Krauss RM, Taubes G, et al. **Dietary fat and cardiometabolic health**: evidence, controversies, and consensus for guidance. BMJ. 2018 Jun 13;361:k2139.

Foster HME, Celis-Morales CA, Nicholl BI, et al. The **effect of socioeconomic deprivation** on the association between an extended measurement of unhealthy lifestyle factors and health outcomes: a prospective analysis of the UK Biobank cohort. Lancet Public Health. 2018 Nov 16.

Foy AJ, et al. **Coronary computed tomography angiography vs functional stress testing** for patients with suspected coronary artery disease: systematic review & meta-analysis [online Oct 2, 2017]. JAMA Intern Med. doi:10.1001/jamainternmed.2017.4772

Fox CS, Matsushita K, Woodward M, et al, for the Chronic Kidney Disease Prognosis Consortium. Associations of **kidney disease** measures with mortality and end-stage renal disease in individuals with and without diabetes: a meta-analysis. Lancet 2012.

Fradley MG, Larson MG, Cheng S, et al. Reference Limits for **N-Terminal-pro-B-Type Natriuretic Peptide** in Healthy Individuals (from the Framingham Heart Study). Am J Cardiol. 2011 Aug 23.

Franco M, Bilal U, Urduñez P, et al. **Population-wide weight loss and regain in relation to diabetes** burden and cardiovascular mortality in Cuba 1980-2010: repeated cross sectional surveys and ecological comparison of secular trends. BMJ 2013;346:f1515.

Franklin BA, Brinks J, Sacks R, et al. **Reduced Walking Speed** and Distance as Harbingers of the Approaching Grim Reaper. Am J Cardiol. 2015 Jul 15;116(2):313-7.

Franklin BA, Thompson PD, Al-Zaiti SS, et al. **Exercise-Related Acute Cardiovascular Events** and Potential Deleterious Adaptations Following Long-Term Exercise Training: Placing the Risks Into Perspective-An Update: A Scientific Statement From the American Heart Association. Circulation. 2020;141(13):e705-e736.

Freak-Poli RL, Cumpston M, Peeters A, et al. **Workplace pedometer** interventions for increasing physical activity. Cochrane Database Syst Rev. 2013 Apr 30;4:CD009209. There was limited and low quality data providing insufficient evidence to assess the effectiveness of pedometer interventions in the workplace for increasing physical activity and improving subsequent health outcomes.

Freaney PM, Ning H, Carnethon M, et al. **Premature Menopause and 10-Year Risk** Prediction of Atherosclerotic Cardiovascular Disease. JAMA Cardiol. 2021 Sep 15. doi: 10.1001/jamacardio.2021.3490.

Freedman ND, Park Y, Abnet CC, et al. Association of **coffee drinking with total and cause-specific mortality**. N Engl J Med. 2012 May 17;366(20):1891-904.

Frémont P, Fortier M, Frankovich RJ. **Exercise prescription** and referral tool to facilitate brief advice to adults in primary care. Can Fam Physician. 2014 Dec;60(12):1120-2.

Friedemann C, Heneghan C, Mahtani K, Thompson M, Perera R, Ward AM. Cardiovascular disease risk in healthy children and its association with **body mass index**: systematic review and meta-analysis. BMJ 2012;345:e4759

Frieden TR. **Sodium Reduction**-Saving Lives by Putting Choice Into Consumers' Hands. JAMA. 2016 Aug 9;316(6):579-80.

Fukuma S, Iizuka T, Ikenoue T, Tsugawa Y. Association of the National Health Guidance **Intervention for Obesity and Cardiovascular** Risks With Health Outcomes Among Japanese Men. JAMA Intern Med. 2020 Oct 5. doi: 10.1001/jamainternmed.2020.4334.

Fukuoka Y, Haskell W, Lin F, Vittinghoff E. Short- and Long-term **Effects of a Mobile Phone App in Conjunction With Brief In-Person Counseling on Physical Activity** Among Physically Inactive Women: The mPED Randomized Clinical Trial. JAMA Netw Open. 2019 May 3;2(5):e194281

Full KM, Huang T, Shah NA, et al. **Sleep Irregularity and Subclinical Markers** of Cardiovascular Disease: The Multi-Ethnic Study of Atherosclerosis. J Am Heart Assoc. 2023 Feb 21;12(4):e027361.

Fulton Janet E.; Simons-Morton Denise G.; Galuka Deborah A. **Physical Activity**: An Investment That Pays Multiple Health Dividends: Comment on "Combined Effects of Cardiorespiratory Fitness, Not Smoking, and Normal Waist Girth on Morbidity and Mortality in Men," "Physical Activity and Survival in Male Colorectal Cancer Survival," "Effects of a Television Viewing Reduction on Energy Intake and Expenditure in Overweight and Obese Adults," and "Physical Activity and Rapid Decline in Kidney Function Among Older Adults". Arch Intern Med. 2009;169(22):2124-2127.

Fung Teresa T., van Dam Rob M., Hankinson, Susan E. **Low-Carbohydrate Diets** and All-Cause and Cause-Specific Mortality: Two Cohort Studies. *Ann Intern Med* September 7, 2010 153:289-298.

Gal R, van Velzen SGM, Hooning MJ, et al. Identification of Risk of Cardiovascular Disease by Automatic Quantification of **Coronary Artery Calcifications** on Radiotherapy Planning CT Scans in Patients With Breast Cancer. JAMA Oncol. 2021 May 6. doi: 10.1001/jamaoncol.2021.1144

Galan P, Kesse-Guyot E, Czernichow S, et al. , for the SU.FOL.OM3 Collaborative Group. Effects of **B vitamins and omega 3 fatty acids** on cardiovascular diseases: a randomised placebo controlled trial. BMJ 341:doi:10.1136/bmj.c6273 (29 Nov 2010).

Gale CR, Batty GD, Osborn DP, et al. **Mental disorders** across the adult life course and future coronary heart disease: evidence for general susceptibility. Circulation. 2014 Jan 14;129(2):186-93.

Gami AS, Olson EJ, Shen WK, et al. **Obstructive sleep apnea** and the risk of sudden cardiac death: A longitudinal study. JACC 2013.

Gan WQ, Moline J, Kim H, et al. Exposure to **loud noise**, bilateral high-frequency hearing loss and coronary heart disease. Occup Environ Med. 2015 Sep 15.

Ganesan AN et al. International **mobile-health intervention on physical activity, sitting, and weight**: The Stepathlon cardiovascular health study. J Am Coll Cardiol 2016 Apr 3.

Ganz P, Heidecker B, Hveem K, et al. Development and validation of a **protein-based risk score** for cardiovascular outcomes among patients with stable coronary heart disase.JAMA. doi:10.1001/jama.2016.5951

Garcia JM, Duran AT, Schwartz JE, et al. **Types of Sedentary Behavior** and Risk of Cardiovascular Events and Mortality in Blacks: The Jackson Heart Study. J Am Heart Assoc. 2019 Jul 2;8(13):e010406.

García-Almagro FJ, Gimeno JR, Villegas M, et al. Prognostic value of the Thrombolysis in Myocardial Infarction risk score in a unselected population with chest pain. Construction of a new predictive model. Am J Emerg Med. 2008 May;26(4):439-45. In this developmental study, a **modified Thrombolysis in Myocardial Infarction (TIMI) risk score** was better at predicting coronary events 6 months after patients present with chest pain suspected to be ischemic in origin. Since models generally perform better in developmental studies than in subsequent testing, the new score needs independent validation. (LOE = 2b-)

García-Hermoso A, Ramírez-Vélez R, García-Alonso Y, et al. Association of **Cardiorespiratory Fitness Levels During Youth** With Health Risk Later in Life: A Systematic Review and Meta-analysis. JAMA Pediatr. 2020 Aug 31. doi: 10.1001/jamapediatrics.2020.2400.

Garcia-Lunar I, van der Ploeg HP, Fernández Alvira JM, et al. **Effects of a comprehensive lifestyle intervention** on cardiovascular health: the TANSNIP-PESA trial. Eur Heart J. 2022 Oct 11;43(38):3732-3745.

Gardener H, Rundek T, Wright CB, Elkind MSV, Sacco RL. Dietary **sodium and risk of stroke** in the Northern Manhattan Study. Stroke. 2012;43:1200 –1205.

Gardener H, Rundek T, Wright CB, et al. A **Mediterranean-Style Diet** and Left Ventricular Mass (from the Northern Manhattan Study). Am J Cardiol. 2015 Feb 15;115(4):510-4.

Gardner C, Wylie-Rosett J, Gidding SS, et al. **Nonnutritive sweeteners**: Current use and health perspectives. A scientific statement from the American Heart Association and the American Diabetes Association. Circulation 2012; 126:509-519. (Aspartame, acesulfame-K, neotame, saccharin, and sucralose)

Garland A, Jeon SH, Stepner Met al. Effects of **cardiovascular and cerebrovascular health events on work and earnings**: a population-based retrospective cohort study. CMAJ. 2019 Jan 7;191(1):E3-E10.

Garovic VD, Bailey KR, Boerwinkle E, et al. Hypertension in **pregnancy** as a risk factor for cardiovascular disease later in life. J Hypertens. 2010 Jan 16. [Epub ahead of print]

Gaudreault V, Tizon-Marcos H, Poirier P, et al. Transient myocardial tissue and function changes during a **marathon in less fit marathon runners**. Can J Cardiol. 2013 Oct;29(10):1269-76.

Guasch-Ferré M, Liu X, Malik VS, et al. **Nut consumption** and risk of cardiovascular disease. J Am Coll Cardiol 2017;70:2519–32.

Gaye B, Canonico M, Perier MC, et al. **Ideal Cardiovascular Health**, Mortality, and Vascular Events in Elderly Subjects: The **Three-City Study**. J Am Coll Cardiol. 2017 Jun 27;69(25):3015-3026.

Gaziano TA, Young CR, Fitzmaurice G, et al. Laboratory-based versus **non-laboratory**-based method for assessment of cardiovascular disease risk: the NHANES I Follow-up Study cohort. Lancet. 2008 Mar 15;371(9616):923-31. Cardiovascular prediction models that do not require laboratory testing perform as well as models that use laboratory testing. (LOE = 2b)

GBD 2013 Mortality and Causes of Death Collaborators. **Global**, regional, and national age-sex specific **all-cause and cause-specific mortality** for 240 causes of death, 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. Lancet. 2014 Dec 17.

GBD 2017 Diet Collaborators. **Health effects of dietary risks** in 195 countries, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. Lancet. 2019 Apr 3. doi:10.1016/S0140-6736(19)30041-8.

Ge L, Sadeghirad B, Ball GDC et al. Comparison of dietary macronutrient patterns of **14 popular named dietary programmes** for weight and cardiovascular risk factor reduction in adults: systematic review and network meta-analysis of randomised trials. BMJ. 2020 Apr 1;369:m696

Gebel K, Ding D, Chey T, et al. Effect of **Moderate to Vigorous Physical Activity on All-Cause Mortality** in Middle-aged and Older Australians. JAMA Intern Med. 2015 Apr 6.

Geisel MH, Bauer M, Hennig F, et al. Comparison of **coronary artery calcification, carotid intima-media thickness and ankle-brachial index** for predicting 10-year incident cardiovascular events in the general population. Eur Heart J. 2017 Mar 30.
Genders TS, Steyerberg EW, Hunink MG, et al. Prediction **model to estimate presence of coronary artery disease**: retrospective pooled analysis of existing cohorts. BMJ. 2012 Jun 12;344:e3485.
George J, Majeed W, Mackenzie IS, et al. Association between cardiovascular events and **sodium-containing effervescent, dispersible, and soluble drugs**: nested case-control study. BMJ. 2013 Nov 26;347:f6954.
Gepner Y, Shelef I, Komy O, et al. The **beneficial effects of Mediterranean diet** over low-fat diet may be mediated by decreasing hepatic fat content. J Hepatol. 2019 May 8.
Gerstein HC, Sattar N, Rosenstock J, et al; AMPLITUDE-O Trial Investigators. Cardiovascular and Renal **Outcomes with Efpeglenatide** in Type 2 Diabetes. N Engl J Med. 2021 Sep 2;385(10):896-907.
Gibbons RJ, Miller TD. Optimal Medical Therapy for Known Coronary Artery Disease: A Review. JAMA Cardiol. 2017 Jul 12.
Gidding SS, Rana JS, et al. **Pathobiological Determinants of Atherosclerosis in Youth (PDAY) Risk Score** in Young Adults Predicts Coronary Artery and Abdominal Aorta Calcium in Middle Age: The CARDIA Study. Circulation. 2016 Jan 12;133(2):139-46.
Gillen JB, et al. Twelve Weeks of **Sprint Interval Training** Improves Indices of Cardiometabolic Health Similar to Traditional Endurance Training despite a **Five-Fold Lower Exercise Volume** and Time Commitment. PLoS One. 2016 Apr 26;11(4):e0154075
Giugliano D, Bellastella G, Longo M, et al. Relationship between **improvement of glycaemic control** and reduction of major cardiovascular events in 15 cardiovascular outcome trials: A meta-analysis with meta-regression. Diabetes Obes Metab. 2020;10.1111/dom.14047
Giuseppe M, Suzanne O, Paul KW et al. **Salt** intake and Cardiovascular Disease : Summary of the technical report on sodium intake and cardiovascular disease in low-and middle-income countries by the joint working group of the World Heart Federation, the European Society of Hypertension and the European Public Health Association. Euro J Heart. 2017 ;38 :697-704.
Glei DA, Goldman N, Risques RA, et al. **Predicting Survival from Telomere Length versus Conventional Predictors**: A Multinational Population-Based Cohort Study. PLoS One. 2016 Apr 6
Global Burden of Metabolic Risk Factors for Chronic Diseases Collaboration (BMI Mediated Effects). Metabolic mediators of the effects of **body-mass index, overweight, and obesity** on coronary heart disease and stroke: a pooled analysis of 97 prospective cohorts with 1·8 million participants. Lancet. 2013 Nov 21.
Go AS, Mozaffarian D, Roger VL, et al. **Heart and stroke statistics—2013 update**: A report from the American Heart Association.Circulation 2013;
Gogebakan O, Kohl A, Osterhoff MA, et al. Effects of weight loss and long-term weight maintenance with **diets varying in protein and glycemic index** on cardiovascular risk factors: the Diet, Obesity, and Genes (**DiOGenes**) study, a randomized controlled trial. Circulation. 2011;124:2829 –2838.
Goel K, Lennon RJ, Tilbury RT, et al. Impact of **cardiac rehabilitation** on mortality and cardiovascular events after percutaneous coronary intervention in the community. Circulation. 2011 May 31;123(21):2344-52.
Goff DC Jr et al. **2013 ACC/AHA guidelines** on the **assessment of cardiovascular risk**: A report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. J Am Coll Cardiol 2013 Nov 12.
Golaszewski NM, LaCroix AZ, Godino JG, et al. Evaluation of **Social Isolation, Loneliness, and Cardiovascular Disease** Among Older Women in the US. JAMA Netw Open. 2022 Feb 1;5(2):e2146461.
Gold DR, Mittleman MA. New insights into **pollution** and the cardiovascular system: 2010 to 2012. Circulation. 2013 May 7;127(18):1903-13.
Gold DR, Samet JM. **Air pollution**, climate, and heart disease. Circulation. 2013 Nov 19;128(21):e411-4.
Goldberger JJ, Basu A, Boineau R, et al. **Risk stratification for sudden cardiac death**: a plan for the future. Circulation. 2014 Jan 28;129(4):516-26
Goldstein BI, Carnethon MR, et al. **Major Depressive Disorder and Bipolar Disorder** Predispose Youth to Accelerated Atherosclerosis and Early Cardiovascular Disease: A Scientific Statement From the American Heart Association. Circulation. 2015 Aug 10.
Goliasch G, Kleber ME, Richter B, et al. Routinely available **biomarkers** improve prediction of long-term mortality in stable coronary artery disease: the **Vienna and Ludwigshafen Coronary Artery Disease (VILCAD) risk score**.
Gómez E, Fernández-Alvira JM, Vilanova M, et al. A **Comprehensive Lifestyle Peer-Group-Based Intervention** on Cardiovascular Risk Factors: The Randomized Controlled Fifty-Fifty Program. J Am Coll Cardiol. 2015 Oct 30.
Gonzalez-Jaramillo N, Wilhelm M, Arango-Rivas AM, et al. Systematic Review of **Physical Activity Trajectories and Mortality** in Patients With Coronary Artery Disease. J Am Coll Cardiol. 2022 May 3;79(17):1690-1700.
Gooding HC, Ning H, Gillman MW, et al. Application of a **Lifestyle-Based Tool** to Estimate Premature Cardiovascular Disease Events in Young Adults: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. JAMA Intern Med. 2017 Jul 17.
Gooding HC, et al. Application of a **Lifestyle-Based Tool (HHS) to Estimate Premature Cardiovascular Disease Events in Young Adults**: Coronary Artery Risk Development in Young Adults (**CARDIA**)Study. JAMA Intern Med. 2017Sep 1;177(9):1354-1360.
Goodman J, Thomas S, Burr JF. Physical Activity Series: **Cardiovascular risks of physical activity** in apparently healthy individuals: Risk evaluation for exercise clearance and prescription. Can Fam Physician. 2013 Jan;59(1):46-9.
Gore FM, Bloem PJN, Patton GC, et al. **Global burden of disease in young people aged 10–24 years**: a systematic analysis. Lancet 2011; published online June 7. DOI:10.1016/S0140-6736(11)60512-6.
Gordon-Larsen P, Boone-Heinomen J, Sidney S, et al. **Active commuting** and cardiovascular disease risk. Arch Intern Med 2009; 169: 1216-1223.
Gorzelitz J, Trabert B, Katki HA, et al. Independent and joint associations of **weightlifting and aerobic activity** with all-cause, cardiovascular disease and cancer mortality in the Prostate, Lung, Colorectal and Ovarian Cancer Screening Trial. Br J Sports Med. 2022 Sep 27:bjsports-2021-105315.
Gottlieb DJ, Punjabi NM, Mehra R, et al. **CPAP versus oxygen in obstructive sleep apnea**. N Engl J Med 2014;370:2276-85.
Goulden R. **Moderate Alcohol Consumption** Is Not Associated with Reduced All-cause Mortality. Am J Med. 2016 Feb;129(2):180-186.e4.
Gozdzik A, Salehi R, O'Campo P, et al. Cardiovascular risk factors and 30-year cardiovascular risk in **homeless adults with mental illness**. BMC Public Health. 2015 Dec;15(1):1472.
Graciani A, León-Muòoz LM, Guallar-Castillón, et al. **Cardiovascular health in a southern Mediterranean European country**. A nationwide population-based study. Circulation: Cardiovascular Quality and Outcomes 2013.
Graudal NA, Hubeck-Graudal T, Jurgens G. Effects of low **sodium** diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride. Cochrane Database of Systematic Reviews 2011, Issue 11. Art. No.: CD004022. DOI: 10.1002/14651858.CD004022.pub3. Sodium reduction resulted in a 1% decrease in blood pressure in normotensives, a 3.5% decrease in hypertensives, a significant increase in plasma renin, plasma aldosterone, plasma adrenaline and plasma noradrenaline, a 2.5% increase in cholesterol, and a 7% increase in triglyceride. In general, these effects were stable in studies lasting for 2 weeks or more.
Graudal N, Jürgens G, Baslund B, et al. Compared With Usual **Sodium** Intake, Low- and Excessive-Sodium Diets Are Associated With Increased Mortality: A Meta-Analysis. Am J Hypertens. 2014 Apr 1.
Gray L, Lee I-M, Sesso HD, Batty GD. **Blood pressure in early adulthood**, hypertension in middle age, and future cardiovascular disease mortality: HAHS (Harvard Alumni Health Study). J Am Coll Cardiol 2011; 58:2396-2403.
Green P, Newman JD, Shaffer JA, et al. Relation of **Patients Living Without a Partner or Spouse** to Being Physically Active After Acute Coronary Syndromes (from the PULSE Accelerometry Substudy). Am J Cardiol. 2013 Feb 11. Greenland P, Alpert JS,
Greenberg JA, Manson JE, Neuhouser ML, et al. **Chocolate intake and heart disease and stroke in the Women's** Health Initiative: a prospective analysis. Am J Clin Nutr. 2018 Jul 1;108(1):41-48.
Greenland P, Lloyd-Jones DM. Role of **Coronary Artery Calcium Testing for Risk Assessment** in Primary Prevention of Atherosclerotic Cardiovascular Disease: A Review. JAMA Cardiol. 2021 Oct 6. doi: 10.1001/jamacardio.2021.3948.
Greenwood JP, Maredia N, Younger JF, et al. **Cardiovascular magnetic resonance** and single-photon emission computed tomography for diagnosis of coronary heart disease (CE-MARC): a prospective trial. Lancet. 2011 Dec 22.
Gregg EW, Cheng YJ, Saydah S, et al. Trends in **death rates among US adults with and without diabetes** between 1997 and 2006. Diabetes Care 2012; 35:1252-1257.
Griffing G. Images in clinical medicine. **Frank's sign**. N Engl J Med. 2014 Mar 6;370(10):e15.
Grioni S, Agnoli C, Sieri S, Pala et al. **Espresso coffee consumption** and risk of coronary heart disease in a large italian cohort. PLoS One. 2015 May 6;10(5)
Groenendyk JW, Greenland P, Khan SS. **Incremental Value of Polygenic Risk Scores** in Primary Prevention of Coronary Heart Disease: A Review. JAMA Intern Med. 2022 Aug 22. doi: 10.1001/jamainternmed.2022.3171
Grøntved A, Koivula RW, Johansson I, et al. **Bicycling to Work** and Primordial Prevention of Cardiovascular Risk: A Cohort Study Among Swedish Men and Women. J Am Heart Assoc. 2016 Oct 31;5(11).
Grooms KN, Ommerborn MJ, Pham DQ, et al. **Dietary Fiber** Intake and Cardiometabolic Risks among US Adults, NHANES 1999-2010. Am J Med. 2013 Oct 9.
Grossman C, Ehrlich S, Shemesh J, et al. **Coronary Artery Calcium and Exercise Electrocardiogram** as Predictors of Coronary Events in Asymptomatic Adults. Am J Cardiol. 2015 Jan 6.
Grunwald JE, Ying GS, Maguire M, et al. Association Between **Retinopathy and Cardiovascular Disease** in Patients With Chronic Kidney Disease (from the Chronic Renal Insufficiency Cohort [CRIC] Study). Am J Cardiol. 2012 Apr 18.
Guallar-Castillón P, Rodriguez-Artalejo F, Lopez-Garcia E, et al. Consumption of **fried foods** and risk of coronary heart disease: Spanish cohort of the European Prospective Investigation into Cancer and Nutrition study. BMJ 2012;344;e363.
Guasch-Ferré M, Li Y, Willett WC, et al. **Consumption of Olive Oil and Risk** of Total and Cause-Specific Mortality Among U.S. Adults. J Am Coll Cardiol. 2022 Jan 18;79(2):101-112.
Guasch-Ferré M, Liu G, Li Y, et al. **Olive Oil Consumption** and Cardiovascular Risk in U.S. Adults. J Am Coll Cardiol. 2020 Feb 27. doi:10.1016/j.jacc.2020.02.036.
Gubbi S, Schwartz E, Crandall J, et al. Effect of **Exceptional Parental Longevity and Lifestyle Factors** on Prevalence of Cardiovascular Disease in Offspring. Am J Cardiol. 2017 Dec 15;120(12):2170-2175.
Guillemette L, Wicklow B, Sellers EAC, et al. **Intrauterine exposure to diabetes** and risk of cardiovascular disease in adolescence and early adulthood: a population-based birth cohort study. CMAJ. 2020 Sep 28;192(39):E1104-E1113
Gulliksson Mats; Burell Grundy SM, Barlow CE, Farrell SW, et al. **Cardiorespiratory Fitness** and Metabolic Risk. Am J Cardiol. 2012 Jan 3.
Gunilla; Vessby Bengt; et al. Randomized Controlled Trial of **Cognitive Behavioral Therapy** vs Standard Treatment to Prevent Recurrent Cardiovascular Events in Patients With Coronary Heart Disease: Secondary Prevention in Uppsala Primary Health Care Project (SUPRIM). *Arch Intern Med*. 2011;171(2):134-140.
Gunderson EP, Jacobs DR Jr, Chiang V, et al. Duration of **Lactation** and Incidence of the Metabolic Syndrome in Women of Reproductive Age According to Gestational Diabetes Mellitus Status: A 20-Year Prospective Study in

CARDIA--The Coronary Artery Risk Development in Young Adults Study. Diabetes. 2009 Dec 3.
Gunderson EP, Chiang V, Pletcher MJ, et al. **History of Gestational Diabetes** Mellitus and Future Risk of Atherosclerosis in Mid-life: The Coronary Artery Risk Development in Young Adults Study. J Am Heart Assoc. 2014 Mar 12
Gunter MJ, Murphy N, Cross AJ, et al. **Coffee drinking** and mortality in 10 European countries. A multinational cohort study. Ann Intern Med. [Epub ahead of print]. doi:10.7326/M16-2945
Guo Y, Li S, Tian Z, et al. The burden of **air pollution** on years of life lost in Beijing, China, 2004-08: retrospective regression analysis of daily deaths. BMJ. 2013 Dec 9;347:f7139
Guthold R, Stevens GA, Riley LM, et al. **Worldwide trends in insufficient physical activity from 2001 to 2016**: a pooled analysis of 358 population-based surveys with 1·9 million participants. Lancet Glob Health. 2018 Oct;6(10):e1077-e1086.
Guthold R, Stevens GA, Riley LM, Bull FC. Global trends in **insufficient physical activity among adolescents**: a pooled analysis of 298 population-based surveys with 1·6 million participants. Lancet Child Adolesc Health. 2019 Nov 21. doi: 10.1016/S2352-4642(19)30323-2.
Gutiérrez OM, Khodneva YA, Muntner P, et al. Association Between **Urinary Albumin Excretion** and Coronary Heart Disease in Black vs White Adults. JAMA. 2013 Aug 21;310(7):706-14.
Hackam DG, Shojania KG, Spence JD, et al. Influence of **Noninvasive Cardiovascular Imaging in Primary Prevention**: Systematic Review and Meta-analysis of Randomized Trials. Arch Intern Med. 2011 Mar 14.
Haddy N, Diallo S, El-Fayech C, et al. **Cardiac Diseases Following Childhood Cancer** Treatment: Cohort Study. Circulation. 2015 Oct 20.
Hadigan C, Paules CI, Fauci AS. Association Between **Human Immunodeficiency Virus** Infection and Cardiovascular Diseases: Finding a Solution to Double Jeopardy. JAMA Cardiol. 2016 Dec 21.
Hadley MB, Baumgartner J, Vedanthan R. Developing a Clinical Approach to **Air Pollution** and Cardiovascular Health. Circulation. 2018 Feb 13;137(7):725-742.
Hageman SHJ, McKay AJ, Ueda P, et al; UCC-SMART and the ESC Cardiovascular Risk Collaboration. Estimation of **recurrent atherosclerotic cardiovascular event risk** in patients with established cardiovascular disease: the updated SMART2 algorithm. Eur Heart J. 2022 Feb 15:ehac056.
Hagger-Johnson G, Gow AJ, Burley V, et al. **Sitting Time, Fidgeting, and All-Cause Mortality** in the UK Women's Cohort Study. Am J Prev Med 2016;50:154–60.
Haikerwal A, Akram M, Del Monaco A, et al. Impact of **Fine Particulate Matter** (PM2.5) Exposure During **Wildfires** on Cardiovascular Health Outcomes. J Am Heart Assoc. 2015 Jul 15;4(7).
Hajifathalian K, Ueda P, Lu Y, et al. A novel **risk score** to predict cardiovascular disease risk in national populations (**Globorisk**): a pooled analysis of prospective cohorts and health examination surveys. Lancet Diabetes Endocrinol. 2015 Mar 25.
Halkin A, Steinvil A, Rosso, et al. **Preventing sudden death of athletes** with electrographic screening. J Am Coll Cardiol 2012; 60: 2271-2276.
Hallal PC, Anderson LB, Bull FC, et al. **Global physical activity** levels: Surveillance progress, pitfalls, and prospects. Lancet 2012.
Hallan SI, Matsushita K, et al; Chronic Kidney Disease Prognosis Consortium. Age and association of **kidney measures** with mortality and endstage renal disease [online October 30, 2012]. JAMA. (eGFR & albuminuria)
Halonen JI, Hansell AL, Gulliver J, et al. **Road traffic noise** is associated with increased cardiovascular morbidity and mortality and all-cause mortality in London. Eur Heart J. 2015 Jun 23.
Halonen JI, Stenholm S, Pentti J, et al. **Childhood Psychosocial Adversity** and Adult Neighborhood Disadvantage as Predictors of Cardiovascular Disease: A Cohort Study. Circulation. 2015 Aug 4;132(5):371-9.
Hamad R, Öztürk B, Foverskov E, et al. Association of **Neighborhood Disadvantage** With Cardiovascular Risk Factors and Events Among Refugees in Denmark. JAMA Netw Open. 2020;3(8):e2014196
Hamad R, Penko J, Kazi DS, et al. Association of **Low Socioeconomic Status** With Premature Coronary Heart Disease in US Adults. JAMA Cardiol. 2020;e201458.
Hamer M, Sabia S, Batty GD, et al. **Physical Activity and Inflammatory Markers** Over 10 Years: Follow-Up in Men and Women From the Whitehall II Cohort Study. Circulation. 2012 Aug 21;126(8):928-33.
Hammill BG, Curtis LH, Schulman KA, Whellan DJ. Relationship between **cardiac rehabilitation** and long-term risks of death and myocardial infarction among elderly Medicare beneficiaries. Circulation 2009; DOI: 10.1161/CIRCULATIONAHA.109.876383.
Han D, Berman DS, Miller RJH, et al. Association of Cardiovascular Disease Risk Factor Burden With **Progression of Coronary Atherosclerosis** Assessed by Serial Coronary Computed Tomographic Angiography. JAMA Netw Open. 2020;3(7):e2011444.
Han L, You D, Ma W, et al. National Trends in American Heart Association Revised **Life's Simple 7 Metrics Associated With Risk** of Mortality Among US Adults. JAMA Netw Open. 2019 Oct 2;2(10):e1913131.
Han MA, Zeraatkar D, Guyatt G, et al. **Reduction of red and processed meat intake and cancer mortality and incidence**. A systematic review and meta-analysis of cohort studies. Ann Intern Med. 1 October 2019 [Epub ahead of print]. doi:10.7326/M19-0699
Hancock AT, Mallen CD, Muller S, et al. Risk of vascular events in patients with **polymyalgia rheumatica**. CMAJ. 2014 Jul 28.
Hankey GJ. **Nutrition** (salt, overeating etc…) and the risk of stroke. Lancet Neurol 2012; 11:66-81.
Hansel B, Roussel R, Elbez Y, et al; **REACH** Registry Investigators. Cardiovascular risk in relation to **body mass index** and use of evidence-based preventive medications in patients with or at risk of atherothrombosis. Eur Heart J. 2015 Aug 4.
Hansell AL, Blangiardo M, Fortunato L, Floud S, de Hoogh K, Fecht D, et al. **Aircraft noise** and cardiovascular disease near Heathrow airport in London: small area study. BMJ 2013;347:f5432.
Hansell A, Ghosh RE, Blangiardo M, et al. Historic **air pollution** exposure and long-term mortality risks in England and Wales: prospective longitudinal cohort study. Thorax. 2016 Feb 8.
Harcombe Z, Baker JS, Cooper SM, et al. Evidence from randomised controlled trials did **not support the introduction of dietary fat guidelines** in 1977and 1983: a systematic review and meta-analysis. Open Heart 2015;2:e000196.
Hardoon SL, Morris RW, Whincup PH, et al. Rising **adiposity** curbing decline in the incidence of myocardial infarction: 20-year follow-up of British men and women in the **Whitehall II cohort**. Eur Heart J 2011.
Harjutsalo V, Barlovic DP, Gordin D, et al. Presence and **Determinants of Cardiovascular Disease and Mortality** in Individuals With Type 1 Diabetes of Long Duration: The FinnDiane 50 Years of Diabetes Study. Diabetes Care. 2021 Jun 23:dc202816
Harjutsalo V, Pongrac Barlovic D, Groop PH. Long-term population-based trends in the incidence of cardiovascular **disease in individuals with type 1 diabetes** from Finland: a retrospective, nationwide, cohort study. Lancet Diabetes Endocrinol. 2021 Sep;9(9):575-585
Haroon NN, Paterson JM, Li P, et al. Patients With **Ankylosing Spondylitis** Have Increased Cardiovascular and Cerebrovascular Mortality: A Population-based Study. Ann Intern Med. 2015 Aug 11.
Harmon KG, Asif IM, Klossner D, et al. Incidence of sudden cardiac death in **national collegiate athletic association athletes**. Circulation. 2011 Apr 19;123(15):1594-600.
Harmon KG, Drezner JA, Wilson MG, et al. Incidence of **sudden cardiac death in athletes**: a state-of-the-art review. Heart. 2014 Aug 15;100(16):1227-1234.
Harnack LJ, Cogswell ME, Shikany JM, et al. **Sources of sodium** in US adults from 3 geographic regions. Circulation. 2017;135:1775–1783.
Harrington JL, Ayers C, Berry JD, et al. **Sedentary Behavior** and Subclinical Cardiac Injury: Results From the Dallas Heart Study. Circulation. 2017 Oct10;136(15):1451-1453.
Harris CD, Watson KB, Carlson SA, et al. **Adult participation in aerobic and muscle-strengthening physical activities**—United States, 2011. MMWR Morb Mortal Wkly Rep 2013; 62:326-330.
Harris KM, Creswell LL, Haas TS, et al. Death and cardiac arrest in **U.S. triathlon participants**, 1985 to 2016. A case series. Ann Intern Med. 2017. [Epub ahead of print]. doi:10.7326/M17-0847
Harris T, et al. Effect of a Primary Care **Walking Intervention** with and without Nurse Support on Physical Activity Levels in 45- to 75-Year-Olds: **Pedometer** And Consultation Evaluation (**PACE-UP**) Cluster Randomised Trial. PLoS Med. 2017 Jan 3;14(1):e1002210.
Harris WS, Mozaffarian D, Rimm E, Kris-Etherton P, et al. **Omega-6 Fatty Acids** and Risk for Cardiovascular Disease. A Science Advisory From the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention. Circulation. 2009 Jan 26. [Epub ahead of print] In summary, the AHA supports an omega-6 PUFA intake of at least **5% to 10% of energy** in the context of other AHA lifestyle and dietary recommendations. To reduce omega-6 PUFA intakes from their current levels would be more likely to increase than to decrease risk for CHD.
Hart JE, Puett RC, Rexrode KM, Albert CM, Laden F. Effect Modification of Long-Term **Air Pollution** Exposures and the Risk of Incident Cardiovascular Disease in US Women. J Am Heart Assoc. 2015 Nov 25;4(12).
Hartley L, May MD, Loveman E, et al. **Dietary fibre** for the primary prevention of cardiovascular disease. Cochrane Database Syst Rev. 2016 Jan 7;1:CD011472. Studies were short term and therefore did not report on our primary outcomes, CVD clinical events. The pooled analyses for CVD risk factors suggest reductions in total cholesterol and LDL cholesterol with increased fibre intake, and reductions in diastolic blood pressure. There were no obvious effects of subgroup analyses by type of intervention or fibre type but the number of studies included in each of these analyses were small. Risk of bias was unclear in the majority of studies and high for some quality domains so results need to be interpreted cautiously. There is a need for longer term, well-conducted RCTs to determine the effects of fibre type (soluble versus insoluble) and administration (supplements versus foods) on CVD events and risk factors for the primary prevention of CVD.
Hartley A, Marshall DC, Salciccioli JD, et al. **Trends in Mortality from Ischaemic Heart Disease** and Cerebrovascular Disease in **Europe**: 1980-2009. Circulation. 2016 Mar 22
Haseeb S, Alexander B, Baranchuk A. **Wine** and Cardiovascular Health: A Comprehensive Review. Circulation. 2017 Oct 10;136(15):1434-1448.
Haseler C, Crooke R, Haseler T. **Promoting physical activity to patients**. BMJ. 2019 Sep 17;366:l5230
Hashem KM, He FJ, Jenner KH, et al. Cross-sectional survey of **salt content** in cheese: a major contributor to salt intake in the UK. BMJ Open. 2014 Jul 18;4(8):e005051.
Hartley L, Dyakova M, Holmes J, et al. **Yoga** for the primary prevention of cardiovascular disease. Cochrane Database Syst Rev. 2014 May 13;5:CD010072. The limited evidence comes from small, short-term, low-quality studies. There is some evidence that yoga has favourable effects on diastolic blood pressure,HDL cholesterol and triglycerides, and uncertain effects on LDL cholesterol.These results should be considered as exploratory and interpreted with caution.
Haufe S, Kerling A, Protte G, et al. **Telemonitoring-supported exercise training**, metabolic syndrome severity, and work ability in company employees: a randomised controlled trial. Lancet Public Health. 2019 Jun 13.
Hausenblas HA, Schreiber K, Smoliga JM. **Addiction to exercise**. BMJ. 2017 Apr 26;357:j1745.

Häusler N, Haba-Rubio J, Heinzer R, Marques-Vidal P. Association of **napping with incident cardiovascular events** in a prospective cohort study. Heart. 2019 Sep 9.

Haycock PC, Heydon EE, Kaptoge S, Butterworth AS, Thompson A, Willeit P. **Leucocyte telomere length** and risk of cardiovascular disease: systematic review and meta-analysis. BMJ 2014;349:g4227

He FJ, Marciniak M, Visagie E, et al. Effect of Modest **Salt Reduction** on Blood Pressure, Urinary Albumin, and Pulse Wave Velocity in White, Black, and Asian Mild Hypertensives. Hypertension. 2009 Jul 20. [Epub ahead of print]

He FJ, Li J, Macgregor GA. Effect of longer term **modest salt reduction** on blood pressure: Cochrane systematic review and meta-analysis of randomised trials. BMJ. 2013 Apr 3;346:f1325.

He FJ, Li J, Macgregor GA. Effect of **longer-term modest salt reduction on blood pressure**. Cochrane Database Syst Rev. 2013 Apr 30;4:CD004937. doi:10.1002/14651858.CD004937.pub2. A modest reduction in salt intake for 4 or more weeks causes significant and, from a population viewpoint, important falls in BP in both hypertensive and normotensive individuals, irrespective of sex and ethnic group.With salt reduction, there is a small physiological increase in plasma renin activity, aldosterone and noradrenaline. There is no significant change in lipid levels.

He FJ, Pombo-Rodrigues S, Macgregor GA. **Salt reduction** in England from 2003 to 2011: its relationship to blood pressure, stroke and ischaemic heart disease mortality. BMJ Open. 2014 Apr 14

He FJ, Wu Y, Feng XX, et al. School based education programme to **reduce salt** intake in children and their families (**School-EduSalt**): cluster randomised controlled trial. BMJ. 2015 Mar 18;350:h770.

He J, Zhu Z, Bundy JD, et al. Trends in Cardiovascular **Risk Factors in US Adults by Race and Ethnicity** and Socioeconomic Status, 1999-2018. JAMA. 2021 Oct 5;326(13):1286-1298.

He M, Wolpin B, Rexrode K, et al. **ABO blood group** and risk of coronary heart disease in two prospective cohort studies.Arterioscler Thromb Vasc Biol 2012; 32:2314-2320.

He Q, Zhang P, Li G, et al. The association between **insomnia symptoms** and risk of cardio-cerebral vascular events: A meta-analysis of prospective cohort studies. Eur J Prev Cardiol. 2017 Jan 1:2047487317702043.

Healy GN, Winkler EA, Owen N, et al. Replacing **sitting time with standing** or stepping: associations with cardio-metabolic risk biomarkers. Eur Heart J. 2015 Jul 30.

Health Canada Sep/11 **GnRH Agonists**: Heart-related Risk in Men Treated for Prostate Cancer. Health Canada is informing health professionals and patients about a possible increased risk of certain heart-related events in men being treated for prostate cancer with a type of prescription drug known as a Gonadotropin-Releasing Hormone (GnRH) agonist.

Health Canada Apr/13: TASIGNA (**nilotinib**) - Possible Risk of Developing Atherosclerosis-Related Conditions - Novartis Pharmaceuticals Canada Inc.

Heath GW, Parra DC, Sarimento OL, et al. Evidence-based intervention in **physical activity**: Lessons from around the world. Lancet 2012.

Heitmann Berit L, Frederiksen Peder. **Thigh circumference** and risk of heart disease and premature death: prospective cohort study. BMJ 2009;339:b3292, doi: 10.1136/bmj.b3292 (Published 3 September 2009)

Held C, Iqbal R, Lear SA, et al. **Physical activity levels**, ownership of goods promoting sedentary behavior and risk of myocardial infarction: results of the **INTERHEART** study. Eur Heart J 2012

Hemmelgarn Brenda R.; Manns Braden J.; Lloyd Anita; et al. for the Alberta Kidney Disease Network. Relation Between Kidney Function, **Proteinuria**, and Adverse Outcomes. JAMA. 2010;303(5):423-429.

Henney JE, Taylor CL, and Boon CS, eds. Institute of Medicine. **Strategies to Reduce Sodium Intake** in the United States; Washington, DC: National Academies Press, 2010. Available here.

Henson KE, Reulen RC, Winter DL, et al.Cardiac Mortality Among 200,000 Five-Year **Survivors of Cancer** Diagnosed Aged 15-39 Years: The Teenage and Young Adult Cancer Survivor Study. Circulation. 2016 Nov 7.

Hess EP, Agarwal D, Chandra S, et al. **Diagnostic accuracy of the TIMI risk score in patients with chest pain** in the emergency department: a meta-analysis. CMAJ. 2010 Jul 13;182(10):1039-44. Epub 2010 Jun 7.

Hinnouho GM, Czernichow S, Dugravot A, et al. **Metabolically healthy obesity** and the risk of cardiovascular disease and type 2 diabetes: the Whitehall II cohort study. Eur Heart J. 2014 Mar 26.

Hippisley-Cox J, et al. Performance of the QRISK cardiovascular risk prediction algorithm in an independent UK sample of patients from general practice: a validation study. Heart. 2008 Jan;94(1):34-9. Epub 2007 Oct 4.

This analysis demonstrated that **QRISK** is better calibrated to the UK population than Framingham and has better discrimination. www.qrisk.org

Hippisley-Cox J, Coupland C, Vinogradova Y, Robson J, Minhas R, Sheikh A, Brindle P. Predicting cardiovascular risk in England and Wales: prospective derivation and validation of QRISK2. BMJ. 2008 Jun 23. [Epub ahead of print]

Incorporating ethnicity, deprivation, and other clinical conditions into the **QRISK2** algorithm for risk of cardiovascular disease improves the accuracy of identification of those at high risk in a nationally representative population. At the 20% threshold, QRISK2 is likely to be a more efficient and equitable tool for treatment decisions for the primary prevention of cardiovascular disease. As the validation was performed in a similar population to the population from which the algorithm was derived, it potentially has a "home advantage." Further validation in other populations is therefore advised. www.qrisk.org

Hippisley-Cox J, Coupland C, Robson J, et al. Derivation, validation, and evaluation of a new **QRISK model to estimate lifetime** risk of cardiovascular disease: cohort study using QResearch database. BMJ 341:doi:10.1136/bmj.c6624 (Published 9 Dec 2010)

Hippisley-Cox J, Coupland C, Brindle P. **Development and validation** of **QRISK3** risk prediction algorithms to **estimate future risk of cardiovascular disease**: prospective cohort study. BMJ. 2017 May 23;357:j2099.

Hippisley-Cox J, Coupland C. Development and validation of **QMortality risk prediction algorithm** to estimate short term risk of death and assess frailty: cohort study. BMJ 2017;358:j4208. doi:10.1136/bmj.j4208 pmid:28931509.

Hippisley-Cox J, Coupland C. Development and validation of **QDiabetes-2018 risk prediction algorithm** to estimate future risk of type 2 diabetes: cohort study. BMJ. 2017 Nov 20;359:j5019.

Hizo-Abes P, Clark WF, Sontrop JM, et al. Cardiovascular disease after **Escherichia coli O157:H7 gastroenteritis**. CMAJ 2012; DOI:10.1503/cmaj.112161.

Hodkinson A, Kontopantelis E, Adeniji C, et al. **Accelerometer- and Pedometer-Based Physical Activity Interventions** Among Adults With Cardiometabolic Conditions: A Systematic Review and Meta-analysis. JAMA Netw Open. 2019 Oct 2;2(10):e1912895.

Hodkinson A, Kontopantelis E, Adeniji C, et al. **Interventions Using Wearable Physical Activity Trackers** Among Adults With Cardiometabolic Conditions: A Systematic Review and Meta-analysis. JAMA Netw Open. 2021 Jul 1;4(7):e2116382

Hoffmann TC, Maher CG, Briffa T, et al. **Prescribing exercise interventions** for patients with chronic conditions. CMAJ. 2016 Mar 14.

Högström G, Nordström A, Nordström P. **High aerobic fitness** in late adolescence is associated with a reduced risk of myocardial infarction later in life: a nationwide cohort study in men. Eur Heart J. 2014 Jan 7

Högström G, Nordström A, Nordström P. **Aerobic fitness in late adolescence** and the risk of early death: a prospective cohort study of 1.3 million Swedish men. Int J Epidemiol. 2015 Dec 20.

Holmes MV, Dale CE, Zuccolo L, et al. Association between **alcohol and cardiovascular disease**: Mendelian randomization analysis based on individual participant data. *BMJ* 2014;

Holmes MV, Dale CE, Zuccolo L, et al; InterAct Consortium. Association between **alcohol and cardiovascular disease**: Mendelian randomisation analysis based on individual participant data. BMJ. 2014 Jul 10;349:g4164.

Holtermann A, Schnohr P, Nordestgaard BG, Marott JL. The **physical activity** paradox in cardiovascular disease and all-cause mortality: the contemporary Copenhagen General Population Study with 104 046 adults. Eur Heart J. 2021 Apr 14;42(15): 1499-1511.

Hong KN, Fuster V, Rosenson RS, et al. **How Low to Go With Glucose, Cholesterol, and Blood Pressure in Primary Prevention of CVD**. J Am Coll Cardiol. 2017 Oct 24;70(17):2171-2185.

Honigberg MC, Givertz MM. **Peripartum cardiomyopathy**. BMJ. 2019 Jan 30;364:k5287.

Hoogwegt MT, Versteeg H, Hansen TB, et al. **Exercise** mediates the asscoation between **positive affect** and five-year mortality in patients with ischemic heart disease. Circ Cardiovasc Qual Outcomes 2013.

Hooper L, Martin N, Abdelhamid A, Davey Smith G. **Reduction in saturated fat intake** for cardiovascular disease. Cochrane Database Syst Rev. 2015 Jun 10;(6):CD011737.

Hooper L, Martin N, Jimoh OF, et al. **Reduction in saturated fat intake** for cardiovascular disease. Cochrane Database Syst Rev. 2020;5:CD011737

Hooper L, Summerbell CD, Thompson R, et al. **Reduced or modified dietary fat** for preventing cardiovascular disease. Cochrane Database of Systematic Reviews 2011, Issue 7. Art. No.: CD002137. DOI: 10.1002/14651858.CD002137.pub2. The findings are suggestive of a small but potentially important reduction in cardiovascular risk on modification of dietary fat, but not reduction of total fat, in longer trials. Lifestyle advice to all those at risk of cardiovascular disease and to lower risk population groups, should continue to include permanent reduction of dietary saturated fat and partial replacement by unsaturates. The ideal type of unsaturated fat is unclear.

Horne BD, May HT, Muhlestein JB, et al. Exceptional mortality prediction by risk scores from **common laboratory tests**. Am J Med. 2009 Jun;122(6):550-8.

Hotchkiss JW, Davies CA, Dundas R, et al. **Explaining trends in Scottish coronary heart disease mortality** between 2000 and 2010 using IMPACTSEC model: retrospective analysis using routine data. BMJ. 2014 Feb 6;348:g1088.

Howard G et al. **Racial Differences** in the Incidence of Cardiovascular Risk Factors in Older Black and White Adults. Journal of the American Geriatric Society. September 26, 2016.

Howden EJ, Leano R, Petchey W, et al. Effects of **exercise** and lifestyle intervention on cardiovascular function in **CKD**. Clin J Am Soc Nephrol. 2013 Sep;8(9):1494-501.

Howden EJ, Sarma S, Lawley JS, et al. Reversing the Cardiac Effects of **Sedentary Aging** in Middle Age-A Randomized Controlled Trial: Implications For Heart Failure Prevention. Circulation. 2018 Jan 8.

Howe KB, Suharlim C, Ueda P, et al. Gotta catch'em all! **Pokémon GO** and physical activity among young adults: difference in differences study. BMJ. 2016 Dec 13;355:i6270.

Hshieh TT, Petrone AB, Gaziano JM, Djoussé L. **Nut consumption** and risk of mortality in the Physicians' Health Study. Am J Clin Nutr. 2015 Feb;101(2):407-12.

Hsia J, Larson JC, Ockene JK, Sarto GE, Allison MA, et al.; Women's Health Initiative Research Group. Resting heart rate as a low tech predictor of coronary events in women: prospective cohort study. BMJ. 2009 Feb 3;338:b219. doi: 10.1136/bmj.b219. **Resting heart rate,** a low tech and inexpensive measure of autonomic tone, independently predicts myocardial infarction or coronary death, but not stroke, in women.

Hsu CY, Chen YT, Chen MH, et al. The association between **insomnia** and increased future cardiovascular events: a nationwide population-based study. Psychosom Med 2015;77:743–51.

Hsue PY, Waters DD. Time to Recognize **HIV Infection** as a Major Cardiovascular Risk Factor. Circulation. 2018 Sep 11;138(11):1113-1115.

Hu Y, Li Y, Sampson L, et al. **Lignan Intake** and Risk of Coronary Heart Disease. J Am Coll Cardiol. 2021 Aug 17;78(7):666-678

Hu X, Mok Y, Ding N, et al. **Physical Function and Subsequent Risk** of Cardiovascular Events in Older Adults: The Atherosclerosis Risk in Communities Study. J Am Heart Assoc. 2022 Sep 6;11(17):e025780.
Huang BH, Duncan MJ, Cistulli PA, et al. **Sleep and physical activity** in relation to all-cause, cardiovascular disease and cancer mortality risk. Br J Sports Med. 2021 Jun 29:bjsports-2021-104046
Huang C, Barnett AG, Wang X, Tong S. Effects of **extreme temperatures** on years of life lost for cardiovascular deaths: a time series study in brisbane, australia. Circ Cardiovasc Qual Outcomes. 2012 Sep 1;5(5):609-14.
Huang C, Moran AE, Coxson PG, et al. Potential Cardiovascular and Total Mortality Benefits of **Air Pollution** Control in Urban China. Circulation. 2017 Sep 7.
Huang J, Liao LM, Weinstein SJ, et al. Association Between **Plant and Animal Protein Intake** and Overall and Cause-Specific Mortality. JAMA Intern Med. 2020;e202790.
Huang T, Xu M, Lee A, et al. **Consumption of whole grains** and cereal fiber and total and cause-specific mortality: prospective analysis of 367,442 individuals. BMC Med. 2015 Mar 24;13(1):59.
Huelsmann M, Neuhold S, Resl M, et al. PONTIAC (**NT-proBNP** selected prevention of cardiac events in a population of diabetic patients without a history of cardiac disease): a prospective randomized controlled trial. J Am Coll Cardiol. 2013 Oct 8;62(15):1365-72.
Huffman MD, Capewell S, Ning H, et al. **Cardiovascular health behavior and health factor changes (1988 –2008) and projections to 2020**: results from the National Health and Nutrition Examination Surveys. Circulation. 2012;125:2595–2602.
Hughes-Austin JM et al. Relationship of **coronary calcium** on standard chest CT scans with mortality. JACC Cardiovasc Imaging 2016 Feb; 9:152.
Hupin D, Roche F, Gremeaux V, et al. Even a **low-dose of moderate-to-vigorous physical activity** reduces mortality by 22% in adults aged ≥60 years: a systematic review and meta-analysis. Br J Sports Med. 2015 Aug 3.
Hurst RT, Nelson MR, Kendall CB, et al. **Carotid Intimal-Medial Thickness in Active Professional American Football Players** Aged 23 to 35 Years. Am J Cardiol. 2011 Dec 21.
Huxley RR, Woodward M. Cigarette **smoking as a risk factor for coronary heart disease in women** compared with men: a systematic review and meta-analysis of prospective cohort studies. Lancet 2011; DOI: DOI:10.1016/S0140-6736(11)60781-2.
ICSI: Institute for Clinical Systems Improvement. **Primary prevention** of chronic disease risk factors. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2010 May.
Iggman D, Arnlov J, Cederholm, et al. Association of **adipose tissue fatty acid** with cardiovascular and all-cause mortality in elderly men. *JAMA Cardiol* 2016.
Iglayreger HB, Peterson MD, Liu D, et al. **Sleep Duration** Predicts Cardiometabolic Risk in Obese Adolescents. J Pediatr. 2014 Feb 28.
Iina MV, Kepron CA, Taylor GP, et al. Undiagnosed Heart Disease Leading to **Sudden Unexpected Death in Childhood**: A Retrospective Study. Pediatrics. 2011 Aug 8.
Iliodromiti S, Celis-Morales CA, Lyall DM, et al. The impact of **confounding on the associations of different adiposity measures** with the incidence of cardiovascular disease: a cohort study of 296 535 adults of white European descent. Eur Heart J. 2018 May 1;39(17):1514-1520.
IL6R Genetics Consortium and Emerging Risk Factors Collaboration IL-6 (**Interleukin-6**) pathways in coronary heart disease: a collaborative meta-analysis of 82 studies. Lancet 2012.
Imboden MT, Harber MP, Whaley MH, et al. **Cardiorespiratory Fitness and Mortality** in Healthy Men and Women. J Am Coll Cardiol. 2018 Nov 6;72(19):2283-2292.
Ingelsson E, Schaefer EJ, Contois JH, et al. Clinical utility of different lipid measures for prediction of coronary heart disease in men and women. JAMA 2007; 298:776-785. In this large, population-based cohort, the overall performance of apo B:apo A-I ratio for prediction of CHD was comparable with that of traditional lipid ratios but did not offer incremental utility over total cholesterol:HDL-C. These data do not support measurement of apo B or apo A-I in clinical practice when total cholesterol and HDL-C measurements are available. Measurement of the apolipoprotein B:apolipoprotein A-I ratio is comparable with, but does not offer any incremental utility to, standard lipid level ratios in predicting coronary heart disease (CHD). Routine measurement of apolipoprotein levels in clinical practice should be discouraged. (LOE = 1b)
Inoue-Choi M, Ramirez Y, Cornelis MC, et al. **Tea Consumption** and All-Cause and Cause-Specific Mortality in the UK Biobank : A Prospective Cohort Study. Ann Intern Med. 2022 Aug 30. doi: 10.7326/M22-0041
International Working Group on Chest Pain in Primary Care (**INTERCHEST**)., Aerts M, Minalu G, Bösner S, et al. Pooled individual patient data from five countries were used to derive a **clinical prediction rule for coronary artery disease in primary care**. J Clin Epidemiol. 2017 Jan;81:120-128.
Israel A, Kivity S, Sidi Y, et al. Use of **exercise capacity to improve SCORE risk prediction** model in asymptomatic adults. Eur Heart J. 2016 Feb 24.
Iyen B, Weng S, Vinogradova Y, et al. Long-term **body mass index changes** in overweight and obese adults and the risk of heart failure, cardiovascular disease and mortality: a cohort study of over 260,000 adults in the UK. BMC Public Health. 2021 Apr 15;21(1):576.
Iyer TK, Hirsch H. **Clinical impact of 2020 American Heart Association statement** on menopause and cardiovascular disease risk. Cleve Clin J Med. 2022 Jan 4;89(1):13-17
Jabre P, Jouven X, Adnet F, et al. **Atrial Fibrillation** and Death After Myocardial Infarction: A Community Study. Circulation. 2011 May 2.
Jackson Andrew S.; Sui Xuemei; Hebert James R.; et al. Role of **Lifestyle and Aging** on the Longitudinal Change in Cardiorespiratory Fitness. *Arch Intern Med*. 2009;169(19):1781-1787.
Jackson R, Kerr A, Wells S. **Vascular risk calculators**: essential but flawed clinical tools? Circulation. 2013 May 14;127(19):1929-31.
Jacobs DR Jr, Woo JG, Sinaiko AR, et al. **Childhood Cardiovascular Risk** Factors and Adult Cardiovascular Events. N Engl J Med. 2022 Apr 4. doi: 10.1056/NEJMoa2109191.
Jacobs Eric J.; Newton Christina C.; Wang Yiting; et al. **Waist Circumference** and All-Cause Mortality in a Large US Cohort. Arch Intern Med. 2010;170(15):1293-1301.
Jacobson MF, Havas S, McCarter R. Changes in **sodium levels in processed and restaurant foods**, 2005 to 2011. JAMA Intern Med2013; online May 13, 2013.
Jacobson MF, Havas S, McCarter R. Changes in **sodium levels in processed and restaurant foods**, 2005 to 2011. JAMA Intern Med. 2013 Jul 22;173(14):1285-91.
Jaddoe VW, de Jonge L, Hofman A, Franco OH, et al. **First trimester fetal growth restriction** and cardiovascular risk factors in school age children: population based cohort study. BMJ 2014;348:g14.
Jain R, Stone JA, Agarwal G, et al. Canadian Cardiovascular Harmonized National Guideline Endeavour (C-CHANGE) guideline for the **prevention and management of cardiovascular disease in primary care**: 2022 update. CMAJ. 2022 Nov 7;194(43):E1460-E1480
Jaiswal S, Natarajan P, Silver AJ, et al. **Clonal hematopoiesis** (**CHIP**) and risk of atherosclerotic cardiovascular disease. N Engl J Med. DOI: 10.1056/NEJMoa1701719.
James Matthew T, Hemmelgarn Brenda R, Wiebe N. **Glomerular filtration rate, proteinuria**, and the incidence and consequences of acute kidney injury: a cohort study. The Lancet, Early Online, 22 November 2010 doi:10.1016/S0140-6736(10)61271-8.
Jarmul JA, Pignone M, Pletcher MJ. Interpreting **hemoglobin A1c** in combination with conventional risk factors for prediction of cardiovascular risk. *Circ Cardiovasc Qual Outcomes*. 2015; 8:501–507.
Jaspers NEM, Blaha MJ, Matsushita K, et al. **Prediction of individualized lifetime benefit** from cholesterol lowering, blood pressure lowering, antithrombotic therapy, and smoking cessation in apparently healthy people. Eur Heart J. 2019 May 18.
JATOS Study Group. Principal results of the Japanese trial to assess optimal systolic blood pressure in elderly hypertensive patients (JATOS). Hypertens Res 2008; 31:2115–2127. (n=4418 over 2yrs)
Javaheri S, Redline S. **Insomnia** and risk of cardiovascular disease. Chest. 2017 Jan 30.
Jayedi A, Soltani S, Zargar MS, et al. **Central fatness** and risk of all cause mortality: systematic review and dose-response meta-analysis of 72 prospective cohort studies. BMJ. 2020 Sep 23;370:m3324
JBS3 Board. **Joint British Societies' consensus recommendations** for the prevention of cardiovascular disease (JBS3). Heart 2014.
JBS3: Risk Calculator: Joint British Societies' Consensus Recommendations for the Prevention of Cardiovascular Disease (JBS3). http://www.jbs3risk.com/
Jeevarethinam A, Venuraju S, Dumo A, et al. Usefulness of **Carotid Plaques** as Predictors of Obstructive Coronary Artery Disease and Cardiovascular Events in Asymptomatic Individuals With Diabetes Mellitus. Am J Cardiol. 2018 Apr 15;121(8):910-916.
Jefferis BJ, Parsons TJ, Sartini C, et al. Objectively measured **physical activity, sedentary behaviour** and all-cause mortality in older men: does volume of activity matter more than pattern of accumulation? Br J Sports Med. 2018 Feb 12.
Jena AB, Prasad V, Goldman DP, Romley J. **Mortality** and treatment patterns among patients hospitalized with acute **cardiovascular conditions** during dates of **national cardiology meetings**. *JAMA Intern Med* 2014; DOI:10.1001/jamainternmed.2014.6781.
Jenkins DJA, Dehghan M, Mente A, et al; PURE Study Investigators. **Glycemic Index, Glycemic Load,** and Cardiovascular Disease and Mortality. N Engl J Med. 2021 Feb 24. doi: 10.1056/NEJMoa2007123
Jennings C, Kotseva K, De Bacquer D, et al; on behalf of **EUROACTION PLUS** Study Group. Effectiveness of a **preventive cardiology programme** for high CVD risk persistent smokers: the EUROACTION PLUS varenicline trial. Eur Heart J. 2014 Mar 9.
Jensen MT, Wod M, Galatius S, et al. **Heritability of resting heart rate** and association with mortality in middle-aged and elderly **twins**. Heart. 2017 Jun 21.
Jeong SM, Jeon KH, Shin DW, et al. **Smoking cessation, but not reduction**, reduces cardiovascular disease incidence. Eur Heart J. 2021 Aug 25:ehab578.
Jeong SW, Kim SH, Kang SH, et al. **Mortality reduction with physical activity** in patients with and without cardiovascular disease. Eur Heart J. 2019 Nov 14;40(43):3547-3555.
Jeong SY, Wee CC, Kovell LC, et al. **Effects of Diet** on 10-Year Atherosclerotic Cardiovascular Disease Risk (from the DASH Trial). Am J Cardiol. 2022 Nov 10;187:10-17.
Jhamnani S, Patel D, Heimlich L, et al. Meta Analysis of the Effects of **Lifestyle Modifications** on Coronary and Carotid Atherosclerotic Burden. Am J Cardiol. 2015 Jan 15;115(2):268-275.
Ji J, Zöller B, Sundquist K, Sundquist J. Increased risks of coronary heart disease and stroke among **spousal caregivers of cancer patients**. Circulation. 2012 Apr 10;125(14):1742-7.
Jimenez-Torres J, Alcalá-Diaz JF, Torres-Peña JD, et al. **Mediterranean Diet Reduces Atherosclerosis Progression** in Coronary Heart Disease: An Analysis of the CORDIOPREV Randomized Controlled Trial. Stroke. 2021 Nov;52(11):3440-3449.
Jin J, Sugerman DT. JAMA **patient page. Salt** in the diet. JAMA. 2014 Mar 26;311(12):1265.
Jin J. **Counseling on Healthy Living** to Prevent Cardiovascular Disease in Adults Without Risk Factors. JAMA. 2017 Jul 11;318(2):210.

Jo G, Park D, Lee J, et al. Trends in **Diet Quality and Cardiometabolic Risk Factors** Among Korean Adults, 2007-2018. JAMA Netw Open. 2022 Jun 1;5(6):e2218297.
Jobs E, Ingelsson E, Risérus U, et al. Association Between Serum **Cathepsin S** and Mortality in Older Adults. JAMA. 2011 Aug 29.
Johnson CO, DeCleene NK, Blacker BF, et al. **State-Level Cardiovascular Mortality Rates** Among Hispanic, Non-Hispanic Black, and Non-Hispanic White Populations, 1990 to 2019. JAMA Cardiol. 2023 Mar 15:e230112.
Johnson KM, Dowe DA, Brink JA. Traditional clinical risk assessment tools do not accurately predict coronary atherosclerotic plaque burden: a **CT angiography study**. AJR Am J Roentgenol. 2009 Jan;192(1):235-43.
Johnson KM, Dowe DA. The detection of any **coronary calcium outperforms Framingham risk** score as a first step in screening for coronary atherosclerosis. AJR Am J Roentgenol 2010; 194:1235-1243.
Johnson CM, Angell SY, Lederer A, et al. **Sodium content** of **lunchtime fast food** purchases at major US chains. Arch Intern Med 2010; 170:732-734.
Johnston BC, Zeraatkar D, Han MA, et al. **Unprocessed red meat and processed meat consumption**: dietary guideline recommendations. Ann Intern Med. 1 October 2019 [Epub ahead of print]. doi:10.7326/M19-1621
Joosten MM, Gansevoort RT, Mukamal KJ, et al; for the PREVEND Study Group. **Sodium** Excretion and Risk of Developing Coronary Heart Disease. Circulation. 2014 Jan 14.
Jordan KP, Timmis A, Croft P, et al. **Prognosis of undiagnosed chest pain**: linked electronic health record cohort study. BMJ 2017;357:j1194.
Jørgensen T, Jacobsen RK, Toft U, et al. Effect of **screening and lifestyle counselling** on incidence of ischaemic heart disease in general population: Inter99 randomised trial. BMJ 2014;348:g3617.
Jørstad HT, Colkesen EB, Boekholdt SM, et al. **Estimated 10-year cardiovascular mortality** seriously underestimates overallcardiovascular risk. Heart. 2016 Jan;102(1):63-8.
Jose PO, Frank ATH, Kapphahn KI, et al. Cardiovascular disease **mortality in Asian Americans**. *J Am Coll Cardiol*2014; 64:2486-94
Joseph JJ, Rajwani A, Roper D, et al. Associations of **Cardiometabolic Multimorbidity With All-Cause and Coronary Heart Disease Mortality** Among Black Adults in the Jackson Heart Study. JAMA Netw Open. 2022 Oct 3;5(10):e2238361.
Joshi NV, Vesey AT, Williams MC, et al. **18F-fluoride positron emission tomography** for identification of ruptured and high-risk coronary atherosclerotic plaques: a prospective clinical trial. Lancet 2013; published
Jousilahti P, Laatikainen T, et al. **Primary prevention** and **risk factor reduction** in coronary heart disease mortality among working aged men and women in eastern Finland over 40 years: population based observational study. BMJ. 2016 Mar 1;352:i721.
Jowell AR, Sarma AA, Gulati M, et al. Interventions to Mitigate **Risk of Cardiovascular Disease After Adverse Pregnancy Outcomes**: A Review. JAMA Cardiol. 2021 Oct 27. doi: 10.1001/jamacardio.2021.4391.
Juonala M, Magnussen CG, Venn A, et al. Influence of age and associations between **childhood risk factors and carotid IMT** in adulthood. The Cardiovascular Risk in Young Finns Study, the Childhood Determinants of Adult Health study, the Bogalusa Heart Study, and the Muscatine Study for the International Childhood Cardiovascular Cohort (i3C) Consortium. Circulation 2010; DOI:10.1161/CIRCULATIONAHA.110.966465.
Juonala M et al. **Childhood psychosocial factors** and coronary artery calcification in adulthood: The Cardiovascular Risk in Young Finns Study. JAMA Pediatr 2016 Mar 14.
Juraschek SP, Blaha MJ, Whelton SP, et al. **Physical fitness and hypertension** in a population at risk for cardiovascular disease: The Henry Ford Exerclse Testing (FIT) project. *J Am Heart Assoc* 2014.
Juraschek SP, Kovell LC, Appel LJ, et al. Associations Between **Dietary Pattern**s and Subclinical Cardiac Injury. Ann Intern Med. 2020;10.7326/M20-0336
Juul F, Vaidean G, Lin Y, et al. **Ultra-Processed Foods** and Incident Cardiovascular Disease in the Framingham Offspring Study. J Am Coll Cardiol. 2021 Mar 30;77(12):1520-1531
Juul Rasmussen I, Rasmussen KL, Nordestgaard BG, et al. Impact of cardiovascular **risk factors and genetics on 10-year absolute risk of dementia**: risk charts for targeted prevention. Eur Heart J. 2020 Oct 6:ehaa695.
Kaasenbrood L, Boekholdt SM, van der Graaf Y, et al. **Distribution of estimated 10-year risk of recurrent vascular events** and residual risk in a secondary prevention population. Circulation. 2016;134:1419– 1429.
Kaczorowski Janusz, Chambers LW, Dolovich Lisa, et al. Improving **cardiovascular health at population level**: 39 community cluster randomised trial of Cardiovascular Health Awareness Program (**CHAP**). BMJ 2011;342:doi:10.1136/bmj.d442 (7 Feb 2011)
Kahn HS, Cheng YJ, Thompson TJ, Imperatore G, Gregg EW. Two risk-scoring systems for **predicting incident diabetes mellitus** in U.S. adults age 45 to 64 years. Ann Intern Med. 2009 Jun 2;150(11):741-51. Basic information identified adults at high risk for diabetes. Additional data from fasting blood tests better identified those at extreme risk.
Khan SS, Ning H, Wilkins JT, et al. Association of **Body Mass Index With Lifetime Risk** of Cardiovascular Disease and Compression of Morbidity. JAMA Cardiol. 2018 Feb 28.
Kalogeropoulos AP, Georgiopoulou VV, Murphy RA, et al. **Dietary Sodium** Content, Mortality, and Risk for Cardiovascular Events in Older Adults: The Health, Aging, and Body Composition (Health ABC) Study. JAMA Intern Med. 2015 Jan 19.
Kaltman JR, Thompson PD, Lantos J, et al. **Screening for sudden cardiac death in the young**: report from a national heart, lung, and blood institute working group. Circulation. 2011 May 3;123(17):1911-8.
Kaluza J, Åkesson A, Wolk A. **Processed and unprocessed red meat** consumption and risk of heart failure: A prospective study of men. *Circ Heart Fail* 2014.
Kaminsky LA, Arena R, Beckie TM. The importance of **cardiorespiratory fitness** in the United States: the need for a national registry.Circulation 2013; DOI:10.1161/CIR0b013e31827ee100.
Kamiya K, Masuda T, Matsue Y, et al. Prognostic Usefulness of **Arm and Calf Circumference** in Patients >65 years of age with Cardiovascular Disease. The American Journal of Cardiology (2016).
Kang DS, Sung JH, Kim D, et al. Association between **exercise habit changes and mortality** following a cardiovascular event. Heart. 2022 May 19:heartjnl-2022-320882.
Kaplan H, Thompson R, Trumble BC, et al. **Coronary atherosclerosis in indigenous South American Tsimane (Bolivian tribe):** a cross-sectional cohort study. Lancet 2017; online March 17.
Karam G, Agarwal A, Sadeghirad B, et al. Comparison of seven popular structured **dietary programmes and risk of mortality** and major cardiovascular events in patients at increased cardiovascular risk: systematic review and network meta-analysis. BMJ. 2023 Mar 29;380:e072003.
Karmali KN, Lloyd-Jones DM, Berendsen MA, et al. **Drugs for Primary Prevention** of Atherosclerotic Cardiovascular Disease: An Overview of Systematic Reviews. JAMA Cardiol. 2016 Jun 1;1(3):341-9.
Karmali KN, Persell SD, Perel P, et al. **Risk scoring for the primary prevention of cardiovascular disease**. Cochrane Database Syst Rev. 2017 Mar 14;3:CD006887. : There is uncertainty whether current strategies for providing CVD risk scores affect CVD events. Providing CVD risk scores may slightly reduce CVD risk factor levels and may increase preventive medication prescribing in higher-risk people without evidence of harm. There were multiple study limitations in the identified studies and substantial heterogeneity in the interventions, outcomes, and analyses, so readers should interpret results with caution. New models for implementing and evaluating CVD risk scores in adequately powered studies are needed to define the role of applying CVD risk scores in primary CVD prevention.
Karthikeyan G, Moncur RA, Levine O, et al. Is a pre-operative brain natriuretic peptide or **N-terminal pro-B-type natriuretic peptide** measurement an independent predictor of adverse cardiovascular outcomes within 30 days of noncardiac surgery? A systematic review and meta-analysis of observational studies. J Am Coll Cardiol. 2009 Oct 20;54(17):1599-606.
Kasiman K, Lundholm C, Sandin S, et al. **Familial Effects on Ischemic Stroke**: The Role of Sibling Kinship, Sex and Age of Onset. Circ Cardiovasc Genet. 2012 Mar 9.
Katagiri R, Sawada N, Goto A, et al. Association of **soy and fermented soy product intake with total and cause specific mortality**: prospective cohort study. BMJ. 2020 Jan 29;368:m34
Katz D, Gavin MC. **Stable Ischemic Heart Disease**. Ann Intern Med. 2019 Aug 6;171(3):ITC17-ITC32.
Katz MH. Writing More **Specific Exercise Prescriptions**. Arch Intern Med. 2012 Aug 6:1-2.
Katzmarzyk PT, Friedenreich C, Shiroma EJ, Lee IM. **Physical inactivity** and non-communicable disease burden in low-income, middle-income and high-income countries. Br J Sports Med. 2021 Mar 29:bjsports-2020-103640
Katzmarzyk PT, Lee IM. **Sedentary behaviour** and **life expectancy** in the USA: a cause-deleted life table analysis. BMJ Open. 2012 Jul 9;2(4).
Kaufman JD, Adar SD, Barr RG, et al. Association between **air pollution** and coronary artery calcification within six metropolitan areas in the USA (the Multi-Ethnic Study of Atherosclerosis and Air Pollution): A longitudinal cohort study. *Lancet* 2016.
Kavousi M, Elias-Smale S, Rutten JH, Leening MJ, Vliegenthart R, Verwoert GC, et al. Evaluation of **newer risk markers** for coronary heart disease risk classification. A cohort study. Ann Intern Med. 2012;156:438-44
Kavousi M, Desai CS, Ayers C, et al. Prevalence and Prognostic Implications of **Coronary Artery Calcification in Low-Risk Women**: A Meta-analysis. JAMA. 2016 Nov 22;316(20):2126-2134.
Kearns CE, Schmidt LA, Glantz SA. **Sugar industry and coronary heart disease research**: A historical analysis of internal industry documents. *JAMA Intern Med* 2016.
Kerns E, Masterson EA, Themann CL, et al. **Cardiovascular conditions, hearing difficulty, and occupational noise exposure** within US industries and occupations. Am J Ind Med. 2018 Mar 14.
Kerr AJ, Broad J, Wells S, et al. Should the first priority in cardiovascular risk management be those with **prior cardiovascular disease**?. Heart. 2009 Feb;95(2):125-9. Epub 2008 Apr 1. Patients with prior CVD have five-year CVD risks approximately 20% higher, in absolute terms than patients without prior CVD, after accounting for standard risk factors. Almost half the CVD events occurred in those with prior CVD. These patients should be the highest priority for intensive preventive management in primary care.
Kershaw KN, Osypuk TL, Do DP, et al. **Neighborhood-level racial/ethnic residential segregation** and incident cardiovascular disease: the multi-ethnic study of atherosclerosis. Circulation. 2015 Jan 13;131(2):141-8.
Kettinen J, Tikkanen H, Venojärvi M. Comparative **effectiveness of playing golf to Nordic walking and walking** on acute physiological effects on cardiometabolic markers in healthy older adults: a randomised crossover study. BMJ Open Sport & Exercise Medicine 2023;9:e001474.
Khairy LT, Barin R, Demonière F, et al. **Heart rate response** in spectators of the **Montreal Canadiens hockey team**. Can J Cardiol, in press.
Khan H, Kunutsor SK, Rauramaa R, et al. **Long-Term Change in Cardiorespiratory Fitness** in Relation to Atrial Fibrillation and Heart Failure (from the Kuopio Ischemic Heart Disease Risk Factor Study). Am J Cardiol. 2018 Apr 15;121(8):956-960.
Khan KM, Weiler R, Blair SN. **Prescribing exercise** in primary care. BMJ. 2011 Jul 15;343:d4141. doi: 10.1136/bmj.d4141.
Khan SS, Post WS, Guo X, et al. **Coronary Artery Calcium Score** and Polygenic Risk Score for the Prediction of Coronary Heart Disease Events. JAMA. 2023 May 23;329(20):1768-1777.

Khan SU, Khan MU, Riaz H, et al. Effects of **Nutritional Supplements and Dietary Interventions** on Cardiovascular Outcomes: An Umbrella Review and Evidence Map. Ann Intern Med. 2019 Jul 9.

Khan SU, Lone AN, Khan MS, et al. Effect of **omega-3 fatty acids on cardiovascular outcomes**: A systematic review and meta-analysis. EClinicalMedicine (2021), https://doi.org/10.1016/j.eclinm.2021.100997

Khanji MY, Bicalho VV, van Waardhuizen CN, et al. **Cardiovascular Risk Assessment**: A Systematic Review of Guidelines. Ann InternMed. 2016 Sep 13.

Khanna A, Pequeno P, Gupta S, et al. Increased **Risk of All Cardiovascular Disease Subtypes** Among Childhood Cancer Survivors: Population-Based Matched Cohort Study. Circulation. 2019 Aug 26.

Kharazmi E, Dossus L, Rohrmann S, Kaaks R. **Pregnancy loss and risk of cardiovascular disease**: a prospective population-based cohort study (EPIC-Heidelberg). Heart. 2010 Dec 1.

Khaw KT, Friesen MD, Riboli E, et al. Plasma **Phospholipid Fatty Acid** Concentration and Incident Coronary Heart Disease in Men and Women: The EPIC-Norfolk Prospective Study. PLoS Med. 2012 Jul;9(7):e1001255.

Khera A, Budoff MJ, O'Donnell CJ, et al. Astronaut Cardiovascular Health and Risk Modification (**Astro-CHARM)** Coronary Calcium Atherosclerotic Cardiovascular Disease Risk Calculator. Circulation. 2018 Oct 23;138(17):1819-1827.

Khera AV, Emdin CA, Drake I, et al. **Genetic Risk, Adherence to Healthy Lifestyle** a, and Coronary Disease. N Engl J Med. 2016 Dec 15;375(24):2349-2358.

Khera R, Pandey A, Ayers CR, et al. Performance of the Pooled Cohort Equations to Estimate Atherosclerotic Cardiovascular Disease **Risk by Body Mass Index**. JAMA Netw Open. 2020 Oct 1;3(10):e2023242

Kieneker LM, Gansevoort RT, de Boer RA, et al. **Urinary potassium excretion** and risk of cardiovascular events. Am J Clin Nutr. 2016 May;103(5):1204-12

Kim ES, Hagan KA, Grodstein F, et al. **Optimism** and Cause-Specific Mortality: A Prospective Cohort Study. Am J Epidemiol. 2016 Dec 7.

Kim ES, VanderWeele TJ. Mediators of the Association Between **Religious Service Attendance and Mortality**. Am J Epidemiol. 2018 Sep 27.

Kim H, Caulfield LE, Garcia-Larsen V, et al. **Plant-Based Diets** Are Associated With a Lower Risk of Incident Cardiovascular Disease, Cardiovascular Disease Mortality, and All-Cause Mortality in a General Population of Middle-Aged Adults. J Am Heart Assoc. 2019 Aug 20;8(16):e012865.

Kim JH, Hollowed C, Liu C, et al. Weight Gain, Hypertension, and the Emergence of a **Maladaptive Cardiovascular Phenotype Among US Football Players**. JAMA Cardiol. 2019 Oct 16. doi: 10.1001/jamacardio.2019.3909.

Kim JH, Malhotra R, Chiampas G et al, Cardiac arrest during **long-distance running** races. N Engl J Med 2012; 366:130-140.

Kim K, Choi S, Hwang SE, et al. Changes in **exercise frequency and cardiovascular outcomes** in older adults. Eur Heart J. 2019 Nov 8. doi: 10.1093/eurheartj/ehz768.

Kim S, Eliot M, Koestler DC, et al. Association of **Neutrophil-to-Lymphocyte Ratio With Mortality and Cardiovascular Disease** in the Jackson Heart Study and Modification by the Duffy Antigen Variant. JAMA Cardiol. 2018 May 2.

Kim SH, Reaven G. Sex Differences in **Insulin Resistance** and Cardiovascular Disease Risk. J Clin Endocrinol Metab. 2013 Sep 24.

Kimenai DM, Pirondini L, Gregson J, et al. **Socioeconomic Deprivation:** An Important, Largely Unrecognized Risk Factor in Primary Prevention of Cardiovascular Disease. Circulation. 2022 Jun 24:101161CIRCULATIONAHA122060042.

Kinge JM, Modalsli JH, Øverland S, et al. Association of **household income with life expectancy and cause-specific mortality** in Norway, 2005-2015 [online May 13, 2019]. JAMA. doi:10.1001/jama.2019.4329

Kipping RR, Howe LD, Jago R, et al. Effect of intervention aimed at increasing **physical activity**, reducing sedentary behaviour, and increasing **fruit and vegetable** consumption in children: Active for Life Year 5 (AFLY5) school based cluster randomised controlled trial. BMJ. 2014 May 27;348:g3256.

Kit BK, Kuklina E, Carroll MD, et al. Prevalence of and Trends in **Dyslipidemia and Blood Pressure** Among US Children and Adolescents, 1999-2012. JAMA Pediatr. 2015 Jan 19.

Kivimäki Mika, Batty G. David, Hamer Mark, et al. Using Additional Information on **Working Hours** to Predict Coronary Heart Disease: A Cohort Study. *Ann Intern Med* April 5, 2011 154:457-463.

Kivimäki M, Nyberg ST, Batty GD, et al. **Job strain** as a risk factor for coronary heart disease: a collaborative meta-analysis of individual participant data. Lancet 2012; published online Sept 14.

Kivimäki M, Nyberg ST, Fransson EI, et al. Associations of **job strain and lifestyle** risk factors with risk of coronary artery disease: a meta-analysis of individual participant data. CMAJ. 2013 May 13.

Kivimäki M, Jokela M, et al, for the IPD-Work Consortium. **Long working hours** and risk of coronary heart disease and stroke: a systematic review and meta-analysis of published and unpublished data for 603 838 individuals. Lancet 2015; online Aug 20.

Kivimäki M, Pentti J, Ferrie JE, et al. **Work stress and risk of death in adults** with and without cardiometabolic disease: a multicohort study. Lancet Diabetes Endocrinol 2018; published online May 31.

Kluzek S, Sanchez-Santos MT, Leyland KM, et al. **Painful knee** but not hand osteoarthritis is an independent predictor of mortality over 23 years follow-up of a population-based cohort of middle-aged women. Ann Rheum Dis. 2015 Nov 5.

Knight J, Schilling C, Barnett A, et al. Revisiting the "**Christmas Holiday Effect**" in the Southern Hemisphere. J Am Heart Assoc. 2016 Dec 22;5(12).

Ko DT, Chu A, Austin PC, et al. Comparison of Cardiovascular Risk Factors and **Outcomes Among Practicing Physicians** vs the General Population in Ontario, Canada. JAMA Netw Open. 2019 Nov 1;2(11):e1915983.

Ko DT, Sivaswamy A, Sud M, et al. Calibration and discrimination of the **Framingham Risk Score and the Pooled Cohort Equations**. CMAJ. 2020 Apr 27;192(17):E442- E449

Kobylecki CJ, Afzal S, Smith GD, Nordestgaard BG. Genetically high plasma **vitamin C, intake of fruit and vegetables**, and risk of ischemic heart disease and all-cause mortality: a Mendelian randomization study. *Am J Clin Nutr* 2015; 101:1135-1143.

Kodama S, Saito K, Tanaka S, et al. **Cardiorespiratory fitness** as a quantitative predictor of all-cause mortality and cardiovascular events in healthy men and women: a meta-analysis. JAMA. 2009 May 20;301(19):2024-35. Better CRF was associated with lower risk of all-cause mortality and CHD/CVD. Participants with a MAC of 7.9 METs or more had substantially lower rates of all-cause mortality and CHD/CVD events compared with those with a MAC of less 7.9 METs.

Kokkinos P, Faselis C, Samuel IBH, et al. **Cardiorespiratory Fitness and Mortality Risk** Across the Spectra of Age, Race, and Sex. J Am Coll Cardiol. 2022 Aug 9;80(6):598-609.

Kolber MR, Scrimshaw C. **Family history** of cardiovascular disease. Can Fam Physician. 2014 Nov;60(11):1016.

Koller MT, Leening MJ, Wolbers M, et al. Development and validation of a **coronary risk prediction model** for older US And European persons in the cardiovascular health study and the Rotterdam study. Ann Intern Med. 2012 Sep 18;157(6):389-97.

Kontis V, Bennett JE, Mathers CD, Li G, Foreman K, Ezzati M. **Future life expectancy in 35 industrialised countries**: projections with a Bayesian model ensemble. Lancet 2017; online Feb 21.

Kontis V, Cobb LK, Mathers CD, et al. **Three Public Health Interventions** Could Save 94 Million Lives in 25 Years Global Impact Assessment Analysis. Circulation. 2019 Jun 10.

Kontis V, Mathers CD, Rehm J, et al. Contribution of **six risk factors to achieving the 25×25 non-communicable disease mortality** reduction target: a modelling study. Lancet 2014; online May 3.

Kontro TK, Sarna S, Kaprio J, et al. Mortality and health-related habits in 900 Finnish **former elite athletes** and their brothers. Br J Sports Med. 2018 Jan;52(2):89-95.

Koolhaas CM, Dhana K, Schoufour JD, et al. Impact of **physical activity** on the association of overweight and obesity with cardiovascular disease: The Rotterdam Study. Eur J Prev Cardiol. 2017 Jan 1:2047487317693952

Koolhaas CM, Dhana K, Schoufour JD, et al. **Physical activity and cause-specific mortality**: the Rotterdam Study. Int J Epidemiol. 2018 Oct 1;47(5):1705-1713.

Kopecky SL, Bauer DC, Gulati M, et al. Lack of **Evidence Linking Calcium With or Without Vitamin D Supplementation to Cardiovascular Disease** in Generally Healthy Adults: A Clinical Guideline From the National Osteoporosis Foundation and the American Society for Preventive Cardiology. Ann Intern Med. 2016 Oct 25.

Korownyk C, Burgess E, Taylor I. Does **sodium reduction affect mortality**? Can Fam Physician. 2013 Jun;59(6):640.

Kotchen TA, Cowley AW Jr, Frohlich ED. **Salt in health and disease**--a delicate balance. N Engl J Med. 2013 Mar 28;368(13):1229-37.

Kottke T, Wilkinson J, Baechler C, Danner C, Erickson K, O'Connor P, Sanford M, Straub R. **Healthy lifestyles**. Bloomington (MN): Institute for Clinical Systems Improvement (**ICSI**); 2016 Jan.

Kovesdy CP, Norris KC, Boulware LE, et al. Association of **Race** With Mortality and Cardiovascular Events ina Large Cohort of **US Veterans**. Circulation. 2015 Oct 20;132(16):1538-48.

Kovtun KA, Chen MH, Braccioforte MH, et al. Race and mortality risk after **radiation** therapy in men treated with or without androgen-suppression therapy for favorable-risk prostate cancer. Cancer. 2016 Aug 4.

Kramer CK, Mehmood S, Suen RS. **Dog ownership and survival**: a systematic review and meta-analysis. Circ Cardiovasc Qual Outcomes. 2019;12:e005554.

Kramer CK, Zinman B, Gross JL, et al. **Coronary artery calcium score** prediction of all cause mortality and cardiovascular events in people with type 2 diabetes: systematic review and meta-analysis. BMJ. 2013 Mar 25;346:f1654.

Krauland MG, Frankeny RJ, Lewis J, et al. **Development of a Synthetic Population Model** for Assessing Excess Risk for Cardiovascular Disease Death. JAMA Netw Open. 2020 Sep 1;3(9):e2015047.

Kraus WE, Bhapkar M, Huffman KM, et al. **2 years of calorie restriction and cardiometabolic risk** (CALERIE): exploratory outcomes of a multicentre, phase 2, randomised controlled trial. Lancet Diabetes Endocrinol. 2019 Jul 11.

Kraus WE, Bittner V, Appel L, et al; **American Heart Association** (**AHA**) Physical Activity Committee of the Council on Lifestyle and Metabolic Health, Council on Clinical Cardiology, Council on Hypertension, and Council on Cardiovascular and Stroke Nursing. The **national physical activity plan:** a call to action from the american heart association: a science advisory from the american heart association. Circulation. 2015 May 26;131(21):1932-40.

Kshirsagar AV, Bang H, Bomback AS, et al. A simple algorithm to **predict incident kidney disease**. Arch Intern Med. 2008 Dec 8;168(22):2466-73. In the simplified model, age, anemia, female sex, hypertension, diabetes mellitus, peripheral vascular disease, and history of congestive heart failure or cardiovascular disease were associated with the development of a GFR less than 60 mL/min/1.73 m(2).

Ku E, McCulloch CE, Ahearn P, et al. Trends in Cardiovascular Mortality Among a Cohort of Children and Young Adults **Starting Dialysis in 1995 to 2015**. JAMA Netw Open. 2020 Sep 1;3(9):e2016197.

Ku PW, Chen LJ, Fox KR, et al. **Leisure-Time, Domestic, and Work-Related Physical Activity** and Their Prospective Associations With All-Cause Mortality in Patients With Cardiovascular Disease. Am J Cardiol. 2018 Jan 15;121(2):177-181

Kubesch NJ, Therming Jørgensen J, Hoffmann B, et al. Effects of **Leisure-Time and Transport-Related Physical Activities** on the Risk of Incident and Recurrent **Myocardial Infarction** and Interaction With Traffic-Related Air Pollution: A Cohort Study. J Am Heart Assoc. 2018 Jul 18;7(15).

Kubota Y, Heiss G, MacLehose RF, et al. Association of **educational attainment** with lifetime risk of cardiovascular disease: the Atherosclerosis Risk in Communities study [online June 12, 2017].JAMA Intern Med. doi:10.1001/jamainternmed.2017.1877

Kuh D, Cooper R, Sattar N, et al. **Systemic Inflammation** and **Cardio-Renal Organ Damage Biomarkers** in Middle Age Are Associated With Physical Capability Up to 9 Years Later Findings From a British Birth Cohort Study. Circulation. 2019 Jan 22.

Kujala UM, Makinen VP, Heinonen I, et al. **Long-term leisure-time physical activity** and serum **metabolome**. Circulation. 2013;127:340–348.

Kuk JL, Rotondi M, Sui X, et al. Individuals with **obesity but no other metabolic risk factors** are not at significantly elevated **all-cause mortality** risk in men and women. Clin Obes. 2018 Jul 12.

Kuller LH, Lopez OL, Mackey RH, et al. **Subclinical Cardiovascular Disease** and Death, Dementia, and Coronary Heart Disease in Patients 80+ Years. J Am Coll Cardiol. 2016 Mar 8;67(9):1013-22.

Kullo IJ, Jouni H, Austin EE, Brown et al. Incorporating a **Genetic Risk Score Into Coronary Heart Disease Risk Estimates**: Effect on Low-Density Lipoprotein Cholesterol Levels (the **MI-GENES** Clinical Trial). Circulation. 2016 Mar 22;133(12):1181-8.

Kuo H-K, Fujise K. **Human papillomavirus** and cardiovascular disease among US women in the National Health and Nutrition Examination Survey, 2003 to 2006. J Am Coll Cardiol 2011; 58: 2001-2006.

Kure CE, Chan YK, Ski CF, et al. **Gender-specific secondary prevention**? Differential psychosocial risk factors for major cardiovascular events. *OpenHeart* 2016.

Kurotani K, Akter S, Kashino I, et al; Japan Public Health Center based Prospective Study Group. **Quality of diet and mortality** among Japanese men and women: Japan Public Health Center based prospective study. BMJ. 2016 Mar 22;352:i1209.

Kurth T, de Jong PE, Cook NR, Buring JE, Ridker PM. **Kidney function** and risk of cardiovascular disease and mortality in women: a prospective cohort study. BMJ. 2009 Jun 29;338:b2392. doi: 10.1136/bmj.b2392.

Kurth T, Rist PM, Ridker PM, et al. Association of **Migraine With Aura** and Other Risk Factors With Incident Cardiovascular Disease in Women. JAMA. 2020;323(22):2281-2289.

Kurth T, Schürks M, Logroscino G, Gaziano JM, et al. **Migraine**, vascular risk, and cardiovascular events in women: prospective cohort study. BMJ. 2008 Aug 7;337:a636. doi: 10.1136/bmj.a636. The association between migraine with aura and cardiovascular disease varies by vascular risk status. Information on history of migraine and vascular risk status might help to identify women at increased risk for specific future cardiovascular disease events.

Kvaavik Elisabeth; Batty G. David; Ursin Giske; et al. Influence of Individual and Combined **Health Behaviors** on Total and Cause-Specific Mortality in Men and Women: The United Kingdom Health and Lifestyle Survey. Arch Intern Med. 2010;170(8):711-718.

Kypridemos C, Allen K, Hickey GL, et al. **Cardiovascular screening** to reduce the burden from cardiovascular disease: microsimulation study to quantify policy options. BMJ. 2016 Jun 8;353:i2793.

Kyu HH, et al. **Physical activity** and risk of breast cancer, colon cancer, diabetes, ischemic heart disease, and ischemic stroke events: systematic review and dose-response meta-analysis for the Global Burden of Disease Study 2013. BMJ. 2016 Aug9;354

Kwak SM, Myung SK, Lee YJ, et al. Efficacy of **Omega-3 Fatty Acid Supplements** (Eicosapentaenoic Acid and Docosahexaenoic Acid) in the Secondary Prevention of Cardiovascular Disease: A Meta-analysis of Randomized, Double-blind, Placebo-Controlled Trials. Arch Intern Med. 2012 Apr 9.

Kwok CS, Boekholdt SM, Lentjes MA, et al. **Habitual chocolate consumption** and risk of cardiovascular disease among healthy men and women. Heart. 2015 Jun 15.

Kytömaa S, Hegde S, Claggett B, et al**. Association of Influenza-like Illness Activity** With Hospitalizations for Heart Failure: The Atherosclerosis Risk in Communities Study. JAMA Cardiol. 2019 Mar 27

La Gerche A, Heidbuchel H. Can **intensive exercise** harm the heart? You can get too much of a good thing. Circulation. 2014 Sep 16;130(12):992-1002.

Labarthe DR, Dunbar SB. **Global cardiovascular health promotion** and disease prevention: 2011 and beyond. Circulation. 2012 May 29;125(21):2667-76.

Lachman S, Boekholdt SM, Luben RN, et al. Impact of **physical activity** on the risk of cardiovascular disease in middle-aged and older adults: EPIC Norfolk prospective population study. Eur J Prev Cardiol. 2017 Jan 1:2047487317737628.

Laclaustra M, Casasnovas JA, Fernandez-Ortiz A, et al. **Femoral and carotid subclinical atherosclerosis** association with risk factors and **coronary calcium**. *J Am Coll Cardiol* 2016; 67:1263-1274.

LaCroix AZ, Bellettiere J, Rillamas-Sun E, et al; Women's Health Initiative (WHI). **Association of Light Physical Activity** Measured by Accelerometry and Incidence of Coronary Heart Disease and Cardiovascular Disease in Older Women. JAMA Netw Open. 2019 Mar 1;2(3):e190419.

Ladabaum U, Mannalithara A, Myer PA, et al. **Obesity, Abdominal Obesity, Physical Activity, and Caloric Intake** in U.S. Adults: 1988-2010. Am J Med. 2014 Mar 10.

Laddu DR, et al. 25**-Year Physical Activity Trajectories** & Development of Subclinical Coronary Artery Disease as Measured by Coronary Artery Calcium: The Coronary Artery Risk Development in Young Adults (**CARDIA**) Study. Mayo Clin Proc. 2017 Oct 13.

Lahtinen M, Toukola T, Junttila MJ, et al. Effect of Changes in **Physical Activity** on Risk for Cardiac Death in Patients With Coronary Artery Disease. Am J Cardiol. 2018 Jan 15;121(2):143-148.

Lai HTM, de Oliveira Otto MC, Lemaitre RN, et al. Serial circulating **omega 3 polyunsaturated fatty acids** and healthy ageing among older adults in the Cardiovascular Health Study: prospective cohort study. BMJ2018;363:k4263.

Laitinen TT, Pahkala K, Magnussen CG, et al. **Ideal cardiovascular health in childhood and cardiometabolic outcomes in adulthood**: the Cardiovascular Risk in Young Finns Study. Circulation. 2012;125: 1971–1978.

Lamas GA, Goertz C, Boineau R, et al. Effect of **disodium EDTA chelation** regimen on cardiovascular events in patients with previous myocardial infarction. (**TACT**) JAMA 2013; 309: 1241-1250.

LaMonte MJ, Genco RJ, Hovey KM, et al. History of **Periodontitis** Diagnosis and Edentulism as Predictors of Cardiovascular Disease, Stroke, and Mortality in Postmenopausal Women. J Am Heart Assoc. 2017 Mar 29;6(4).

LaMonte MJ, Buchner DM, Rillamas-Sun E, et al.**Accelerometer-Measured Physical Activity** and Mortality in Women Aged 63 to 99. J Am Geriatr Soc. 2017 Nov 16.

Lane-Cordova AD, Jerome GJ, Paluch AE, et al. **Supporting Physical Activity** in Patients and Populations During Life Events and Transitions: A Scientific Statement From the American Heart Association. Circulation. 2021 Dec 1:CIR0000000000001035

Lanier JB, Bury DC, Richardson SW. **Diet and Physical Activity** for Cardiovascular Disease Prevention. Am Fam Physician. 2016;93(11):919-924.

LaRose JG, Leahey TM, Lanoye A, et al. Effect of a Lifestyle Intervention on Cardiometabolic Health Among Emerging Adults: A Randomized Clinical Trial. JAMA Netw Open. 2022 Sep 1;5(9):e2231903.

Larsson SC, Virtamo J, Wolk A. **Chocolate consumption** and risk of stroke: A prospective cohort of men and meta-analysis. Neurology. 2012 Aug 29.

Larsson SC, Burgess S, Mason AM, Michaëlsson K. **Alcohol Consumption and Cardiovascular Disease**: A Mendelian Randomization Study. Circ Genom Precis Med. 2020 May 5. doi: 10.1161/CIRCGEN.119.

Larsson SC, Burgess S, Michaëlsson K. Association of Genetic Variants Related to **Serum Calcium Levels** With Coronary Artery Disease and Myocardial Infarction. JAMA. 2017 Jul 25;318(4):371-380.

Larsson SC, Drca N, Björck M, et al. **Nut consumption** and incidence of seven cardiovascular diseases. Heart. 2018 Apr 16.

Laukkanen T, Khan H, Zaccardi F, Laukkanen JA. Association between **sauna bathing** and fatal cardiovascular and all-cause mortality events [online February 23, 2015]. JAMA Intern Med. doi:10.1001/jamainternmed.2014.8187.

Laukkanen JA, Laukkanen T, Khan H, et al. Combined Effect of **Sauna Bathing and Cardiorespiratory Fitness on the Risk of Sudden Cardiac Deaths** in Caucasian Men: A Long-term Prospective Cohort Study. Prog Cardiovasc Dis. 2018 Mar 16.

Laukkanen JA, Laukkanen T, Kunutsor SK. **Cardiovascular and Other Health Benefits of Sauna Bathing**: A Review of the Evidence. Mayo Clin Proc. 2018 Aug;93(8):1111-1121.

Laureano-Phillips J, Robinson RD, Aryal S, et al. **HEART Score Risk Stratification** of Low-Risk Chest Pain Patients in the Emergency Department: A Systematic Review and Meta-Analysis. Ann Emerg Med. 2019 Feb 1.

Laverty AA, Kypridemos C, Seferidi P, et al. **Quantifying the impact of the Public Health responsibility deal** on salt intake, cardiovascular disease and gastric cancer burdens: interrupted time series and microsimulation study. J Epidemiol Comm Health 2019. 10.1136/jech2018-211749

Lavie CJ, Milani RV, Mehra MR, et al. **Omega-3 polyunsaturated fatty acids** and cardiovascular disease. J Am Coll Cardiol 2009; 54: 585-594.

Lawlor ER, Bradley DT, Cupples ME, Tully MA. The effect **of community-based interventions for cardiovascular disease secondary prevention on behavioural risk factors**. Prev Med. 2018 Sep;114:24-38.

Lawman HG, Troiano RP, Perna FM, et al. Associations of Relative **Handgrip Strength** and Cardiovascular Disease Biomarkers in U.S. Adults, 2011-2012. Am J Prev Med. 2016 Jun;50(6):677-83.

Lear SA, Hu W, Rangarajan S, et al. The effect of **physical activity on mortality and cardiovascular disease** in 130 000 people from 17 highincome, middle-income, and low-income countries: the **PURE** study. Lancet 2017; online Sept 21.

Lebwohl B, Cao Y, Zong G, et al. Long term **gluten consumption** in adults without celiac disease and risk of coronary heart disease: prospective cohort study. BMJ. 2017 May 2;357:j1892.

Lee Chong-Do; Sui Xuemei; Blair Steven N. Combined Effects of **Cardiorespiratory Fitness, Not Smoking, and Normal Waist** Girth on Morbidity and Mortality in Men. Arch Intern Med. 2009;169(22):2096-2101.

Lee DC, Sui X, Artero EG, et al. **Long-term effects of changes in cardiorespiratory fitness** and body mass index on all-cause and cardiovascular disease mortality in men. Circulation 2011

Lee DC et al. Long-term effects of changes in **cardiorespiratory fitness** and **body mass index** on all-cause and cardiovascular disease mortality in men: the aerobics center longitudinal study. Circulation. 2011 Dec 6;124(23):2483-90.

Lee DC, Sui X, Church TS, et al. Changes in **fitness and fatness** on the development of cardiovascular disease risk factors. J Am Coll Cardiol 2012; 59:665-672.

Lee DC, Pate RR, Lavie JR, et al. **Leisure-time running** reduces all-cause and cardiovascular mortality risk. *J Am Coll Cardiol* 2014; DOI: 10.1016./j.jacc.2014.04.058.

Lee DH, Keum N, Hu FB, et al. Predicted **lean body mass, fat mass, and all cause and cause specific mortality in men**: prospective US cohort study. BMJ. 2018 Jul 3;362:k2575.

Lee IM, Shiroma EJ, Lobela F, et al. Effect of **physical inactivity** on major non-communicable diseases worldwide: An analysis of burden of disease and life expectancy. Lancet 2012.

Lee IM, Shiroma EJ, Evenson KR, et al.**Accelerometer-Measured Physical Activity** and Sedentary Behavior in Relation to All-Cause Mortality: The Women's Health Study. Circulation. 2017 Nov 6.

Lee IM, Shiroma EJ, Kamada M, et al. **Association of Step Volume and Intensity With All-Cause Mortality** in Older Women. JAMA Intern Med. 2019 May 29.

Lee J, Pedley A, Hoffmann U, et al. Association of changes in **Abdominal Fat Quantity and Quality** With Incident Cardiovascular Disease Risk Factors. JACC. 2016 Oct 4;68(11):1509-21.

Lee J, Vasan RS, Xanthakis V. Association of **Blood Pressure Responses** to **Submaximal Exercise** in Midlife With the Incidence of Cardiovascular Outcomes and All-Cause Mortality: The Framingham Heart Study. J Am Heart Assoc. 2020;9(11):e015554.

Lee LO, Grimm KJ, Spiro A 3rd, Kubzansky LD. **Neuroticism, Worry, and Cardiometabolic Risk** Trajectories: Findings From a 40-Year Study of Men. J Am Heart Assoc. 2022 Feb;11(3):e022006.

Lee LO, James P, Zevon ES, et al. **Optimism is associated with exceptional longevity** in 2 epidemiologic cohorts of men and women. Proc Natl Acad Sci U S A. 2019 Sep 10;116(37):18357-18362.

Lee MP, Desai RJ, Jin Y, et al. Association of **Ustekinumab vs TNF Inhibitor Therapy** With Risk of Atrial Fibrillation and Cardiovascular Events in Patients With Psoriasis or Psoriatic Arthritis. JAMA Dermatol. 2019 Mar 27.

Lee Meng, Saver Jeffrey L, Chang Kuo-Hsuan, et al. **Low glomerular filtration** rate and risk of stroke: meta-analysis. BMJ 341:doi:10.1136/bmj.c4249 (Published 30 September 2010). Leunissen RW, Kerkhof GF, Stijnen T, et al. Timing and tempo of **first-year rapid growth** in relation to cardiovascular and metabolic risk profile in early adulthood. JAMA. 2009 Jun 3;301(21):2234-42. Rapid weight gain in the first 3 months of life is associated with several determinants of cardiovascular disease and type 2 diabetes in early adulthood.

Lee Y, Berryman CE, West SG, et al. Effects of **Dark Chocolate and Almonds** on Cardiovascular Risk Factors in Overweight and Obese Individuals: A Randomized Controlled-Feeding Trial. J Am Heart Assoc. 2017 Nov 29;6(12).

Lee-Lane E, Torabi F, Lacey A, et al. **Epilepsy, antiepileptic drugs, and the risk** of major cardiovascular events. Epilepsia. 2021 Jul;62(7):1604-1616

Leening MJ, Ferket BS, Steyerberg EW, et al. **Sex differences in lifetime risk** and first manifestation of cardiovascular disease: prospective population based cohort study. BMJ. 2014 Nov 17;349:g5992.

LeFevre ML. **Behavioral Counseling** to Promote a Healthful **Diet and Physical Activity** for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk Factors: U.S. Preventive Services Task Force Recommendation Statement. Ann Intern Med. 2014 Aug 26.

Legge A, Hanly JG. Managing **premature atherosclerosis in patients with chronic inflammatory diseases**. CMAJ. 2018 Apr 9;190(14):E430-E439.

Lehmann N, Erbel R, Mahabadi AA, et al. Value of **Progression of Coronary Artery Calcification** for Risk Prediction of Coronary and Cardiovascular Events: Result of the HNR Study (Heinz Nixdorf Recall). Circulation. 2018 Feb 13;137(7):665-679.

Lehmann N, et al; on behalf Heinz Nixdorf Recall Study Investigators. Value of progression of **coronary artery calcification** for risk prediction of coronary and cardiovascular events: result of the HNR study (Heinz Nixdorf Recall). Circulation. 2018;137:665–679.

Lehtisalo J, Rusanen M, Solomon A, et al. Effect of a **multi-domain lifestyle intervention** on cardiovascular risk in older people: the FINGER trial. Eur Heart J. 2022 Jan 20:ehab922.

Leong DP, Teo KT, Rangarajan S, et al. **Prognostic value of grip strength**: Findings from the Prospective Urban Rural Epidemiology (PURE) study.*Lancet* 2015.

Leppert MH, Poisson SN, Sillau SH, et al. Is Prevalence of **Atherosclerotic Risk Factors Increasing Among Young Adults**? It Depends on How You Ask. J Am Heart Assoc. 2019 Mar 19;8(6):e010883.

Lerman BJ, Livingston EH, Wren SM. Optimizable Risk **Factors Contributing to Mortality** in Patients With Heart Failure Undergoing Noncardiac Surgery. JAMA Surg. 2020 Apr 8. doi: 10.1001/jamasurg.2020.0257

Leslie LK, Cohen JT, Newburger JW, et al. Costs and benefits of targeted **screening for causes of sudden cardiac death in children and adolescents**. Circulation. 2012;125:2621–2629.

Letnes JM, Berglund I, Johnson KE, et al. **Effect of 5 years of exercise training** on the cardiovascular risk profile of older adults: the Generation 100 randomized trial. Eur Heart J. 2021 Nov 8:ehab721.

Leung AA, McAlister FA, Rogers SO Jr, Pazo V, Wright A, Bates DW. **Preoperative hyponatremia** and perioperative complications [published online September 10, 2012]. Arch Intern Med. doi:10.1001/archinternmed.2012.3992.

Levine BD. Can **intensive exercise** harm the heart? The benefits of competitive endurance training for cardiovascular structure and function. Circulation. 2014 Sep 16;130(12):987-91.

Levine Glenn N., D'Amico Anthony V., Berger Peter, et al. and on behalf of the American Heart Association Council on Clinical Cardiology and Council on Epidemiology and Prevention, the American Cancer Society, and the American Urological Association. **Androgen-Deprivation Therapy in Prostate Cancer and Cardiovascular Risk**. A Science Advisory From the American Heart Association, American Cancer Society, and American Urological Association. Circulation published February 1, 2010, doi:10.1161/CIRCULATIONAHA.109.192695

Levine GN, Allen K, Braun LT, et al. **Pet ownership** and cardiovascular risk: a scientific statement from the American Heart Association. Circulation 2013;

Levine GN, Lange RA, Bairey-Merz CN, et al. **Meditation** and Cardiovascular Risk Reduction: A Scientific Statement From the American Heart Association. J Am Heart Assoc. 2017 Sep 28;6(10).

Lewis JR, Prince RL, Zhu K, Devine A, Thompson PL, Hodgson JM. Habitual **chocolate** intake and vascular disease: a prospective study of clinical outcomes in older women. Arch Intern Med. 2010 Nov 8;170(20):1857-8.

Lewis G. **Psychological distress** and death from cardiovascular disease. BMJ. 2012 Jul 31;345:e5177.

Li Chaoyang; Ford Earl S.; Zhao Guixiang; et al. **Serum {alpha}-Carotene** Concentrations and Risk of Death Among US Adults: The Third National Health and Nutrition Examination Survey Follow-up Study. *Arch Intern Med*. 2010;0(2010):archinternmed.2010.440. (**Higher fruit & vegetable consumption**)

Li S, Flint A, Pai JK, et al. **Dietary fiber** intake and mortality among survivors of myocardial infarction: prospective cohort study. BMJ. 2014 Apr 29;348:g2659.

Li S, Lear SA, Rangarajan S, et al. Association of **Sitting Time With Mortality** and Cardiovascular Events in High-Income, Middle-Income, and Low-Income Countries. JAMA Cardiol. 2022 Jun 15. doi: 10.1001/jamacardio.2022.1581.

Li S, Stampfer MJ, Williams DR, VanderWeele TJ. Association of **religious service attendance** with mortality among women [online May 15, 2016].JAMA Intern Med. doi:10.1001 /jamainternmed.2016.1615.

Li S, Stampfer MJ, Williams DR, et al. Association of **Religious Service Attendance** With Mortality Among Women. JAMA Intern Med. 2016 May 16.

Li W, Ruan W, Lu Z, Wang D. **Parity and risk of maternal cardiovascular disease**: A dose-response meta-analysis of cohort studies. Eur J Prev Cardiol. 2018 Dec 19:2047487318818265.

Li Y, Hruby A, Bernstein AM, et al. **Saturated Fats** Compared With Unsaturated Fats and Sources of Carbohydrates in Relation to Risk of Coronary Heart Disease: A Prospective Cohort Study. J Am Coll Cardiol. 2015 Oct 6;66(14):1538-48.

Li Y, Pan A, Wang DD, et al. Impact of **Healthy Lifestyle Factors on Life Expectancies** in the US Population. Circulation. 2018 Apr 30.

Li ZH, Zhong WF, Liu S, et al. Associations of **habitual fish oil supplementation** with cardiovascular outcomes and all cause mortality: evidence from a large population based cohort study. BMJ. 2020 Mar 4;368:m456.

Lian XQ, Zhao D, Zhu M, et al. The influence of **regular walking** at different times of day on blood lipids and inflammatory markers in sedentary patients with coronary artery disease. Prev Med. 2014 Jan;58:64-9.

LIFE Study Investigators, Pahor M, Blair SN, Espeland M, et al. Effects of a **physical activity** intervention on measures of physical performance: Results of the lifestyle interventions and independence for Elders Pilot (**LIFE-P**) study. J Gerontol A Biol Sci Med Sci. 2006 Nov;61(11):1157-65.

Lim LS, Haq N, Mahmood S, Hoeksema L, **ACPM** Prevention Practice Committee, American College of Preventive Medicine. **Atherosclerotic cardiovascular disease screening in adults**: American College of Preventive Medicine position statement on preventive practice. Am J Prev Med 2011 Mar;40(3):381.e1-10.

Lima BB, Hammadah M, Kim JH, et al. Association of **Transient Endothelial Dysfunction Induced by Mental Stress** With Major Adverse Cardiovascular Events in Men and Women With Coronary Artery Disease. JAMA Cardiol. 2019 Sep 11.

Lin JS, Evans CV, Johnson E, Redmond N, Coppola EL, Smith N. **Nontraditional risk factors** in cardiovascular disease risk assessment: updated evidence report and systematic review for the US Preventive Services Task Force USPSTF [online July 10, 2018]. JAMA. doi:10.1001/jama.2018.4242

Lin JS, O'Connor E, Whitlock EP, Beil TL. **Behavioral counseling to promote physical activity** and a healthful diet to prevent cardiovascular disease in adults: a systematic review for the u.s. Preventive services task force. Ann Intern Med. 2010 Dec 7;153(11):736-50.

Lindberg S, Mogelvang R, Pedersen SH, et al. Relation of Serum **Adiponectin** Levels to Number of Traditional Atherosclerotic Risk Factors and All-Cause Mortality and Major Adverse Cardiovascular Events (from the Copenhagen City Heart Study). Am J Cardiol. 2013 Jan 31

Lindekleiv H, Løchen ML, Mathiesen EB, et al. **Echocardiographic Screening** of the General Population and Long-term Survival: A Randomized Clinical Study. JAMA Intern Med. 2013 Jul 22.

Lindhardsen J, Ahlehoff O, Gislason GH, et al. The **risk of myocardial infarction in rheumatoid arthritis** and diabetes mellitus: a Danish nationwide cohort study. Ann Rheum Dis. 2011 Mar 9.

Lindholm D;Lindback J;Armstrong PW;Budaj A;Cannon . **Biomarker-Based Risk Model** to Predict Cardiovascular Mortality in Patients With Stable Coronary Disease. J Am Coll Cardiol. 2017 Aug 15;70(7):813-826.

Ling CH, Taekema D, de Craen AJ, Gussekloo J, Westendorp RG, Maier AB. **Handgrip strength** and mortality in the oldest old population: the Leiden 85-plus study. CMAJ. 2010 Feb 8. [Epub ahead of print]

Link MS, Estes NA 3rd. Sudden cardiac death in the **athlete**: bridging the gaps between evidence, policy, and practice. Circulation. 2012 May 22;125(20):2511-6.

Lipshultz SE, Adams MJ, Colan SD, et al. Long-term Cardiovascular Toxicity in **Children, Adolescents, and Young Adults Who Receive Cancer Therapy**: Pathophysiology, Course, Monitoring, Management, Prevention, and Research Directions: A Scientific Statement From the American Heart Association. Circulation. 2013 Sep 30

Little MP, Azizova TV, Richardson DB, et al. **Ionising radiation and cardiovascular disease**: systematic review and meta-analysis. BMJ. 2023 Mar 8;380:e072924.

Liu B, Luo Z, Pinto JM, et al. Relationship between **poor olfaction and mortality** among community-dwelling older adults. A cohort study. Ann Intern Med. 2019. [Epub ahead of print]. doi:10.7326/M18-0775

Liu D, Li ZH, Shen D, et al. Association of **Sugar-Sweetened, Artificially Sweetened, and Unsweetened Coffee Consumption** With All-Cause and Cause-Specific Mortality : A Large Prospective Cohort Study. Ann Intern Med. 2022 May 31. doi: 10.7326/M21-2977

Liu G, Guasch-Ferre M, Hu Y, et al. **Nut Consumption** in Relation to Cardiovascular Disease Incidence and Mortality among Patients with Diabetes Mellitus. Circ Res. 2019 Feb 19.

Liu H, Tian Y, Xiang X, et al. **Air Pollution** and Hospitalization for **Acute Myocardial Infarction** in China. Am J Cardio. 2017.

Liu K, Daviglus ML, Loria CM, et al. **Healthy Lifestyle Through Young Adulthood** and the Presence of Low Cardiovascular Disease Risk Profile in Middle Age: The Coronary Artery Risk Development in (Young) Adults (CARDIA) Study. Circulation. 2012 Feb 28;125(8):996-1004.

Liu J, Sui X, Lavie CJ, et al. Association of **coffee consumption with all-cause** and cardiovascular disease mortality. Mayo Clin Proc 2013.

Liu S, Li Y, Zeng X, et al. **Burden of Cardiovascular Diseases in China, 1990-2016**: Findings From the 2016 Global Burden of Disease Study. JAMA Cardiol. 2019 Mar 13.
Lloyd-Jones D, Adams R, Carnethon M, et al. **Heart disease and stroke statistics—2009 update**. A report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Circulation 2008; DOI: 10.1161/CIRCULATIONAHA.108.191261. Available at: http://circ.ahajournals.org.
Lloyd-Jones DM, Huffman MD, Karmali KN, et al. **Estimating Longitudinal Risks and Benefits** From Cardiovascular Preventive Therapies Among Medicare Patients: The Million Hearts Longitudinal ASCVD Risk Assessment Tool: A Special Report From the American Heart Association and American College of Cardiology. Circulation. 2016 Nov 4.
Lobelo F, Rohm Young D, Sallis R, et al. Routine Assessment and **Promotion of Physical Activity in Healthcare Settings**: A Scientific Statement From the **American Heart Association (AHA).** Circulation. 2018 Apr 4.
Lockhart P B, Bolger AF, Papapanou PN, et al **Periodontal disease** and atherosclerotic vascular disease: Does the evidence support an independent association? A scientific statement from the American Heart Association. Circulation 2012
Loftfield E, Cornelis MC, Caporaso N, et al. **Association of Coffee Drinking With Mortality** by Genetic Variation in Caffeine Metabolism: Findings From the UK Biobank. JAMA Intern Med. 2018 Jul 2.
Løgstrup BB, Olesen KKW, Masic D, et al. **Impact of rheumatoid arthritis** on major cardiovascular events in patients with and without coronary artery disease. Ann Rheum Dis. 2020;annrheumdis-2020-217154
Longmuir PE, Brothers JA, de Ferranti SD, et al; American Heart Association Atherosclerosis, Hypertension and Obesity in Youth Committee of the Council on Cardiovascular Disease in the Young. **Promotion of physical activity** for children and adults with congenital heart disease: a scientific statement from the american heart association. Circulation. 2013 May 28;127(21):2147-59.
Loo CK, Greiver M, Aliarzadeh B, et al. Association between **neighbourhood walkability** and metabolic risk factors influenced by physical activity: a cross-sectional study of adults in Toronto, Canada. BMJ Open. 2017 Apr 8;7(4):e013889.
Look AHEAD Research Group. Long-term Effects of a **Lifestyle** Intervention on Weight and Cardiovascular Risk Factors in Individuals With Type 2 Diabetes Mellitus: Four-Year Results of the Look AHEAD Trial. Arch Intern Med. 2010;170(17):1566-1575.
López-Mejías R, González-Gay MÁ. **The genetic contribution of inflammation** to the increased risk of cardiovascular disease in rheumatoid arthritis. Arthritis Rheumatol. 2023 Jan 30. doi: 10.1002/art.42468.
Lorenz MW, Polak JF, Kavousi M, et al, on behalf of the **PROG-IMT** Study Group. **Carotid intima-media thickness** progression to predict cardiovascular events in the general population (the PROG-IMT collaborative project): a meta-analysis of individual participant data. Lancet 2012
Loria CM, Mussolino ME, Cogswell ME, et al. Usual **sodium intakes** (**salt**) compared with current dietary guidelines—United States, 2005-2008. MMWR Morb Mortal Wkly Rep 2011; 60:1413-1417.
Lozano R, Naghavi M, Lim SS, et al. **Global and regional mortality** from 235 causes of death for 20 age groups in 1990 and 2010: A systematic analysis for the **Global Burden of Disease Study** 2010. Lancet 2012; 380:2095-128.
Lp-PLA(2) Studies Collaboration, Thompson A, Gao P, Orfei L et al. **Lipoprotein-associated phospholipase A(2)** and risk of coronary disease, stroke, and mortality: collaborative analysis of 32 prospective studies. Lancet. 2010 May 1;375(9725):1536-44.
Lu J, Lu Y, Yang H, et al. **Characteristics of high cardiovascular risk** in 1.7 million Chinese adults. Ann Intern Med. 2019. [Epub ahead of print]. doi:10.7326 /M18-1932
Lu Y, Ezzati M, Rimm EB, Hajifathalian et al. Sick Populations and Sick Subpopulations: **Reducing Disparities** in Cardiovascular Disease Between Blacks and Whites in the United States. Circulation. 2016 Aug 9;134(6):472-85.
Luan X, Tian X, Zhang H, et al. **Exercise as a prescription** for patients with various diseases. J Sport Health Sci. 2019 Sep;8(5):422-441.
Ludvigsson JF, James S, Askling J, et al. Nationwide cohort study of risk of ischemic heart disease in patients with **celiac disease**. Circulation. 2011 Feb 8;123(5):483-90.
Ludwig DS, Willett WC, Volek JS, Neuhouser ML. **Dietary fat**: From foe to friend? Science. 2018 Nov 16;362(6416):764-770
Lui GK, Rogers IS, Ding VY et al. **Risk Estimates for Atherosclerotic Cardiovascular Disease** in Adults with Congenital Heart Disease. Am J Cardio.2017;119:112-118.
Luo D, Cheng Y, Zhang H, et al. Association between **high blood pressure** and long term cardiovascular events in young adults: systematic review and meta-analysis. BMJ. 2020 Sep 9;370:m3222.
Luu HN, Blot WJ, Xiang YB, et al. Prospective Evaluation of the Association of **Nut/Peanut Consumption** With Total and Cause-Specific Mortality. JAMA Intern Med. 2015 Mar 2.
Lv J, Qi L, Yu C, et al; China Kadoorie Biobank collaborative group. **Consumption of spicy foods** and total and cause specific mortality: population based cohort study. BMJ. 2015 Aug 4;351:h3942.
Lyall DM, Celis-Morales C, Ward J, et al. Association of **body mass index** with cardiometabolic disease in the **UK Biobank**: a mendelian randomization study [online July 5, 2017].JAMA Cardiol. doi:10.1001 /jamacardio.2016.5804
Ma H, Wang X, Li X, et al. **Adding Salt to Foods and Risk** of Cardiovascular Disease. J Am Coll Cardiol. 2022 Dec 6;80(23):2157-2167.
Ma H, Xue Q, Wang X, et al. **Adding salt to foods and hazard** of premature mortality. Eur Heart J. 2022 Jul 10:ehac208.
Ma J, Ward EM, Siegel RL, et al. **Temporal Trends in Mortality** in the United States, 1969-2013. JAMA. 2015 Oct 27;314(16):1731-1739.
Ma L, Liu G, Ding M, et al. **Isoflavone Intake** and the Risk of Coronary Heart Disease in US Men and Women: Results From 3 Prospective Cohort Studies. Circulation. 2020 Apr 7;141(14):1127-1137
Ma TT, Wong ICK, Whittlesea C, et al. Initial **cardiovascular treatment patterns during the first 90 days** following an incident cardiovascular event. Br J Clin Pharmacol. 2020;10.1111/bcp.14463.
Ma Y, He FJ, Sun Q, et al. **24-Hour Urinary Sodium and Potassium Excretion** and Cardiovascular Risk. N Engl J Med. 2022 Jan 20;386(3):252-263. doi: 10.1056/NEJMoa2109794.
Ma Y, Olendzki BC, Wang J, et al. **Single-component versus multicomponent dietary goals for the metabolic syndrome**: a randomized trial. Ann Intern Med. 2015 Feb 17;162(4):248-57.
MacGregor GA, He FJ, Pombo-Rodrigues S. **Food and the responsibility deal**: how the salt reduction strategy was derailed. BMJ. 2015 Apr 28;350:h1936.
Machado S, Sumarsono A, Vaduganathan M. **Midlife Wealth Mobility** and Long-term Cardiovascular Health. JAMA Cardiol. 2021 Jun 30. doi: 10.1001/jamacardio.2021.2056
Mackenbach JP, Valverde JR, Bopp M, et al. Determinants of **inequalities in life expectancy**: an international comparative study of eight risk factors. Lancet Public Health. 2019 Oct;4(10):e529-e537.
Macknin M, Kong T, Weier A, et al. **Plant-Based, No-Added-Fat or American Heart Association Diets**: Impact on Cardiovascular Risk in Obese Children with Hypercholesterolemia and Their Parents. J Pediatr. 2015 Apr;166(4):953-959.e3.
Maclagan LC, Park J, Sanmartin C, et al. The **CANHEART health index**: a tool for monitoring the cardiovascular health of the Canadian population. CMAJ. 2014 Feb 18;186(3):180-7.
MacLeod SM, Cairns JA. **Controversial sodium guidelines**: Scientific solution or perpetual debate? CMAJ. 2015 Feb 3;187(2):95-6.
Magnani JW, Mujahid MS, Aronow HD, et al. **Health Literacy** and Cardiovascular Disease: Fundamental Relevance to Primary and Secondary Prevention: A Scientific Statement From the American Heart Association. Circulation. 2018 Jul 10;138(2):e48-e74.
Magnus P, Bakke E, Hoff DA, et al. Controlling for high-density lipoprotein cholesterol does not affect the magnitude of the relationship between **alcohol** and coronary heart disease. Circulation. 2011;124:2296 –2302.
Mahase E. **Vegetarian and pescatarian diets** are linked to lower risk of ischaemic heart disease, study finds. BMJ. 2019 Sep 4;366:l5397.
Mahmoodi BK, Matsushita K, et al, for the Chronic Kidney Disease Prognosis Consortium. Associations of **kidney disease** measures with mortality and end-stage renal disease in individuals with and without hypertension: a meta-analysis. Lancet 2012.
Mahmood SS, Levy D, Vasan RS, et al. The **Framingham Heart Study** and the epidemiology of cardiovascular disease: a historical perspective. Lancet. 2013 Sep 27.
Mahle WT, Sable CA, Matherne PG, et al; on behalf of the American Heart Association Congenital Heart Defects Committee of the Council on Cardiovascular Disease in the Young. Key Concepts in the Evaluation of **Screening Approaches** for Heart Disease in **Children and Adolescents**: A Science Advisory From the American Heart Association (AHA). Circulation. 2012 Jun 5;125(22):2796-2801.
Majed B, Tafflet M, Kee F, et al. External validation of the **2008 Framingham cardiovascular risk equation** for CHD and stroke events in a European population of middle-aged men. The PRIME study. Prev Med. 2013 Jul;57(1):49-54.
Makarem N, Castro-Diehl C, St-Onge MP, et al. Redefining **Cardiovascular Health to Include Sleep**: Prospective Associations With Cardiovascular Disease in the MESA Sleep Study. J Am Heart Assoc. 2022 Oct 19:e025252.
Malhotra A, Redberg RF, Meier P. **Saturated fat does not clog the arteries**: coronary heart disease is a chronic inflammatory condition, the risk of which can be effectively reduced from healthy lifestyle interventions. Br J Sports Med. 2017 Apr 25.
Malik S, Zhao Y, Budoff M, et al. **Coronary Artery Calcium Score** for Long-term Risk Classification in Individuals With Type 2 Diabetes and Metabolic Syndrome From the Multi-Ethnic Study of Atherosclerosis. JAMA Cardiol. 2017 Nov 8.
Malik VS, Hu FB. **Fructose** and Cardiometabolic Health: What the Evidence From Sugar-Sweetened Beverages Tells Us. J Am Coll Cardiol. 2015 Oct 6;66(14):1615-24.
Malik VS, Li Y, Pan A, et al. Long-Term Consumption of Sugar-Sweetened and Artificially **Sweetened Beverages and Risk of Mortality** in US Adults. Circulation. 2019 Mar 18.
Malinowski B, Zalewska K, Węsierska A, et al. **Intermittent Fasting** in Cardiovascular Disorders-An Overview. Nutrients. 2019 Mar 20;11(3).
Mallinson PAC, Luhar S, Williamson E, et al. **Socioeconomic position** and cardiovascular mortality in 63 million adults from Brazil. Heart. 2021 May;107(10):822-827.
Mancia G, Schumacher H, Redon J, Verdecchia P, et al. **Blood pressure targets** recommended by guidelines and incidence of cardiovascular and renal events in the Ongoing Telmisartan Alone and in Combination With Ramipril Global Endpoint Trial (**ONTARGET**). Circulation. 2011;124:1727–1736.
Mandsager K, Harb S, Cremer P, et al. **Association of Cardiorespiratory Fitness With Long-term Mortality Among Adults Undergoing Exercise** Treadmill Testing. JAMA Netw Open. 2018;1(6):e183605.
Manenschijn L, Schaap L, van Schoor NM, et al. High Long-Term **Cortisol Levels, Measured in Scalp Hair**, Are Associated With a History of Cardiovascular Disease. J Clin Endocrinol Metab. 2013 Apr 17.
Manson JE, Cook NR, Lee I-M, et al. **Vitamin D supplements** and prevention of cancer and cardiovascular disease. (VITAL) N Engl J Med. DOI: 10.1056/NEJMoa1809944.
Manson JE, Cook NR, Lee I-M, et al. **Marine n−3 fatty acids** and prevention of cardiovascular disease and cancer. N Engl J Med. (VITAL) DOI: 10.1056/NEJMoa1811403.
Mansoor H, Elgendy IY, et al. **Duration of Reproductive Years** and the Risk of Cardiovascular and Cerebrovascular Events in Older Women: Insights from the National Health and Nutrition Examination Survey. J Womens Health (Larchmt). 2017 May 19.
Manuel DG, Tuna M, Hennessy D, et al; Simulation Technology for Applied Research Team and the Canadian Cardiovascular Outcome Research Team. **Projections of preventable risks for cardiovascular disease in Canada** to 2021:

a microsimulation modeling approach. CMAJ Open. 2014 May 20;2(2):E94-E101.
Manuel DG, Perez R, Sanmartin C, et al. **Measuring Burden of Unhealthy Behaviours** Using a Multivariable Predictive Approach: Life Expectancy Lost in Canada Attributable to Smoking, Alcohol, Physical Inactivity, and Diet. PLoS Med. 2016 Aug 16;13(8)
Manuel DG, Tuna M, Bennett C, et al. Development and validation of a **cardiovascular disease risk-prediction model using population health surveys**: the Cardiovascular Disease Population Risk Tool (CVDPoRT). CMAJ. 2018 Jul 23;190(29):E871-E882.
Marijon E, Tafflet, Antero-Jacquemin J, et al. Mortality of French participants in the **Tour de France** (1947-2012). Eur Heart J 2013.
Marijon E, Uy-Evanado A, Reinier K, et al. **Sudden Cardiac Arrest During Sports** Activity in Middle Age. Circulation. 2015 Apr 6.
Marklund M, Singh G, Greer R, et al. Estimated population wide benefits and risks in China of **lowering sodium through potassium enriched salt substitution**: modelling study. BMJ. 2020 Apr 22;369:m824
Maron BJ, Thompson PD, Ackerman MJ, et al. American Heart Association Council on Nutrition, Physical Activity, and Metabolism. Recommendations and considerations related to **preparticipation screening** for cardiovascular abnormalities in competitive athletes: 2007 update: a scientific statement from the AHA Council on Nutrition, Physical Activity, and Metabolism: endorsed by the American College of Cardiology Foundation. Circulation. 2007 Mar 27;115(12):1643-455. Epub 2007 Mar 12.
Maron BJ, Friedman RA, Kligfield P, et al; American Heart Association Council on Clinical Cardiology; Advocacy Coordinating Committee; Council on Cardiovascular Disease in the Young; Council on Cardiovascular Surgery and Anesthesia; Council on Epidemiology and Prevention; Council on Functional Genomics and Translational Biology; Council on Quality of Care and Outcomes Research, and American College of Cardiology. Assessment of the **12-Lead Electrocardiogram as a Screening Test for Detection of Cardiovascular Disease in Healthy General Populations of Young People** (12-25 Years of Age): A Scientific Statement From the American Heart Association and the American College of Cardiology. J Am Coll Cardiol. 2014 Sep 5.
Marston NA, Pirruccello JP, Melloni GEM, et al. Predictive Utility of a Coronary Artery Disease Polygenic Risk Score in Primary Prevention. JAMA Cardiol. 2022 Dec 28. doi: 10.1001/jamacardio.2022.4466
Martínez-Mardones F, Benrimoj SI, Ahumada-Canale A, et al. **BC Clinical impact of medication reviews** with follow-up in cardiovascular older patients in primary care: A cluster-randomized controlled trial. Br J Clin Pharmacol. 2023 Feb 3. doi: 10.1111/bcp.15682.
Matsushita K, Sang Y, Ballew SH, et al. **Subclinical Atherosclerosis Measures** for Cardiovascular Prediction in **CKD**. J Am Soc Nephrol. 2014 Aug 21.
Matsushita K, Coresh J, et al; CKD Prognosis Consortium. **Estimated glomerular filtration rate and albuminuria** for prediction of cardiovascular outcomes: a collaborative meta-analysis of individual participant data. Lancet Diabetes Endocrinol. 2015 May 28.
Matta M, Harb SC, Cremer P, et al. **Stress testing and noninvasive coronary imaging**: What's the best test for my patient? Cleve Clin J Med. 2021 Sep 1;88(9):502-515
May AL, Kuklina EV, Yoon PW. Prevalence of **Cardiovascular Disease Risk Factors Among US Adolescents**, 1999-2008. Pediatrics. 2012 May 21.
May HT, Horne BD, Knight S, et al. The association of **depression** at any time to the risk of death following **coronary artery disease diagnosis**. European Heart J. 2017;0:1-7
May RW, Sanchez-Gonzalez MA, Hawkins KA, et al. Effect of **Anger and Trait Forgiveness** on Cardiovascular Risk in Young Adult Females. Am J Cardiol. 2014 Apr 18.
Mazidi M, Mikhailidis DP, Sattar N, et al; Lipid and Blood Pressure Meta-analysis Collaboration (LBPMC) Group. Consumption of **dairy product and its association with total and cause specific mortality** – A population-based cohort study and meta-analysis. Clin Nutr. 2018 Dec 18.
Mazidi M, Katsiki N, Mikhailidis DP, et al. **Lower carbohydrate diets and all-cause and cause-specific mortality**: a population-based cohort study and pooling of prospective studies. Eur Heart J. 2019 Apr 19.
McBurney MI, Tintle NL, Vasan RS, et al. Using an **erythrocyte fatty acid fingerprint** to predict risk of all-cause mortality: the Framingham Offspring Cohort. Am J Clin Nutr. 2021 Jun 16:nqab195. doi: 10.1093/ajcn/nqab195.
McClelland RL, Jorgensen NW, Budoff M, et al. 10-year coronary heart disease risk prediction using **coronary artery calcium and traditional risk factors**. J Am Coll Cardiol 2015; 66: 1643-1653.
McCullough Peter A.; Chinnaiyan Kavitha M. Annual Progression of Coronary Calcification (**CAC**) in Trials of Preventive Therapies: A Systematic Review. Arch Intern Med. 2009;169(22):2064-2070.
McCullough ML, Peterson JJ , Patel R, et al. **Flavonoid** (chocolate, wine) intake and cardiovascular disease mortality in a prospective cohort of US adults. Am J Clin Nutr 2012; 95:454-464.
McEvoy John W.; Blaha Michael J.; Nasir Khurram; et al. Impact of **Coronary Computed Tomographic Angiography** Results on Patient and Physician Behavior in a Low-Risk Population. Arch Intern Med. 2011;0(2011):archinternmed.2011.204.
McEvoy JW, Blaha M, Rivera JJ, et al. Mortality rates in smokers and nonsmokers in the presence or absence of **coronary artery calcification** (CAC). JACC Cardiovasc Imaging 2012; 5:1037-1045.
McGeechan K, Liew G, Macaskill P, et al. Meta-analysis: **retinal vessel caliber** and risk for coronary heart disease. Ann Intern Med. 2009 Sep 15;151(6):404-13.
McKee G, Kearney PM, Kenny RA. The factors associated with **self-reported physical activity** in older adults living in the community. Age Ageing. 2015 Apr 11.
McKee M, Exall S, Stuckler D, Wolff A. 'Normal' serum **sodium concentration** among inpatients over 65 admitted to hospital: an observational study. Postgrad Med J. 2015 Nov 11.
McKinlay CJ, Cutfield WS, Battin MR, et al. on behalf of the ACTORDS Study Group. Cardiovascular Risk Factors in Children After Repeat Doses of **Antenatal Glucocorticoids**: An RCT. Pediatrics. 2015 Jan 19.
McQueen MJ, Hawken S, Wang X, Ounpuu S, Sniderman A, Probstfield J, Steyn K, Sanderson JE, Hasani M, Volkova E, Kazmi K, Yusuf S; **INTERHEART** study investigators. Lipids, lipoproteins, and apolipoproteins as risk markers of myocardial infarction in 52 countries (the INTERHEART study): a case-control study. Lancet. 2008 Jul 19;372(9634):224-33. The **non-fasting ApoB/ApoA1 ratio** was superior to any of the cholesterol ratios for estimation of the risk of acute myocardial infarction in all ethnic groups, in both sexes, and at all ages, and it should be introduced into worldwide clinical practice.
Medina-Inojosa JR, Batsis JA, Supervia M, et al. Relation of **Waist-Hip Ratio** to Long-Term Cardiovascular Events in Patients With Coronary Artery Disease. Am J Cardiol. 2018 Apr 15;121(8):903-909.
Mega JL, Stitziel NO, Smith GJ, et al. **Genetic risk, coronary heart disease events, and the clinical benefi t of statin** therapy: an analysis of primary and secondary prevention trials. Lancet 2015; online March 4.
Mehta A, Vasquez N, Ayers CR, et al. Independent **Association of Lipoprotein(a) and Coronary Artery Calcification** With Atherosclerotic Cardiovascular Risk. J Am Coll Cardiol. 2022 Mar 1;79(8):757-768.
Mehta A, Virani SS, Ayers CR, et al**. Lipoprotein(a) and Family Histor**y Predict Cardiovascular Disease Risk. J Am Coll Cardiol. 2020;76(7):781-793.
Mehta H, Sacrinty M, Johnson D, et al. Comparison of Usefulness of **Secondary Prevention of Coronary Disease in Patients <80 Versus ≥80 Years** of Age. Am J Cardiol. 2013 Jul 3.
Melander O, Newton-Cheh C, Almgren P, et al. **Novel and conventional biomarkers** for prediction of incident cardiovascular events in the community. JAMA. 2009 Jul 1;302(1):49-57.
Melander O, Maisel AS, Almgren P, et al. **Plasma proneurotensin** and incidence of diabetes, cardiovascular disease, breast cancer, and mortality. JAMA 2012; 308:1469-1475.
Mellerio H, Alberti C, Druet C, et al. **Novel modeling of reference values** of cardiovascular risk factors in **children aged 7 to 20 years**. Pediatrics. 2012 Apr;129(4):e1020-9.
Mellett LH, Bousquet G. **Heart-healthy exercise**. Circulation. 2013 Apr 30;127(17):e571-2.
Melzer D, Osborne NJ, Henley WE, et al. **Urinary bisphenol**: A concentration and risk of future coronary artery disease in apparently healthy men and women. Circulation 2012.
Melzer D, Gates P, Osborn NJ, et al. **Urinary bisphenol** a concentration and angiography-defined coronary artery stenosis. PLoS ONE 2012; 7: e43378.
Meng X, Liu C, Chen R, et al. Short term associations of **ambient nitrogen dioxide** with daily total, cardiovascular, and respiratory mortality: multilocation analysis in 398 cities. BMJ. 2021 Mar 24;372:n534
Mente A, Dehghan M, Rangarajan S, et al. **Diet, cardiovascular disease, and mortality** in 80 countries. Eur Heart J. 2023 Jul 6:ehad269.
Mente A, de Koning L, Shannon HS, et al. A systematic review of the evidence supporting a causal link between **dietary factors** and coronary heart disease. *Arch Intern Med 2009*; 169:659-669.
Mente A, O'Donnell MJ, Yusuf S. The population risks of **dietary salt excess** are exaggerated. Can J Cardiol. 2014 May;30(5):507-12.
Mente A, O'Donnell MJ, Rangarajan S, et al. Association of **urinary sodium and potassium excretion** with blood pressure. (Pure) N Engl J Med 2014;371:601-11.
Mente A, O'Donnell M, Rangarajan S, et al, for the PURE, EPIDREAM, and ONTARGET/TRANSCEND Investigators. Associations of **urinary sodium excretion** with cardiovascular events in individuals with and without hypertension: a pooled analysis of data from four studies. Lancet 2016; online May 20.
Mente A, O'Donnell M, Rangarajan S, et al. **Urinary sodium excretion, blood pressure, cardiovascular disease, and mortality**: a community-level prospective epidemiological cohort study. Lancet. 2018 Aug 11;392(10146):496-506.
Mente A, Yusuf S, Islam S, et al. **Metabolic syndrome** and risk of acute myocardial infarction. A case-control study of 26 903 subjects from 52 countries. J Am Coll Cardiol 2010; 55:2390-2398.
Merghani A, Maestrini V, Rosmini S, et al. Prevalence of subclinical coronary artery disease in masters **endurance athletes** with a low atherosclerotic risk profile. Circulation. 2017;136;126–137.
Metcalf BS, Hosking J, et al. **Physical activity attenuates the mid-adolescent peak in insulin resistance** but by late adolescence the effect is lost: a longitudinal study with annual measures from 9-16 years (EarlyBird 66). Diabetologia. 2015 Aug 12.
Meyers DG, Neuberger JS, He J et al. Cardiovascular effect of bans on **smoking in public places**. A systematic review and meta-analysis. J Am Coll Cardiol 2009; 54: 1249-1255.
Micha R, Peñalvo JL, Cudhea F, et al. Association between **dietary factors and mortality** from heart disease, stroke, and type 2 diabetes in the United States.JAMA. doi: 0.1001/jama.2017.0947
Michalsky MP, Inge TH, Simmons M, et al; for the Teen-LABS Consortium. Cardiovascular Risk Factors in Severely Obese Adolescents: The **Teen Longitudinal Assessment of Bariatric Surgery** (**Teen-LABS**) Study. JAMA Pediatr. 2015 Mar 2.
Michos ED, Blumenthal RS. How Accurate Are 3 **Risk Prediction Models in US Women**? Circulation. 2012 Apr 10;125(14):1723-6.
Miedema MD, Petrone A, Shikany JM, et al. The association of **fruit and vegetable consumption** during early adulthood with the prevalence of coronary artery calcium after 20 years of follow-up: The CARDIA study. *Circulation*2015.
Millard LA, Lawlor DA, Fraser A, Howe LD. **Physical activity during pregnancy** and offspring cardiovascular risk factors: findings from a prospective cohort study. BMJ Open. 2013 Sep 25;3(9):e003574.

Miller JM, Rochitte CE, Dewey M, et al. Diagnostic performance of coronary angiography by **64-row CT**. N Engl J Med. 2008 Nov 27;359(22):2324-36. December 3, 2008

Miller PE, Zhao D, Frazier-Wood AC, et al. Associations between **coffee, tea, and caffeine** intake with coronary artery calcification and cardiovascular events. *Am J Med* 2016.

Miller PE et al. Associations of **coffee, tea, and caffeine intake** with coronary artery calcification and cardiovascular events. Am J Med 2017 Feb; 130:188.

Miller V, Mente A, Dehghan M, et al. **Fruit, vegetable, and legume intake**, and cardiovascular disease and deaths in 18 countries (Prospective Urban Rural Epidemiology [**PURE**]): a prospective cohort study. Lancet 2017; online Aug 29.

Miller V, Micha R, Choi E, et al. Evaluation of the Quality of Evidence of the **Association of Foods and Nutrients** With Cardiovascular Disease and Diabetes: A Systematic Review. JAMA Netw Open. 2022 Feb 1;5(2):e2146705.

Miller VM, Mankad R. **Sex Steroids and Incident Cardiovascular Disease** in **Post-Menopausal Women**: New Perspective on an Old Controversy. J Am Coll Cardiol. 2018 Jun 5;71(22):2567-2569.

Mills KT, Chen J, Yang W, et al. **Sodium excretion** and the risk of cardiovascular disease in patients with chronic kidney disease.JAMA. doi:10.1001 /jama.2016.4447.

Milojevic A, Wilknson P, Armstrong B, et al. Short-term effects of **air pollution** on a range of cardiovascular events in England and Wales: case-crossover analysis of the MINAP database, hospital admissions and mortality. Heart (2014): heartjnl-2013.

Min J, Lin F, Gidseg D, et al. Determinants of coronary calcium conversion among patients with a normal **coronary calcium scan**: What is the "warranty period" for remaining normal? J Am Coll Cardiol 2010 55:1110-1117.

Min JY, Min KB. **Serum C-peptide levels** and risk of death among adults without diabetes mellitus. CMAJ. 2013 Apr 15.

Min JY, Min KB. Serum **C-peptide levels** and risk of death among adults without diabetes mellitus. CMAJ. 2013 Jun 11;185(9):E402-8.

Minassian C, D'Aiuto F, Hingorani AD, Smeeth L. **Invasive dental treatment** and risk for vascular events: a self-controlled case series. Ann Intern Med. 2010 Oct 19;153(8):499-506.

Mincu RI, Mahabadi AA, Michel L, et al. Cardiovascular **Adverse Events Associated With BRAF and MEK Inhibitors**: A Systematic Review and Meta-analysis. JAMA Netw Open. 2019 Aug 2;2(8):e198890.

Minder CM, Shaya GE, Michos ED, et al. Relation Between Self-Reported **Physical Activity Level, Fitness, and Cardiometabolic Risk**. Am J Cardiol. 2013 Nov 23

Mishra SR, Chung HF, Waller M, et al. Association Between **Reproductive Life Span** and Incident Nonfatal Cardiovascular Disease: A Pooled Analysis of Individual Patient Data From 12 Studies. JAMA Cardiol. 2020 Sep 16. doi: 10.1001/jamacardio.2020.4105

Mitter SS, Vedanthan R, Islami F, et al. **Household fuel** use and cardiovascular disease mortality: Golestan Cohort Study. Circulation. 2016;133:2360–2369.

Möbius-Winkler S, et al. **Coronary collateral growth** induced by **physical exercise**: Impact of Intensive Exercise Training on Coronary Collateral Circulation in Patients With Stable Coronary Artery Disease (**EXCITE**) trial. Circulation. 2016;133:1438–1448.

Mohan D, Mente A, Dehghan M, et al; PURE, ONTARGET, TRANSCEND, and ORIGIN investigators. **Associations of Fish Consumption** With Risk of Cardiovascular Disease and Mortality Among Individuals With or Without Vascular Disease From 58 Countries. JAMA Intern Med. 2021 Mar 8. doi: 10.1001/jamainternmed.2021.0036

Möhlenkamp S, Lehmann N, Moebus S, et al. Quantification of **coronary atherosclerosis and inflammation** (CRP) to predict coronary events and all-cause mortality. J Am Coll Cardiol 2011; 57:1455-1464

Mok A, Khaw KT, Luben R, et al. **Physical activity trajectories and mortality**: population based cohort study. BMJ. 2019 Jun 26;365:l2323.

Mongraw-Chaffin M, Foster MC, Anderson CAM, et al. **Metabolically Healthy Obesity, Transition to Metabolic Syndrome, and Cardiovascular Risk**. J Am Coll Cardiol. 2018 May 1;71(17):1857-1865.

Mongraw-Chaffin M, Foster MC, Anderson CAM, et al. **Metabolically Healthy Obesity**, Transition to Metabolic Syndrome, and Cardiovascular Risk. J Am Coll Cardiol. 2018 May 1;71(17):1857-1865.

Mons U, Hahmann H, Brenner H. A reverse J-shaped association of **leisure time physical activity** with prognosis in patients with stable coronary heart disease: evidence from a large cohort with repeated measurements. Heart. 2014 May 14.

Moon KA, Guallar E, Umans JG, Devereux RB, et al. Association between exposure to low to moderate **arsenic levels** and incident cardiovascular disease. A prospective cohort study. Ann Intern Med. 2013;159:649-59.

Moore SC, Patel AV, Matthews CE, et al. **Leisure time physical activity of moderate to vigorous intensity and mortality**: a large pooled cohort analysis. PLoS Med. 2012 Nov;9(11):e1001335.

Mora S, Wenger NK, Cook NR, et al. Evaluation of the **pooled cohort risk equations** for cardiovascular risk prediction in a multiethnic cohort of women: the Women's Health Initiative [online July 23, 2018]. JAMA Intern Med. doi:10.1001/jamainternmed.2018.2875

Morrison JA, Glueck CJ, Wang P. The Child as **Proband for Future Parental Cardiometabolic Disease**: The 26-Year Prospective Princeton Lipid Research Clinics Follow-Up Study. J Pediatr. 2012 Jan 12.

Morrow DA. **Cardiovascular risk prediction** in patients with stable and unstable coronary heart disease. Circulation. 2010 Jun 22;121(24):2681-91.

Mortensen MB, Fuster V, Muntendam P, et al. **Negative Risk Markers** for Cardiovascular Events in the Elderly. J Am Coll Cardiol. 2019 Jul 9;74(1):1-11.

Mortensen MB, Gaur S, Frimmer A, et al. **Association of Age With the Diagnostic Value of Coronary Artery Calcium Score** for Ruling Out Coronary Stenosis in Symptomatic Patients. JAMA Cardiol. 2021 Oct 27. doi: 10.1001/jamacardio.2021.4406.

Mosca Lori, Benjamin Emelia J., Berra Kathy, et al. Effectiveness-Based Guidelines for the **Prevention of Cardiovascular Disease in Women**—2011 Update: A Guideline From the American Heart Association. Circulation published Feb 14, 2011.

Mosca L, Aggarwal B, Mochari-Greenberger H, et al. Association Between Having a **Caregiver** and Clinical Outcomes 1 Year After Hospitalization for Cardiovascular Disease. Am J Cardiol. 2011 Sep 29.

Mosley JD, Gupta DK, Tan J, et al. Predictive Accuracy of a **Polygenic Risk Score Compared With a Clinical Risk Score for Incident Coronary Heart Disease**. JAMA. 2020 Feb 18;323(7):627-635

Mossavar-Rahmani Y, Kamensky V, Manson JE, et al. **Artificially Sweetened Beverages and Stroke, Coronary Heart Disease, and All-Cause Mortality** in the Women's Health Initiative. Stroke. 2019 Mar;50(3):555-562.

Mostofsky E, Chahal HS, Mukamal KJ, et al. **Alcohol** and Immediate Risk of Cardiovascular Events: A Systematic Review and Dose-Response Meta-Analysis. Circulation. 2016 Mar 2.

Motoyama S, Ito H, Sarai M, et al. **Plaque Characterization by Coronary Computed Tomography Angiography** and the Likelihood of Acute Coronary Events in Mid-term Follow-up. *J Am Coll Cardiol* 2015; 66:337-346.

Moyer VA; on behalf of the U.S. Preventive Services Task Force*. Screening for Coronary Heart Disease With **Electrocardiography**: U.S. Preventive Services Task Force Recommendation Statement. Ann Intern Med. 2012 Jul 31.

Moyer VA; on behalf of the U.S. Preventive Services Task Force. Behavioral Counseling Interventions to Promote a **Healthful Diet and Physical Activity** for Cardiovascular Disease Prevention in Adults: U.S. Preventive Services Task Force Recommendation Statement. Ann Intern Med. 2012 Jun 26.

Mozaffarian D, Micha R, Wallace S. Effects on coronary heart disease of increasing **polyunsaturated fat** in place of saturated fat: a systematic review and meta-analysis of randomized controlled trials. PLoS Med 2010;**7**:e1000252.

Mozaffarian Dariush, Shi Peilin, Morris J. Steven, et al. **Mercury Exposure** and Risk of Cardiovascular Disease in Two U.S. Cohorts. N Engl J Med. 2011;364:1116-1125.

Mozaffarian D, Afshin A, Benowitz NL, et al; on behalf of the American Heart Association Council on Epidemiology and Prevention, Council on Nutrition, Physical Activity and Metabolism, Council on Clinical Cardiology, Council on Cardiovascular Disease in the Young, Council on the Kidney in Cardiovasc. Population Approaches to Improve Diet, Physical Activity, and Smoking Habits: A Scientific Statement From the American Heart Association. Circulation. 2012 Sep 18;126(12):1514-1563.

Mozaffarian D, Lemaitre RN, King IB, et al. Plasma **phospholipid long-chain omega-3 fatty acids** and total and cause-specific mortality in older adults. A cohort study. Ann Intern Med 2013; 158:515-525.

Mozaffarian D, Fahimi S, Singh GM, et al. **Global sodium consumption** and death from cardiovascular causes. (Nutricode) N Engl J Med 2014;371:624-34.

Mozaffarian D. **Dietary and Policy Priorities** for Cardiovascular Disease,Diabetes, and Obesity: A Comprehensive Review. Circulation. 2016 Jan 8.

Mu F, Rich-Edwards J, Rimm EB, et al. **Endometriosis** and risk of coronary heart disease. *Circ Cardiovasc Qual Outcomes* 2016. DOI:10.1161/CIRCOUTCOMES.115.002224.

Mubanga M, Byberg L, Egenvall A, Ingelsson E, Fall T. **Dog ownership and survival** after a major cardiovascular event—a register-based prospective study. Circ Cardiovasc Qual Outcomes. 2019;12:e005342.

Muhlestein JB, Lappé DL, Lima JA, et al. Effect of screening for coronary artery disease using **CT angiography on mortality** and cardiac events in high-risk patients with diabetes: the FACTOR-64 randomized clinical trial. JAMA. 2014 Dec 3;312(21):2234-43.

Muka T, Oliver-Williams C, Kunutsor S, et al. Association of age at **onset of menopause** and time since onset of menopause with cardiovascular outcomes, intermediate vascular traits, and all-cause mortality: a systematic review and meta-analysis [online Sept 14, 2016].JAMA Cardiol. doi:10.1001/jamacardio.2016.2415.

Mullee A, Romaguera D, Pearson-Stuttard J, et al. Association Between **Soft Drink Consumption and Mortality** in 10 European Countries. JAMA Intern Med. 2019 Sep 3.

Mulrooney Daniel A, Yeazel Mark W, Kawashima Toana, et al. Cardiac outcomes in a cohort of adult survivors of **childhood and adolescent cancer**: retrospective analysis of the Childhood Cancer Survivor Study cohort. BMJ 2009;339:b4606, doi: 10.1136/bmj.b4606 (Published 8 December 2009).

Mulrooney DA, Armstrong GT, Huang S, et al. Cardiac Outcomes in **Adult Survivors of Childhood Cancer Exposed to Cardiotoxic Therapy**: A Cross-sectional Study. Ann Intern Med. 2016 Jan 5.

Münzel T, Schmidt FP, Steven S, et al. **Environmental Noise** and the Cardiovascular System. J Am Coll Cardiol. 2018 Feb 13;71(6):688-697.

Murabito JM, Pencina MJ, Nam BH, et al. **Sibling cardiovascular disease** as a risk factor for cardiovascular disease in middle-aged adults. JAMA. 2005 Dec 28;294(24):3117-23.

Murphy A W, Cupples M E, Smith S M, et al., for the SPHERE study team. Effect of tailored practice and **patient care plans** on secondary prevention of heart disease in general practice: cluster randomised controlled trial. BMJ 2009;339:b4220, doi: 10.1136/bmj.b4220 (Published 29 October 2009)

Murphy E, Vellinga A, Byrne M, et al. **Primary care organisational interventions** for secondary prevention of ischaemic heart disease: a systematic review and meta-analysis. Br J Gen Pract. 2015 Jul;65(636):e460-8.

Murthy VL, Naya M, Taqueti VR, et al. Effects of **sex** on coronary microvascular dysfunction and cardiac outcomes. Circulation. 2014;129:2518–2527.

Mytton OT, Forouhi NG, Scarborough P, et al. Association between **intake of less-healthy foods** defined by the United Kingdom's nutrient profile model and cardiovascular disease: A population-based cohort study. PLoS Med. 2018 Jan 4;15(1):e1002484.

Naci H, Ioannidis JP. Comparative effectiveness of **exercise and drug interventions** on mortality outcomes: metaepidemiological study. BMJ. 2013 Oct 1.

Nadir MA, Rekhraj S, Wei L, et al. Improving the primary prevention of cardiovascular events by using **biomarkers** to identify individuals with silent heart disease. J Am Coll Cardiol. 2012 Sep 11;60(11):960-8.

Nafiu OO, Burke C, Lee J, Voepel-Lewis T, Malviya S, Tremper KK. **Neck Circumference** as a Screening Measure for Identifying Children With High Body Mass Index. Pediatrics. 2010 Jul 5.

Naghshi S, Aune D, Beyene J, et al. Dietary intake and **biomarkers of alpha linolenic acid and risk** of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of cohort studies. BMJ. 2021 Oct 13;375:n2213.

Naghshi S, Sadeghi O, Willett WC, Esmaillzadeh A. Dietary intake of total, **animal, and plant proteins** and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of prospective cohort studies. BMJ. 2020;370:m2412.

Nanda A, Chen MH, et al. **Hormonal therapy** use for **prostate cancer** and mortality in men with coronary artery disease-induced congestive heart failure or myocardial infarction. JAMA. 2009 Aug 26;302(8):866-73.

Narang I, Manlhiot C, Davies-Shaw J. **Sleep disturbance** and cardiovascular risk in adolescents. CMAJ 2012.

Nasir K, Cainzos-Achirica M. Role of **coronary artery calcium score** in the primary prevention of cardiovascular disease. BMJ. 2021 May 4;373:n776

Näslund U, Ng N, Lundgren A, et al. **Visualization of asymptomatic atherosclerotic disease for optimum cardiovascular prevention (VIPVIZA**): a pragmatic, open-label, randomised controlled trial. Lancet. 2018 Dec 3.

Natarajan P, Young R, Stitziel NO, et al. **Polygenic Risk Score** Identifies Subgroup with Higher Burden of Atherosclerosis and Greater Relative Benefit from Statin Therapy in the Primary Prevention Setting. Circulation. 2017 Feb 21.

Nawrot TS, Perez L, Künzli N, et al. Public health importance of triggers of myocardial infarction: A comparative risk assessment. Lancet 2011; DOI: 10.1016/S0140-6736(10)62296-9. A comparative risk assessment of various triggers for MI suggests that **cocaine** is most likely to trigger an event in an individual, but **traffic and exposure to air pollution** has the greatest effect on triggering an MI at the population level.

NaumanJ, Janszky I, Vatten LJ, Wisløff U. **Temporal changes in resting heart rate** and deaths from ischemic heart disease. JAMA2011; 306:2579-2587.

Navar AM, Peterson ED, Wojdyla D, Sanchez RJ, Sniderman AD, D'Agostino RB Sr, Pencina MJ. **Temporal Changes in the Association Between Modifiable Risk Factors** and Coronary Heart Disease Incidence. JAMA. 2016 Nov 15;316(19):2041-2043.

Navar AM, Wang TY, Mi X, et al.Influence of **Cardiovascular Risk Communication Tools and Presentation Formats** on Patient Perceptions and Preferences. JAMA Cardiol. 2018 Nov 7

Navar-Boggan AM, Peterson ED, D'Agostino RB, et al. **Hyperlipidemia in early adulthood** increases long-term risk of coronary heart disease. Circulation. 2015;131:451–458.

Navas-Acien A, Domingo-Relloso A, Subedi P, et al. **Blood DNA Methylation** and Incident Coronary Heart Disease: Evidence From the Strong Heart Study. JAMA Cardiol. 2021 Aug 4. doi: 10.1001/jamacardio.2021.2704

Nayor M, Chernofsky A, Spartano NL, et al. **Physical activity and fitness** in the community: the Framingham Heart Study. Eur Heart J. 2021 Nov 21;42(44):4565-4575

Neal B. **Dietary salt** is a public health hazard that requires vigorous attack. Can J Cardiol. 2014 May;30(5):502-6.

Neal B, Wu Y, Feng X, et al. Effect of **Salt Substitution on Cardiovascular Events** and Death. N Engl J Med. 2021 Aug 29. doi: 10.1056/NEJMoa2105675.

Neczypor EW, Mears MJ, Ghosh A, et al. **E-Cigarettes and Cardiopulmonary Health**: Review for Clinicians. Circulation. 2022 Jan 18;145(3):219-232.

Nelson KM, Taylor L, Williams JL, et al. Effect of a **Peer Health Coaching Intervention** on Clinical Outcomes Among US Veterans With Cardiovascular Risks: The Vet-COACH Randomized Clinical Trial. JAMA Netw Open. 2023 Jun 1;6(6):e2317046.

Nerenberg KA, Zarnke KB, Leung AA, et al. **Hypertension Canada's 2018 guidelines for diagnosis, risk assessment, prevention, and treatment of hypertension in adults and children**. Can J Cardiol 2018; February 20, 2018.

Newby D, Mannucci P, Tell G, et al. Expert position paper on **air pollution** and cardiovascular disease. *Eur Heart J*2014. DOI:10.1093/eurheart/ehu458.

Newell K, Kartsonaki C, Lam KBH, et al. Cardiorespiratory health effects of **gaseous ambient air pollution** exposure in low and middle income countries: a systematic review and meta-analysis. Environ Health. 2018 Apr 18;17(1):41.

Newman AB, Dodson JA, Church TS, et al. **LIFE** Study Group. Cardiovascular Events in a **Physical Activity Intervention** Compared With a Successful Aging Intervention: The LIFE Study Randomized Trial. JAMA Cardiol.2016 Jun 29.

Newman JD, Thurston GD, Cromar K, et al. Particulate **Air Pollution** and Carotid Artery Stenosis. J Am Coll Cardiol. 2015 Feb 18.

Ngufor C, Caraballo PJ, O'Byrne TJ, et al. Development and Validation of a Risk Stratification Model Using **Disease Severity Hierarchy for Mortality** or Major Cardiovascular Event. JAMA Netw Open. 2020;3(7):e208270.

Nguyen ATH, Saeed A, Bambs CE, et al. Usefulness of the American Heart Association's Ideal Cardiovascular **Health Measure to Predict Long-term Major Adverse Cardiovascular Events** (From the Heart SCORE Study). Am J Cardiol. 2020 Oct 13:S0002-9149(20)31091-2

Nguyen XT, Quaden RM, Wolfrum S, et al. Prevalence of **Ideal Cardiovascular Health Metrics** in the Million Veteran Program. Am J Cardiol. 2018 Apr 12.

Nicklett EJ, Semba RD, Xue QL, et al. **Fruit and vegetable intake, physical activity, and mortality** in older community-dwelling women. J Am Geriatr Soc. 2012 May;60(5):862-8.

Nielsen LH, Bøtker HE, Sørensen HT, et al. Prognostic assessment of stable coronary artery disease as determined by **coronary computed tomography angiography**: a Danish multicentre cohort study. Eur Heart J. 2016 Dec 9.

Niemeijer A, Lund H, Stafne SN, et al. Adverse events of **exercise therapy** in randomised controlled trials: a systematic review and meta-analysis. Br J Sports Med. 2019 Sep 28.

Niiranen TJ, Lyass A, Larson MG, et al. Prevalence, Correlates, and Prognosis of **Healthy Vascular Aging in a Western Community-Dwelling Cohort**: The Framingham Heart Study. Hypertension. 2017 May 30.

Nilson EAF, Ferrari G, Louzada MLC, et al. Premature Deaths Attributable to the **Consumption of Ultraprocessed Foods** in Brazil. Am J Prev Med. 2023 Jan;64(1):129-136.

Nilsson G, Holmberg L, Garmo H, et al. Distribution of Coronary Artery Stenosis **After Radiation for Breast Cancer**. J Clin Oncol. 2011 Dec 27.

Ning H, Van Horn L, et al. Associations of **Dietary Fiber** Intake With Long-Term Predicted Cardiovascular Disease Risk and C-Reactive Protein Levels (from the National Health and Nutrition Examination Survey Data [2005-2010]). Am J Cardiol. 2013 Oct 3

Ning H, Labarthe DR, Shay CM, et al. Status of **Cardiovascular Health in US Children** Up to 11 Years of Age: The National Health and Nutrition Examination Surveys 2003-2010. Circ Cardiovasc Qual Outcomes. 2015 Mar;8(2):164-71.

Nissen SE, Lincoff AM, Wolski K, et al. Association Between **Achieved ω-3 Fatty Acid Levels** and Major Adverse Cardiovascular Outcomes in Patients With High Cardiovascular Risk: A Secondary Analysis of the STRENGTH Trial. JAMA Cardiol. 2021 May 16. doi: 10.1001/jamacardio.2021.1157.

Nitsch D, Grams M, Sang Y, et al; for the Chronic Kidney Disease Prognosis Consortium. Associations of **estimated glomerular filtration rate and albuminuria** with mortality and renal failure by sex: a meta-analysis. BMJ. 2013 Jan 29;346:f324.

Nkonde-Price C, Reynolds K, Najem M, et al. Comparison of **Home-Based vs Center-Based Cardiac Rehabilitation** in Hospitalization, Medication Adherence, and Risk Factor Control Among Patients With Cardiovascular Disease. JAMA Netw Open. 2022 Aug 1;5(8):e2228720

Noad RL, Rooney C, McCall D, et al. Beneficial effect of a **polyphenol-rich diet** on cardiovascular risk: a randomised control trial. Heart. 2016 Sep 1;102(17):1371-9.

Nordestgaard BG, Palmer TM, Benn M, et al. The effect of **elevated body mass index** on ischemic heart disease risk: causal estimates from a mendelian randomisation approach. PLoS Med. 2012 May;9(5):e1001212.

Nordmann AJ, Suter-Zimmermann K, Bucher HC, et al. Meta-analysis comparing **Mediterranean to low-fat diets** for modification of cardiovascular risk factors. Am J Med. 2011;124:841-51.

Norheim Ole Frithjof, Gjelsvik Bjørn, Klemsdal Tor Ole, et al. **Norway's new principles for primary prevention** of cardiovascular disease: age differentiated risk thresholds. BMJ 2011;343:doi:10.1136/bmj.d3626 (Published 13 July 2011)

Nupponen M, Pahkala K, Juonala M, et al. Metabolic syndrome from adolescence to early adulthood: Effect of **infancy-onset dietary counseling of low-saturated-fat**: The Special Turku Coronary Risk Factor Intervention Project (STRIP). *Circulation* 2015.

Nupponen M, Pahkala K, et al. **Metabolic syndrome from adolescence to early adulthood**: effect of infancy-onset dietary counseling of low saturated fat: The Special Turku Coronary Risk Factor Intervention Project (STRIP). Circulation. 2015;131:605–613.

O'Donnell CJ, Schwartz Longacre L, Cohen BE, et al. **Posttraumatic Stress Disorder** and Cardiovascular Disease: State of the Science, Knowledge Gaps, and Research Opportunities. JAMA Cardiol. 2021 Jul 14. doi: 10.1001/jamacardio.2021.2530.

O'Donnell M et al. Joint association of **urinary sodium and potassium excretion** with cardiovascular events and mortality: Prospective cohort study. BMJ 2019 Mar 13; 364:l772.

O'Donnell M, Mente A, Rangarajan S, et al; PURE Investigators. Joint **association of urinary sodium and potassium excretion** with cardiovascular events and mortality: prospective cohort study. BMJ. 2019 Mar 13;364:l772.

O'Donnell MJ, Xavier D, Liu Lisheng, et al; and on behalf of the **INTERSTROKE** investigators, Risk factors for ischaemic and intracerebral haemorrhagic stroke in 22 countries (the INTERSTROKE study): a case-control study, The Lancet, Online 17 June 2010

O'Donnell MJ, Yusuf S, Mente A, et al. **Urinary sodium and potassium excretion** and risk of cardiovascular events. JAMA 2011; 306:2229-2238.

O'Donnell MJ, Mente A, Rangarajan S, et al. **Urinary sodium and potassium excretion**, mortality, and cardiovascular events. (Pure) N Engl J Med 2014;371:612-23.

O'Donovan G, Lee I-M, et al. Association of "**weekend warrior**" and other leisure time physical activity patterns with risks for all-cause, cardiovascular disease, and cancer mortality [online Jan 9, 2017].JAMA Intern Med. doi:10.1001/jamainternmed.2016.8014

O'Hare Ann M.; Hailpern Susan M.; Pavkov Meda E.; et al. Prognostic Implications of the **Urinary Albumin to Creatinine Ratio** in Veterans of Different Ages With Diabetes. Arch Intern Med. 2010;170(11):930-936.

O'Hare C, Kuh D, Hardy R. Association of Early-Life Factors With Life-Course Trajectories of **Resting Heart Rate**: More Than 6 Decades of Follow-up. JAMA Pediatr. 2018 Feb 12:e175525.

O'Keefe JH, Patil HR, Lavie CJ, et al. Potential adverse cardiovascular effects from **excessive endurance exercise**. Mayo Clin Proc2012; 87:587-595.

O'Keefe JH, Bhatti SK, Patil HR, et al. Effects of Habitual **Coffee Consumption** on Cardiometabolic Disease, Cardiovascular Health, and All-cause Mortality. J Am Coll Cardiol. 2013 Jul 3.

O'Neil AE, Sanderson K. The use of **cognitive behavioral therapy** for secondary prevention in patients with coronary heart disease. Arch Intern Med. 2011 Sep 12;171(16):1506.

O'Neil A, Scovelle AJ, Milner AJ, et al. **Gender/Sex as a Social Determinant** of Cardiovascular Risk. Circulation. 2018 Feb 20;137(8):854-864.

O'Neill DE, Forman DE. Cardiovascular **care of older adults**. BMJ. 2021 Aug 31;374:n1593

Ochs-Balcom HM, Preus L, Nie J, et al. **Physical activity** modifies genetic **susceptibility to obesity** in postmenopausal women. Menopause. 2018 May 14.

Odegaard AO, Koh WP, Gross MD, Yuan JM, Pereira MA. Combined lifestyle factors and cardiovascular disease mortality in Chinese men and women: the Singapore Chinese health study. Circulation. 2011 Dec 20;124(25):2847-54.
Odegaard AO, Koh WP, Yuan JM, et al. **Western-style fast food** intake and cardiometabolic risk in an Eastern country. Circulation 2012.
Odutayo A, Gill P, Shepherd S, et al. **Income Disparities** in Absolute Cardiovascular Risk and Cardiovascular Risk Factors in the United States, 1999-2014. JAMA Cardiol. 2017 Jun 7.
Ohbe H, Yasunaga H. **Spouse's Cardiovascular Disease** As a Risk Factor for Cardiovascular Disease in Middle-Aged Adults: A Matched-Pair Cohort Study. Circ Cardiovasc Qual Outcomes. 2021 Jul 9:CIRCOUTCOMES120007649
Oikonomou EK, Marwan M, et al. Non-invasive detection of **coronary inflammation using computed tomography** and prediction of residual cardiovascular risk (the CRISP CT study): a post-hoc analysis of prospective outcome data. Lancet. 2018 Aug 24.
Oja P, Kelly P, Pedisic Z, et al. Associations of specific types of **sports**(**raquet sports, bike, swim, & aerobics**) and exercise with all-cause and cardiovascular-disease mortality: a cohort study of 80 306 British adults. Br J Sports Med. 2016 Nov 28.
Okamoto R, Ali Y, Hashizume R, et al. **BNP as a Major Player** in the Heart-Kidney Connection. Int J Mol Sci. 2019 Jul 22;20(14).
Okoth K, Chandan JS, Marshall T, et al. Association between the **reproductive health** of young women and cardiovascular disease in later life: umbrella review. BMJ. 2020 Oct 7;371:m3502.
Okunrintemi V, Benson EA, Tibuakuu M, et al. Trends and Costs Associated With **Suboptimal Physical Activity Among US Women** With Cardiovascular Disease. JAMA Netw Open. 2019 Apr 5;2(4):e191977.
Olde Engberink RHG, van den Hoek TC, van Noordenne ND, et al. Use of a Single Baseline Versus Multi-Year 24-Hour Urine Collections for Estimation of Long-Term **Sodium Intake** and Associated Cardiovascular and Renal Risk. Circulation. 2017 Jun 27.
Olde Engberink RHG, van den Hoek TC, et al. Use of a **Single Baseline Versus Multi-Year 24-Hour Urine Collections for Estimation of Long Term Sodium** Intake and Associated Cardiovascular and Renal Risk. Circulation. 2017 Jun 27.
Omland T, de Lemos JA, et al. the Prevention of Events with Angiotensin Converting Enzyme Inhibition (PEACE) Trial. A Sensitive Cardiac **Troponin T Assay** in Stable Coronary Artery Disease. N Engl J Med. 2009 Nov 25.
ORIGIN trial investigators. **n-3 fatty acids** and cardiovascular outcomes in patients with dysglycemia. N Engl J Med 2012.
Orimoloye OA, Mirbolouk M, Uddin SMI, et al. Association Between **Self-rated Health, Coronary Artery Calcium Scores, and Atherosclerotic Cardiovascular Disease Risk**: The Multi-Ethnic Study of Atherosclerosis (MESA). JAMA Netw Open. 2019 Feb 1;2(2):e188023.
Orlich JM, Singh P, Sabate J, et al. **Vegetarian dietary patterns** and mortality in Adventist Health Study 2 [published online June 3, 2013]. JAMA Intern Med. doi:10.1001/jamainternmed.2013.6473.
Orrow G, Kinmonth AL, Sanderson S, Sutton S. Effectiveness of **physical activity** promotion based in primary care: systematic review and meta-analysis of randomised controlled trials. BMJ. 2012 Mar 26;344:e1389.
Ortega FB, Silventoinen K, Tynelius P, et al. **Muscular strength** in male adolescents and premature death: cohort study of one million participants. BMJ 2012;345:e7279
Osborn DP, Hardoon S, Omar RZ, et al. **Cardiovascular Risk** Prediction Models for People With Severe **Mental Illness**: Results From the Prediction and Management of Cardiovascular Risk in People With Severe Mental Illnesses (PRIMROSE) Research Program. JAMA Psychiatry. 2014 Dec 23.
O'Shaughnessy MM, Liu S, Montez-Rath ME, et al. Cause of **kidney disease and cardiovascular events in a national cohort of US patients with end-stage renal disease on dialysis**: a retrospective analysis. Eur Heart J 2019;40:887–898.
Otaki Y, Gransar H, Berman DS, et al. Impact of **Family History** of Coronary Artery Disease in Young Individuals (from the CONFIRM Registry). Am J Cardiol. 2013 Feb 11.
Otten Jennifer J.; Jones Katherine E.; et al. Effects of **Television Viewing** Reduction on Energy Intake and Expenditure in Overweight and Obese Adults: A Randomized Controlled Trial. Arch Intern Med. 2009;169(22):2109-2115.
Oyebode O, Gordon-Dseagu V, Walker A, et al. **Fruit and vegetable consumption** and all-cause, cancer and CVD mortality: analysis of Health Survey for England data. J Epidemiol Community Health. 2014 Mar 31.
Ozen G, Pedro S, Michaud K. The risk of cardiovascular events associated with **disease-modifying antirheumatic drugs** in rheumatoid arthritis. J Rheumatol. 2020;jrheum.200265.
Pacheco LS, Li Y, Rimm EB, et al. **Avocado Consumption and Risk** of Cardiovascular Disease in US Adults. J Am Heart Assoc. 2022 Mar 30:e024014
Pack QR, Mansour M, Barboza JS, et al. An **early appointment to outpatient cardiac rehabilitation** at hospital discharge improves attendance at orientation: a randomized, single-blind, controlled trial. Circulation. 2013 Jan 22;127(3):349-55.
Pack QR, Goel K, Lahr BD et al. **Participation in cardiac rehabilitation** and survival after coronary artery bypass graft surgery: a community-based study. Circulation. 2013 Aug 6;128(6):590-7.
Pagan E, Chatenoud L, Rodriguez T, et al. Comparison of Trends in Mortality from Coronary Heart and Cerebrovascular Diseases in **North and South America**:1980-2013. Am J Cardio. 2017.
Page RL, Husain S, White LY, et al. **Cardiac arrest at exercise facilities**: Implications for placement of automated external defibrillators. J Am Coll Cardiol 2013.
Paik JM, Curhan GC, Sun Q, et al. **Calcium supplement** intake and risk of cardiovascular disease in women. Osteoporos Int. 2014 May 7.
Pahkala K, Heinonen OJ, Simell O, et al. Association of **physical activity with vascular endothelial function and intima-media thickness**. Circulation. 2011 Nov 1;124(18):1956-63.
Pahkala K, Hietalampi H, Laitinen TT, et al. Ideal Cardiovascular Health in Adolescence: Effect of **Lifestyle Intervention** and Association With Vascular Intima-Media Thickness and Elasticity (The Special Turku Coronary Risk Factor Intervention Project for Children [STRIP] Study). Circulation. 2013 May 28;127(21):2088-96.
Paluch AE, Bajpai S, Ballin M, et al. Prospective **Association of Daily Steps** With Cardiovascular Disease: A Harmonized Meta-Analysis. Circulation. 2023 Jan 10;147(2):122-131.
Paluch AE, Bajpai S, Bassett DR, et al. **Daily steps and all-cause mortality**: a meta-analysis of 15 international cohorts. Lancet Public Health. 2022 Mar;7(3):e219-e228.
Paluch AE, Gabriel KP, Fulton JE, et al. **Steps per Day and All-Cause Mortality** in Middle-aged Adults in the Coronary Artery Risk Development in Young Adults Study. JAMA Netw Open. 2021 Sep 1;4(9):e2124516.
Pahor M, Guralnik JM, Ambrosius WT, et al; for the LIFE study investigators. Effect of Structured **Physical Activity** on Prevention of Major Mobility Disability in Older Adults: The LIFE Study Randomized Clinical Trial. JAMA. 2014 May 27.
Pandey A, Mehta A, Paluch A, et al. Performance of the American Heart Association/American College of Cardiology **Pooled Cohort Equations to Estimate** Atherosclerotic Cardiovascular Disease Risk by Self-reported Physical Activity Levels. JAMA Cardiol. 2021 Apr 28. doi: 10.1001/jamacardio.2021.0948.
Pandey A, Pandey A, Pandey AS, et al. **Impact of Yoga** on Global Cardiovascular Risk as an Add-On to a Regular Exercise Regimen in Patients With Hypertension. Can J Cardiol. 2023 Jan;39(1):57-62.
Pandey A, Patel KV, Bahnson JL, et al; Look AHEAD Research Group. Association of **Intensive Lifestyle Intervention, Fitness, and Body Mass Index With Risk** of Heart Failure in Overweight or Obese Adults With Type 2 Diabetes Mellitus: An Analysis From the Look AHEAD Trial. Circulation. 2020 Apr 21;141(16):1295-1306
Pandey A, Salahuddin U, Garg S, et al. Continuous dose-response association between **sedentary time** and risk for cardiovascular disease. A meta-analysis. *JAMA Cardio* 2016.
Pant A, Gribbin S, McIntyre D, et al. Primary prevention of cardiovascular **disease** in **women with a Mediterranean diet**: systematic review and meta-analysis. Heart. 2023 Mar 14:heartjnl-2022-321930.
Papadakis M, Whyte G, Sharma S. **Preparticipation screening** for cardiovascular abnormalities in young competitive athletes. BMJ. 2008 Sep 29;337:a1596. doi: 10.1136/bmj.a1596.
Parikh KS, Greiner MA, Suzuki T, DeVore et al. **Resting Heart Rate** and Long-term Outcomes Among the African American Population: Insights From the Jackson Heart Study. JAMA Cardiol. 2016 Sep 28.
Park J, Seo YG, Paek YJ, et al. Effect of **alternate-day fasting** on obesity and cardiometabolic risk: A systematic review and meta-analysis. Metabolism. 2020 Aug 7;111:154336
Park J, Yoon YE, Kim KM, et al. Prognostic value of **lower bone mineral density** in predicting adverse cardiovascular disease in Asian women. Heart. 2021 May 7:heartjnl-2020-318764
Park K. How low to go with glucose control? http://www.australianprescriber.com/magazine/32/2/30/1
Park S, Lee S, Kim Y, et al. Altered Risk for Cardiovascular Events With **Changes in the Metabolic Syndrome Status**: A Nationwide Population-Based Study of Approximately 10 Million Persons. Ann Intern Med. 2019 Nov 26. doi:10.7326/M19-0563.
Park SY, Freedman ND, Haiman CA, et al. Association of **coffee consumption** with total and cause-specific mortality among nonwhite populations. Ann Intern Med. [Epub ahead of print]. doi:10.7326/M16-2472
Park SY, Kim SH, Kang SH, et al. Improved **oral hygiene care attenuates the cardiovascular risk of oral health disease**: a population-based study from Korea. Eur Heart J. 2019 Apr 7;40(14):1138-1145.
Park Yikyung; Subar Amy F.; Hollenbeck Albert; et al. **Dietary Fiber** Intake and Mortality in the NIH-AARP Diet and Health Study. Arch Intern Med. 2011;171(12):1061-1068.
Parker BA, Augeri AL, Capizzi JA, et al. Effect of **Marathon Run and Air Travel** on Pre- and Post-Run Soluble D-Dimer, Microparticle Procoagulant Activity, and P-Selectin Levels. Am J Cardiol. 2012 Feb 17.
Parker DR, Lu B, Sands-Lincoln M, et al. Risk of Cardiovascular Disease Among **Postmenopausal Women with Prior Pregnancy Loss**: The Women's Health Initiative. Ann Fam Med. 2014 Jul;12(4):302-9.
Parker JD, et al. **Particulate Matter Air Pollution** Exposure and Heart Disease Mortality Risks by Race and Ethnicity in the United States: 1997 to 2009 National Health Interview Survey With Mortality Follow-Up Through 2011. Circulation. 2018 Apr 17;137(16):1688-1697.
Parmar D, Stavropoulou C, Ioannidis JPA. Health outcomes during the **financial crisis** in Europe: systematic literature review. BMJ 2016;354:i4588.
Parmenter BH, Bondonno CP, Murray K, et al. **Higher Habitual Dietary Flavonoid Intake** Associates With Less Extensive Abdominal Aortic Calcification in a Cohort of Older Women. Arterioscler Thromb Vasc Biol. 2022 Dec;42(12):1482-1494.
Patel AP, Wang M, Kartoun U, et al. Quantifying and Understanding the Higher **Risk of Atherosclerotic Cardiovascular Disease Among South Asian Individuals**: Results From the UK Biobank Prospective Cohort Study. Circulation. 2021 Jul 12. doi: 10.1161/CIRCULATIONAHA.120.052430
Patel AV, Hildebrand JS, Leach CR, et al. **Walking** in Relation to Mortality in a Large Prospective Cohort of Older U.S. Adults. Am J Prev Med. 2017 Oct 11.
Patel KK, Taksler GB, Hu B, Rothberg MB. Prevalence of **elevated cardiovascular risks in young adults**: a cross-sectional analysis of National Health and Nutrition Examination Surveys. Ann Intern Med. 2017. [Epub ahead of print]. doi:10.7326/M16-2052
Patel MS, Bachireddy C, Small DS, et al. Effect of Goal-Setting Approaches Within a **Gamification Intervention to Increase Physical Activity** Among Economically Disadvantaged Adults at Elevated Risk for Major Adverse Cardiovascular Events: The

ENGAGE Randomized Clinical Trial. JAMA Cardiol. 2021 Sep 1. doi: 10.1001/jamacardio.2021.3176.
Pänkäläinen M, Kerola T, Kampman O, et al. **Pessimism** and risk of death from coronary heart disease among middle-aged and older Finns: an eleven-year follow-up study. BMC Public Health. 2016 Nov 17;16(1):1124.
Patel SA, Winkel M, Ali MK, et al. Cardiovascular Mortality Associated With **5 Leading Risk Factors**: National and State Preventable Fractions Estimated From Survey Data. Ann Intern Med. 2015 Jun 30
Patnode CD, Evans CV, Senger CA, Redmond N, Lin JS. **Behavioral counseling to promote a healthful diet and physical activity** for cardiovascular disease prevention in adults without known cardiovascular risk factors: updated evidence report and systematic review for the US Preventive Services Task Force.JAMA. doi:10.1001/jama.2017.3303
Pavey TG, Taylor AH, Fox KR, et al. Effect of **exercise referral schemes** in primary care on physical activity and improving health outcomes: systematic review and meta-analysis. BMJ 2011;343:d6462.
Paynter NP, Chasman DI, Paré G, Buring JE, Cook NR, Miletich JP, Ridker PM. Association between a literature-based **genetic risk score and cardiovascular events in women**. JAMA. 2010 Feb 17;303(7):631-7.
Paynter NP, Mazer NA, Pradhan AD, Gaziano JM, Ridker PM, Cook NR. Cardiovascular risk prediction in **diabetic** men and women using **haemoglobin A1c** vs diabetes as a high-risk equivalent. Arch Intern Med. 2011.
Pearson TA, Palaniappan LP, Artinian NT, et al. American heart association guide for **improving cardiovascular health at the community level, 2013 update**: a scientific statement for public health practitioners, healthcare providers, and health policy makers. Circulation. 2013 Apr 23;127(16):1730-53.
Pearson-Stuttard J, Guzman Castillo M, Penalvo JL, et al. Modelling Future Cardiovascular Disease Mortality in the United States: National Trends and **Racial and Ethnic Disparities**. Circulation. 2016 Feb 4.
Pedisic Z, Shrestha N, Kovalchik S, et al. Is **running associated with a lower risk of all-cause**, cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis. Br J Sports Med. 2019 Nov 4. doi: 10.1136/bjsports-2018-100493.
Peker Y, et al. Effect of **Positive Airway Pressure** on Cardiovascular Outcomes in Coronary Artery Disease Patients with Nonsleepy Obstructive Sleep Apnea. RICCADSA Randomized Controlled Trial. Am J Respir Crit Care Med. 2016 Sep 1;194(5):613-20.
Peñalvo JL, Fernández-Friera L, López-Melgar B, et al. Association Between a **Social-Business Eating Pattern** and Early Asymptomatic Atherosclerosis. J Am Coll Cardiol. 2016 Aug 23;68(8):805-14.
Pencina MJ, D'Agostino RB Sr, Larson MG, Massaro JM, Vasan RS. Predicting the **30-year risk of cardiovascular disease**: the framingham heart study. Circulation. 2009 Jun 23;119(24):3078-84. Epub 2009 Jun 8.
Pennells L, Kaptoge S, Wood A, et al. **Equalization of four cardiovascular risk algorithms after systematic recalibration**: individual-participant meta-analysis of 86 prospective studies. Eur Heart J. 2018 Nov 22.
Péquignot R, Dufouil C, Prugger C, et al. High Level of **Depressive Symptoms** at Repeated Study Visits and Risk of Coronary Heart Disease and Stroke over 10 Years in Older Adults: The Three-City Study. J Am Geriatr Soc. 2016 Jan;64(1):118-25.
Perak AM, Ning H, Khan SS, et al. Associations of Late Adolescent or **Young Adult Cardiovascular Health** With Premature Cardiovascular Disease and Mortality. J Am Coll Cardiol. 2020 Dec 8;76(23):2695-2707
Perissinotto CM, Stijacic Cenzer I, Covinsky KE. **Loneliness** in older persons: a predictor of functional decline and death. Arch Intern Med. 2012 Jul 23;172(14):1078-84.
Persell SD.; Zei C; Cameron KA.; et al. Potential Use of 10-Year and Lifetime **Coronary Risk Information** for Preventive Cardiology Prescribing Decisions: A Primary Care Physician Survey. *Arch Intern Med*. 2010;170(5):470-477.
Peters MJ, Symmons DP, McCarey D, et al. EULAR evidence-based recommendations for cardiovascular risk management in patients with **rheumatoid arthritis** and other forms of inflammatory arthritis. Ann Rheum Dis. 2009 Sep 22.
Peters SA, Woodward M. **Women's reproductive factors** and incident cardiovascular disease in the UK Biobank. Heart. 2018 Jan 15.
Peters SAE, Colantonio LD, Chen L, et al. **Sex Differences** in Incident and Recurrent Coronary Events and All-Cause Mortality. J Am Coll Cardiol. 2020 Oct 13;76(15):1751-1760.
Pedersen ER, Hovland S, Karaji I, et al. **Coronary calcium score** in the initial evaluation of suspected coronary artery disease. Heart. 2022 Dec 22:heartjnl-2022-321682.
Peterson GG, Pu J, Magid DJ, et al. Effect of the Million Hearts Cardiovascular Disease Risk Reduction Model on **Initiating and Intensifying Medications**: A Prespecified Secondary Analysis of a Randomized Clinical Trial. JAMA Cardiol. 2021 Jun 2. doi: 10.1001/jamacardio.2021.1565.
Peterson JC, Charlson ME, Wells MT, Altemus M. **Depression, coronary artery disease, and physical activity**: how much exercise is enough? Clin Ther. 2014 Nov 1;36(11):1518-30.
Petr EJ, Ayers CR, Pandey A, et al. **Perceived Lifetime Risk** for Cardiovascular Disease (from the Dallas Heart Study). Am J Cardiol. 2014 Apr 18.
Pickett CA, et al. Carotid bruits as a prognostic indicator of cardiovascular death and myocardial infarction: a meta-analysis. Lancet. 2008 May 10;371(9624):1587-94. **Auscultation for carotid bruits** in patients at risk for heart disease could help select those who might benefit the most from an aggressive modification strategy for cardiovascular risk.
Piercy KL, Troiano RP, Ballard RM, et al. **The Physical Activity Guidelines for Americans**. JAMA. 2018 Nov 12.
Piette JD, List J, Rana GK, et al. **Mobile Health Devices** as Tools for Worldwide Cardiovascular Risk Reduction and Disease Management. Circulation. 2015 Nov 24;132(21):2012-27.
Pikula A, Beiser AS, Decarli C, et al. Multiple **biomarkers** and risk of clinical and subclinical vascular brain injury:the framingham offspring study. Circulation. 2012 May 1;125(17):2100-7.
Pimenta E, Gaddam KK, Oparil S, et al. Effects of **Dietary Sodium Reduction** on Blood Pressure in Subjects With Resistant Hypertension. Results From a Randomized Trial. Hypertension. 2009 Jul 20. [Epub ahead of print]
Pimpin L, Wu JH, Haskelberg H, Del Gobbo L, Mozaffarian D. Is butter back? A systematic review and meta-analysis of **butter consumption** and risk of cardiovascular disease, diabetes, and total mortality. PLoS One. 2016;11:e0158118.
Pischon T, Boeing H, Hoffmann K, et al. General and abdominal adiposity and risk of death in Europe. N Engl J Med. 2008 Nov 13;359(20):2105-20. These data suggest that both general adiposity and abdominal adiposity are associated with the risk of death and support the use of **waist circumference or waist-to-hip ratio** in addition to **BMI** in assessing the risk of death.
Pittaras AM, Faselis C, Doumas M, et al. **Heart Rate at Rest, Exercise Capacity, and Mortality** Risk in Veterans. Am J Cardiol. 2013 Sep 12.
Pletcher MJ, Sibley CT, Pignone M, et al. Interpretation of the **Coronary Artery Calcium Score** in Combination With Conventional Cardiovascular Risk Factors: The Multi-Ethnic Study of Atherosclerosis (MESA). Circulation. 2013 Sep 3;128(10):1076-84.
Poizeau F, Nowak E, Kerbrat S, et al A. Association Between Early Severe Cardiovascular Events and the Initiation of **Treatment With the Anti-Interleukin 12/23p40 Antibody Ustekinumab**. JAMA Dermatol. 2020 Sep 9. doi: 10.1001/jamadermatol.2020.2977.
Poldervaart JM, Reitsma JB, Backus BE, et al. Effect of Using the **HEART Score** in Patients With Chest Pain in the Emergency Department: A Stepped-Wedge, Cluster Randomized Trial. Ann Intern Med. 2017 Apr 25.
Polonsky Tamar S.; McClelland Robyn L.; Jorgensen Neal W.; et al. **Coronary Artery Calcium Score** and Risk Classification for Coronary Heart Disease Prediction. JAMA. 2010;303(16):1610-1616.
Pool LR, Burgard SA, Needham BL, Elliott MR, Langa KM, Mendes de Leon CF. Association of a **negative wealth shock** with all-cause mortality in middle-aged and older adults in the United States [April 3, 2018].JAMA. doi:10.1001/jama .2018.2055
Poole R, Kennedy OJ, Roderick P, et al. **Coffee consumption** and health: umbrella review of meta-analyses of multiple health outcomes**.** BMJ. 2017 Nov 22;359:j5024.
Poornima IG, et al; WHI and WHI-CAC Study Investigators. **Coronary Artery Calcification(CAC)** and Post-Trial Cardiovascular Events and Mortality Within the Women's Health Initiative (WHI) Estrogen-Alone Trial. J Am Heart Assoc. 2017 Oct27;6(11).
Postley JE, Luo Y, Wong ND, et al. Identification by **Ultrasound Evaluation** of the Carotid and Femoral Arteries of High-Risk Subjects Missed by Three Validated Cardiovascular Disease Risk Algorithms. Am J Cardiol. 2015 Sep 5.
Poti JM, Dunford EK, Popkin BM. **Sodium reduction** in US households' packaged food and beverage purchases, 2000 to 2014 [online June 5, 2017].JAMA Intern Med. doi:10.1001 /jamainternmed.2017.1407
Poti JM, Dunford EK, Popkin BM. **Sodium reduction** in US households' packaged food and beverage purchases, 2000 to 2014 [online June 5, 2017].JAMA Intern Med. doi:10.1001 /jamainternmed.2017.1407
Prasad V, Vandross A. Cardiovascular **primary prevention**: **How high should we set the bar**? Arch Intern Med 2012; 172:656-659.
Preis SR, Massaro JM, Hoffmann U, et al. **Neck Circumference** as a Novel Measure of Cardiometabolic Risk: The Framingham Heart Study. J Clin Endocrinol Metab. 2010 May 19.
Price J, Urbina EM, Carlin K, et al. Cardiovascular **Risk Factors and Target Organ Damage** in Adolescents: The SHIP AHOY Study. Pediatrics. 2022;149(6):e2021054201
Prince SA, Blanchard CM, Grace SL, Reid RD. Objectively-measured **sedentary time** and its association with markers of cardiometabolic health and fitness among cardiac rehabilitation graduates. *Eur J Prev Cardiol* 2015.
Pulkki-Råbach L, Elovainio M, Hakulinen C, et al. **Cumulative effect of psychosocial factors** in youth on ideal cardiovascular health in adulthood: the Cardiovascular Risk in Young Finns Study. Circulation. 2015;131:245–253.
Pulsford RM, Stamatakis E, Britton AR, et al. Associations of **sitting behaviours** with all-cause mortality over a 16-year follow-up: the Whitehall II study. Int J Epidemiol. 2015 Oct 9.
Pussinen PJ, Paju S, Koponen J, et al. Association of **Childhood Oral Infections With Cardiovascular Risk Factors** and Subclinical Atherosclerosis in Adulthood. JAMA Netw Open. 2019 Apr 5;2(4):e192523.
Qaseem A, Wilt TJ, Rich R, et al. Pharmacologic treatment of **hypertension in adults aged 60 years or older to higher versus lower blood pressure targets**: a clinical practice guideline from the American College of Physicians (**ACP**) and the American Academy of Family Physicians (**AAFP**). Ann Intern Med. 2017. [Epub ahead of print]. doi:10.7326/M16-1785
Qi L, Qi Q, Prudente S, et al. Association between a genetic variant related to **glutamic acid** metabolism and coronary heart disease in individuals with type 2 diabetes. JAMA 2013.
Qin C, Lv J, Guo Y, et al. Associations of **egg consumption with cardiovascular disease** in a cohort study of 0.5 million Chinese adults. Heart. 2018 May 21.
Qin P, Zhang M, Han M, et al. **Fried-food consumption** and risk of cardiovascular disease and all-cause mortality: a meta-analysis of observational studies. Heart. 2021 Jan 19:heartjnl-2020-317883
Qureshi N, Armstrong S, Dhiman P, et al. Effect of adding **systematic family history enquiry** to cardiovascular disease risk assessment in primary care. Ann Intern Med 2012; 156:253-262.
Rådholm K, Chalmers J, Ohkuma T, et al. Use of the **waist-to-height-ratio** to predict cardiovascular risk in patients with diabetes: results from ADVANCE-ON. Diabetes Obes Metab. 2018 Mar 30.
Radford NB, DeFina LF, et al. **Cardiorespiratory fitness, coronary artery calcium, and cardiovascular disease events** in a cohort of generally healthy, middle-age men: results from the Cooper Center longitudinal study. Circulation. 2018;137:1888–1895.

Rai M, Baker WL, Parker MW, et al. Meta-analysis of optimal **risk stratification in patients >65 years of age**. Am J Cardiol. 2012 Oct 15;110(8):1092-9.

Raisi-Estabragh Z, Cooper J, McCracken C, et al. **Incident cardiovascular events and imaging phenotypes** in UK Biobank participants with past cancer. Heart. 2023 Apr 18:heartjnl-2022-321888.

Rajagopalan S, Landrigan PJ. **Pollution and the Heart**. N Engl J Med. 2021 Nov 11;385(20):1881-1892

Ramsden CE, Zamora D, Leelarthaepin B, et al. Use of **dietary linoleic acid** for secondary prevention of coronary heart disease and death: evaluation of recovered data from the Sydney Diet Heart Study and updated meta-analysis. BMJ 2013;346:e8707.

Ramsden CE, Zamaora D, Majchrzak-Hong S, et al. Re-evaluation of the **traditional diet-heart hypothesis**: analysis of recovered data from Minnesota Coronary Experiment (1968-73). BMJ 2016;352:i1246.

Rana JS, Gransar H, Wong ND, et al. Comparative Value of **Coronary Artery Calcium and Multiple Blood Biomarkers** for Prognostication of Cardiovascular Events. Am J Cardiol. 2012 Mar 15.

Rana JS, Tabada GH, Solomon MD, et al. Accuracy of the Atherosclerotic Cardiovascular **Risk Equation** in a Large Contemporary, Multiethnic Population. J Am Coll Cardiol. 2016 May 10;67(18):2118-30.

Rana JS, Tabada GH, Solomon MD, et al. **Accuracy of the Atherosclerotic Cardiovascular Risk Equation** in a Large Contemporary, Multiethnic Population. J Am Coll Cardiol. 2016 May 10;67(18):2118-30.

Rankin P, Morton DP, Diehl H, et al. Effectiveness of a **Volunteer-Delivered Lifestyle Modification Program** for Reducing Cardiovascular Disease Risk Factors. Am J Cardiol. 2011 Sep 23.

Ranthe MV, Winkel BG, Andersen EW, et al. Risk of cardiovascular disease in **family members of young sudden cardiac death victims**. Eur Heart J 2012 .

Rao G, Powell-Wiley TM, Ancheta I, et al. Identification of **Obesity and Cardiovascular Risk in Ethnically and Racially Diverse Populations**: A Scientific Statement From the **American Heart Association**. Circulation. 2015 Jul 6.

Rasella D, Harhay MO, Pamponet ML, et al. **Impact of primary health care** on mortality from heart and cerebrovascular diseases in Brazil: a nationwide analysis of longitudinal data. BMJ. 2014 Jul 3;349:g4014.

Rasmussen-Torvik LJ, Shay CM, Abramson JG, et al. **Ideal cardiovascular health is inversely associated with incident cancer**: the Atherosclerosis Risk in Communities Study. Circulation. 2013;127:1270–1275.

Ratchford EV, Carson KA, Jones SR, et al. Usefulness of **coronary and carotid imaging** rather than traditional atherosclerotic risk factors to identify firefighters at increased risk for cardiovascular disease. Am J Cardiol. 2014 May 1;113(9):1499-504.

Rattanavipanon W, Chaiyasothi T, Puchsaka P, et al. **Effects of pharmacist interventions** on cardiovascular risk factors and outcomes: An umbrella review of meta-analysis of randomized controlled trials. Br J Clin Pharmacol. 2022 Jul;88(7):3064-3077.

Ravi B, Croxford R, Austin PC, et al. The relation between **total joint arthroplasty and risk for serious cardiovascular events** in patients with moderate-severe osteoarthritis: propensity score matched landmark analysis. BMJ. 2013 Oct 30;347:f6187.

Record NB, Onion DK, Prior RE, et al. **Community-wide cardiovascular disease prevention programs** and health outcomes in a rural county, 1970-2010. JAMA. 2015 Jan 13;313(2):147-55.

Reddigan JI, Ardern CI, Riddell MC, Kuk JL. Relation of **Physical Activity** to Cardiovascular Disease Mortality and the Influence of Cardiometabolic Risk Factors. Am J Cardiol. 2011 Aug 17.

Rees K, Al-Khudairy L, Takeda A, Stranges S. **Vegan dietary pattern** for the primary and secondary prevention of cardiovascular diseases. Cochrane Database Syst Rev. 2021 Feb 25;2:CD013501

Rees K,Hartley L,DayC, FlowersN,ClarkeA, Stranges S. **Selenium supplementation** for the primary prevention of cardiovascular disease. CochraneDatabase of Systematic Reviews 2013, Issue 1. Art.No.: CD009671. DOI: 10.1002/14651858.CD009671.pub2. The limited trial evidence that is available to date does not support the use of selenium supplements in the primary prevention of CVD.

Rees K, Dyakova M, Ward K, et al. **Dietary advice** for reducing cardiovascular risk. Cochrane Database Syst Rev. 2013 Mar 28;3:CD002128. doi: 10.1002/14651858.CD002128.pub4. Dietary advice appears to be effective in bringing about modest beneficial changes in diet and cardiovascular risk factors over approximately 12 months, but longer-term effects are not known.

Rees K, Hartley L, Flowers N, Clarke A, Hooper L, Thorogood M, Stranges S. **'Mediterranean' dietary pattern** for the primary prevention of cardiovascular disease. Cochrane Database of Systematic Reviews 2013, Issue 8. Art. No.: CD009825. DOI:10.1002/14651858.CD009825.pub2. The limited evidence to date suggests some favourable effects on cardiovascular risk factors.

Rees K, Takeda A, Martin N, et al. **Mediterranean-style diet** for the primary and secondary prevention of cardiovascular disease. Cochrane Database Syst Rev. 2019 Mar 13;3:CD009825.

Rees-Punia E, Evans EM, Schmidt MD, et al. Mortality **Risk Reductions for Replacing Sedentary Time** With Physical Activities. Am J Prev Med. 2019 May;56(5):736-741.

Reichkendler MH, Rosenkilde M, Auerbach PL, et al. Only minor additional metabolic health benefits of **high as opposed to moderate dose physical exercise** in young, moderately overweight men. Obesity (Silver Spring). 2014 May;22(5):1220-32.

Reid RD, McDonnell LA, Riley DL, et al. Effect of an intervention to improve the cardiovascular health of **family members of patients with coronary artery disease**: a randomized trial. CMAJ. 2013 Nov 18.

Rein P, Saely CH, Vonbank A, et al. Impact of the **albumin to creatinine ratio** and the coronary artery state on vascular events. Am J Cardiol. 2014 May 15;113(10):1616-20.

Reinhart RA. Robert E. **Lee's Right Ear and the Relation of Earlobe Crease** to Coronary Artery Disease. Am J Cardio. 2017.

Restrepo BJ, Rieger M. Denmark's Policy on **Artificial Trans Fat** and Cardiovascular Disease. Am J Prev Med. 2015 Aug 26.

Retnakaran, Ravi, Shah, Baiju R. **Mild glucose intolerance in pregnancy** and risk of cardiovascular disease: a population-based cohort study. CMAJ 2009 0: cmaj.090569

Retnakaran R, Wen SW, Tan H, et al**. Spousal Concordance** of Cardiovascular Risk Factors in Newly Married Couples in China. JAMA Netw Open. 2021 Dec 1;4(12):e2140578.

Reynolds A, Mann J, Cummings J, et al. **Carbohydrate quality and human health**: a series of systematic reviews and meta-analyses. Lancet. 2019 Jan 10.

Reynolds AJ, Ou SR, Eales L, et al. Assessment of a Comprehensive **Early Childhood Education Program** and Cardiovascular Disease Risk in Midlife. JAMA Netw Open. 2021 Aug 2;4(8):e2120752

Reynolds HR, Shaw LJ, Min JK, et al. **Association of Sex** With Severity of Coronary Artery Disease, Ischemia, and Symptom Burden in Patients With Moderate or Severe Ischemia: Secondary Analysis of the ISCHEMIA Randomized Clinical Trial. JAMA Cardiol. 2020 Jul 1;5(7):773-786.

Rhee JJ, Kim E, Buring JE, Kurth T. **Fish consumption, omega-3 fatty acids**, and risk of cardiovascular disease. Am J Prev Med 2016.

Rich-Edwards JW, Mason S, Rexrode K, et al. **Physical and sexual abuse** in childhood as predictors of early-onset cardiovascular events in women. Circulation. 2012 Aug 21;126(8):920-7.

Richards SH, Anderson L, Jenkinson CE, et al. **Psychological interventions** for coronary heart disease. Cochrane Database of Systematic Reviews 2017, Issue 4. Art. No.: CD002902 This updated Cochrane Review found that for people with CHD, there was no evidence that psychological treatments had an effect on total mortality, the risk of revascularisation procedures, or on the rate of non-fatal MI, although the rate of cardiac mortality was reduced and psychological symptoms (depression, anxiety, or stress) were alleviated; however, the GRADE assessments suggest considerable uncertainty surrounding these effects. Considerable uncertainty also remains regarding the people who would benefit most from treatment (i.e. people with or without psychological disorders at baseline) and the specific components of successful interventions. Future large-scale trials testing the effectiveness of psychological therapies are required due to the uncertainty within the evidence. Future trials would benefit from testing the impact of specific (rather than multifactorial) psychological interventions for participants with CHD, and testing the targeting of interventions on different populations (i.e. people with CHD, with or without psychopathologies).

Richards SH, Anderson L, Jenkinson CE, et al. **Psychological interventions for coronary heart disease**. Cochrane Database Syst Rev. 2017 Apr 28;4:CD002902. This updated Cochrane Review found that for people with CHD, there was no evidence that psychological treatments had an effect on total mortality, the risk of revascularisation procedures, or on the rate of non-fatal MI, although the rate of cardiac mortality was reduced and psychological symptoms (depression, anxiety, or stress) were alleviated; however, the GRADE assessments suggest considerable uncertainty surrounding these effects. Considerable uncertainty also remains regarding the people who would benefit most from treatment (i.e. people with or without psychological disorders at baseline) and the specific components of successful interventions. Future large-scale trials testing the effectiveness of psychological therapies are required due to the uncertainty within the evidence. Future trials would benefit from testing the impact of specific (rather than multifactorial) psychological interventions for participants with CHD, and testing the targeting of interventions on different populations (i.e. people with CHD, with or without psychopathologies).

Richards SH, Anderson L, et al. **Psychological interventions** for coronary heart disease: Cochrane systematic review and meta-analysis. Eur J Prev Cardiol. 2018 Feb;25(3):247-259.

Richardson S, Shaffer JA, Falzon L, et al. Meta-Analysis of Perceived **Stress** and Its Association With Incident Coronary Heart Disease. Am J Cardiol. 2012 Sep 10.

Rico-CampàA, Martínez-GonzálezMA, Alvarez-Alvarezl, etal . Association between **consumption of ultra-processed foods and all cause mortality**: SUN prospective cohort study. BMJ 2019;365:l1949.

Ridker PM, Everett BM, Pradhan A, et al; CIRT Investigators. **Low-Dose Methotrexate for the Prevention of Atherosclerotic Events**. N Engl J Med. 2018 Nov 10.

Ridker PM, Paynter NP, Rifai N, et al. C-reactive protein and parental history improve global cardiovascular risk prediction: the **Reynolds risk score** for men. Circulation. 2008 Nov 25;118(22):2243-51. Epub 2008 Nov 9. As previously shown in women, a prediction model in men that incorporates high-sensitivity C-reactive protein and parental history significantly improves global cardiovascular risk prediction.

Ried-Larsen M, Rasmussen MG, Blond K, et al. Association of **Cycling With All-Cause and Cardiovascular Disease Mortality** Among Persons With Diabetes: The European Prospective Investigation Into Cancer and Nutrition (EPIC) Study. JAMA Intern Med. 2021 Jul 19. doi: 10.1001/jamainternmed.2021.3836

Rifkin DE, Shlipak MG, Katz R, et al. Rapid **kidney function** decline and mortality risk in older adults. Arch Intern Med. 2008 Nov 10;168(20):2212-8. Rapid decline in eGFR is associated with an increased risk of cardiovascular and all-cause mortality in older adults, independent of baseline eGFR and other demographic variables.

Rimm EB, Appel LJ, Chiuve SE, et al. Seafood Long-Chain **n-3 Polyunsaturated Fatty Acids and Cardiovascular Disease**: A Science Advisory From the American Heart Association. Circulation. 2018 May 17.

Ripatti S, Tikkanen E, Orho-Melander M, et al. A **multilocus genetic risk score** for coronary heart disease: case-control and prospective cohort analyses. Lancet. 2010 Oct 23;376(9750):1393-400.

Risk and Prevention Study Collaborative Group. **n-3 fatty acids** (omega) in patients with multiple cardiovascular risk factors. N Engl J Med 2013 May 9; 368:1800.

RitcheyMD, Loustalot F, Bowman BA, Hong Y. **Trends in mortality** rates by subtypes of **heart disease in the United States, 2000-2010**. JAMA.doi:10.1001/jama.2014.11344.

Rizos EC, Markozannes G, Tsapas A, et al. **Omega-3 supplementation** and cardiovascular disease: formulation-based systematic review and meta-analysis with trial sequential analysis. Heart. 2020 Aug 20:heartjnl-2020-316780

Rizos EC, Ntzani EE, Bika E, et al. Association between **omega-3 fatty acid supplementation** and risk of major cardiovascular disease events: a systematic review and meta-analysis. JAMA. 2012 Sep 12;308(10):1024-33.
Rizzuto D, Orsini N, Qiu C, et al. **Lifestyle, social factors**, and survival after age 75: population based study. BMJ. 2012 Aug 29;345:e5568.
Roberts R. Genetic Risk Stratification: **Tipping Point for Global Primary Prevention of Coronary Artery Disease**. Circulation. 2018 Jun 12;137(24):2554-2556.
Rocco PTP, Bensenor IM, Griep RH, et al. **Job Strain** and Cardiovascular Health Score (from the Brazilian Longitudinal Study of Adult Health [ELSA-Brasil] Baseline). Am J Cardiol. 2017 Jul 15;120(2):207-212.
Rockette-Wagner B, Storti KL, Dabelea D, et al. **Activity and Sedentary Time** 10 Years After a Successful **Lifestyle Intervention**: The Diabetes Prevention Program (**DPPOS**). Am J Prev Med. 2017 Mar;52(3):292-299.
Rockwood, Kenneth, Song, Xiaowei, Mitnitski, Arnold. Changes in relative **fitness and frailty** across the adult lifespan: evidence from the Canadian National Population Health Survey. CMAJ 2011 183: E487-494
Rodriguez CJ. **Disparities in ideal cardiovascular health**: a challenge or an opportunity? Circulation. 2012 Jun 19;125(24):2963-4.
Rodríguez-López C, Garlito-Díaz H, Madroñero-Mariscal R, et al. **Earlobe Crease** Shapes and Cardiovascular Events. Am J Cardiol. 2015 Jul 15;116(2):286-93.
Rognmo Ø, Moholdt T, Bakken H, Hole T, Mølstad P, Myhr NE, Grimsmo J, Wisløff U. Cardiovascular risk of **high- versus moderate intensity aerobic exercise** in coronary heart disease patients. Circulation. 2012;126:1436 –1440.
Rohrmann S, Overvad K, Bueno-de-Mesquita HB, et al. **Meat consumption** (processed meat) and mortality. Results from the European Prospective Investigation into Cancer and Nutrition. BMC Med 2013.
Rong S, Snetselaar LG, Xu G, et al. **Association of Skipping Breakfast With Cardiovascular and All-Cause Mortality**. J Am Coll Cardiol. 2019 Apr 30;73(16):2025-2032.
Rong Y, Chen L, Zhu T, et al. **Egg consumption** and risk of coronary heart disease and stroke: dose-response meta-analysis of prospective cohort studies. BMJ. 2013 Jan 7;346:e8539.
Ronksley PE, Brien SE, Turner BJ, et al. Association of alcohol consumption with selected cardiovascular disease outcomes: a systematic review and meta-analysis. BMJ 2011; DOI:10.1136/bmj.d671.
Rosenzweig JL, Bakris GL, Berglund LF, et al. **Primary Prevention of ASCVD and T2DM in Patients at Metabolic Risk**: An Endocrine Society* Clinical Practice Guideline. J Clin Endocrinol Metab. 2019 Jul 31.
Ross R, Hudson R, Stotz PJ, Lam M. Effects of **exercise amount and intensity** on abdominal obesity and glucose tolerance in obese adults. A randomized trial. Ann Intern Med. 2015;162:325-34.
Rostamian S, van Buchem MA, Westendorp RG, et al **Executive function, but not memory**, associates with incident coronary heart disease and stroke. Neurology. 2015 Aug 5.
Roth GA, Huffman MD, Moran AE, et al. **Global and Regional Patterns in Cardiovascular Mortality** From 1990 to 2013. Circulation. 2015 Oct 27;132(17):1667-78.
Roth GA, Dwyer-Lindgren L, Bertozzi-Villa A, et al. **Trends and patterns of geographic variation** in cardiovascular mortality among US counties, 1980-2014.JAMA. doi:10.1001/jama.2017.4150
Rovio SP, Pahkala K, Nevalainen J, et al. **Cardiovascular Risk Factors From Childhood and Midlife Cognitive Performance**: The Young Finns Study. J Am Coll Cardiol. 2017 May 9;69(18):2279-2289
Rozanski A, Arnson Y, Gransar H, et al. Associations Among **Self-reported Physical Activity, Coronary Artery Calcium Scores, and Mortality** Risk in Older Adults. Mayo Clin Proc Innov Qual Outcomes. 2020;4(3):229-237.
Rozanski A, Gransar H, Shaw LJ, et al. Impact of **coronary artery calcium scanning** on coronary risk factors and downstream testing. J Am Coll Cardiol 2011; DOI:10.1016/j.jacc.2011.01.019.
Ruidavets Jean-Bernard, Ducimetière Pierre, Evans Alun, et al. Patterns of **alcohol consumption** and ischaemic heart disease in culturally divergent countries: the Prospective Epidemiological Study of Myocardial Infarction (PRIME) . BMJ 341:doi:10.1136/bmj.c6077 (Published 23 Nov 2010)
Ruiz JR, Sui X, Lobelo F, Morrow JR Jr, Jackson AW, Sjöström M, Blair SN. Association between **muscular strength** and mortality in men: prospective cohort study. BMJ. 2008 Jul 1;337:a439. doi: 10.1136/bmj.a439. Muscular strength is inversely and independently associated with death from all causes and cancer in men, even after adjusting for cardiorespiratory fitness and other potential confounders.
Rumsfeld JS, Alexander KP, Goff DC, et al. **Cardiovascular health**: the importance of measuring patient-reported health status.Circulation 2013.
Russ TC, Stamatakis E, Hamer M et al. Association between **psychological distress** and mortality: individual participant pooled analysis of 10 prospective cohort studies. BMJ. 2012 Jul 31;345:e4933.
Russell-Jones R. **Air pollution** in the UK: better ways to solve the problem. BMJ. 2017 Jun 14;357:j2713.
Ruwald MH, Numé AK, Lamberts M, et al. Incidence and influence of **hospitalization for recurrent syncope** and its effect on short- and long-term all-cause and cardiovascular mortality. Am J Cardiol. 2014 May 15;113(10):1744-50.
Ruzicka M, Hiremath S, Steiner S, et al. What is the feasibility of implementing effective **sodium reduction strategies** to treat hypertension in primary care settings? A systematic review. J Hypertens. 2014 Apr 2.
Rydén L, Buhlin K, Ekstrand E, et al. **Periodontitis** increases the risk of a first myocardial infarction: A report from the PAROKRANK study.*Circulation* 2016.
Sabanayagam C; Shankar A. **Sleep duration** and cardiovascular disease: Results from the National Health Interview Survey. Sleep 2010; 33:1037-1042.
Sacco Ralph L.. Achieving **Ideal Cardiovascular and Brain Health**: Opportunity Amid Crisis: Presidential Address at the American Heart Association (**AHA**)2010 Scientific Sessions. Circulation 123: 2653-2657, doi:10.1161/CIR.0b013e318220dec1
Sacks FM, Lichtenstein AH, Wu JHY, et al. Dietary **Fats and Cardiovascular Disease**: A Presidential Advisory From the American Heart Association. Circulation. 2017 Jun 15.
Saeidifard F, Medina-Inojosa JR, Supervia M, et al. Differences of energy expenditure while **sitting versus standing**: A systematic review and meta-analysis. Eur J Prev Cardiol. 2018 Jan 1:2047487317752186.
Safford MM, Brown TM, Muntner PM, et al; for the REGARDS Investigators. Association of **Race and Sex With Risk of Incident Acute Coronary Heart Disease** Events. JAMA. 2012 Nov 7;308(17):1768-1774.
Said MA, Verweij N, van der Harst P. Associations of Combined **Genetic and Lifestyle Risks** With Incident **Cardiovascular Disease and Diabetes** in the UK Biobank Study. JAMA Cardiol. 2018 Jun 27.
Saigal CS, Gore JL, Krupski TL, Hanley J, Schonlau M, Litwin MS; and the Urologic Diseases in America Project. **Androgen deprivation** therapy increases cardiovascular morbidity in men with prostate cancer. Cancer 2007;110:1493-500.
Saint-Maurice PF, Coughlan D, Kelly SP, et al. Association of **Leisure-Time Physical Activity** Across the Adult Life Course With All-Cause and Cause-Specific Mortality. JAMA Netw Open. 2019 Mar 1;2(3):e190355.
Saint-Maurice PF, Graubard BI, Troiano RP, et al. Estimated Number of **Deaths Prevented Through Increased Physical Activity** Among US Adults. JAMA Intern Med. 2022 Jan 24. doi: 10.1001/jamainternmed.2021.7755.
Sallis JF, Floyd MF, Rodríguez DA et al. Role of **built environments** in physical activity, obesity, and cardiovascular disease. Circulation. 2012 Feb 7;125(5):729-37.
Sallis JF, Cerin E, Conway TL, et al. **Physical activity** in relation to **urban environments** in 14 cities worldwide: a cross-sectional study. Lancet 2016; online April 1.
Samieri C, Sun Q, Townsend MK, et al. The association between **dietary patterns** at midlife and health in aging: an observational study. Ann Intern Med. 2013 Nov 5;159(9):584-91.
Sandbakk S, Nauman J, Zisko N, et al. **Sedentary time, cardiorespiratory fitness and cardiovascular risk factor** clustering in older adults—the **Generation 100 study**. *Mayo Clinic Proc* 2016.
Sandoval Y, Bielinski SJ, Daniels LB, et al. Atherosclerotic Cardiovascular Disease Risk Stratification Based on **Measurements of Troponin and Coronary Artery Calcium**. J Am Coll Cardiol. 2020;76(4):357-370.
Sands M, Loucks EB, Lu B, et al. Self-reported **Snoring** and Risk of Cardiovascular Disease Among Postmenopausal Women (from the Women's Health Initiative). Am J Cardiol. 2012 Dec 4.
Santosa A, Rosengren A, Ramasundarahettige C, et al. **Psychosocial Risk Factors** and Cardiovascular Disease and Death in a Population-Based Cohort From 21 Low-, Middle-, and High-Income Countries. JAMA Netw Open. 2021 Dec 1;4(12):e2138920.
Santschi V, Chiolero A, Burnand B, et al. Impact of **Pharmacist Care** in the Management of Cardiovascular Disease Risk Factors: A Systematic Review and Meta-analysis of Randomized Trials. Arch Intern Med. 2011 Sep 12;171(16):1441-53.
Satija A, Bhupathiraju SN, Spiegelman D, et al. Healthful and unhealthful **plant-based diets** and the risk of coronary heart disease in U.S. adults. J Am Coll Cardiol 2017;70:411–22.
Sattelmair JR, Kurth T, Buring JE, et al. **Physical activity** and risk of stroke in women. Stroke 2010; 41:1243-1250.
Sattelmair J, Pertman J, Ding EL, et al. **Dose response between physical activity and risk** of coronary heart disease. A meta-analysis. Circulation 2011; DOI: 10.1161/CIRCULATIONAHA.110.010710.
Sayón-Orea C, Razquin C, Bulló M, et al. Effect of a Nutritional and Behavioral **Intervention on Energy-Reduced Mediterranean Diet Adherence** Among Patients With Metabolic Syndrome: Interim Analysis of the PREDIMED-Plus Randomized Clinical Trial. JAMA. 2019 Oct 15;322(15):1486-1499.
Schreier HM, Schonert-Reichl KA, Chen E. Effect of **Volunteering** on Risk Factors for Cardiovascular Disease in Adolescents: A Randomized Controlled Trial. JAMA Pediatr. 2013 Feb 25:1-6.
Scherrer U, Rimoldi SF, Rexhaj E, Stuber T, Duplain H, et al. Systemic and pulmonary vascular dysfunction in children conceived by **assisted reproductive technologies**. Circulation. 2012;125:1890 –1896.
Schmidt M, Jacobsen JB, et al. **25 year trends in first time hospitalisation** for acute myocardial infarction, subsequent short and long term mortality, and the prognostic impact of sex and comorbidity: a Danish nationwide cohort study. BMJ 2012;344:e356.
Schnabel L, Kesse-Guyot E, Allès B, et al. Association Between **Ultraprocessed Food Consumption and Risk of Mortality** Among Middle-aged Adults in France. JAMA Intern Med. 2019 Feb 11.
Schneider RH, Grim CE, Rainforth MV, et al. **Stress reduction** in the secondary prevention of cardiovascular disease (**Transcendental Meditation**). Circ Cardiovasc Qual Outcomes 2012.
Schnohr P, O'Keefe JH, Marott JL, Lange P, Jensen GB. **Dose of jogging and long-term mortality**: the copenhagen city heart study. J Am Coll Cardiol. 2015 Feb 10; 65(5):411-9.
Schoos MM, Sejersten M, Baber U, et al. Outcomes of **patients calling emergency medical services** for suspected acute cardiovascular disease. Am J Cardiol. 2015 Jan 1;115(1):13-20.
Schroeder EC, Welk GJ, Franke WD, et al. Associations of **Health Club Membership with Physical Activity** and Cardiovascular Health. PLoS One. 2017 Jan 20;12(1):e0170471.
Schultz SA, Boots EA, Darst BF, et al. **Cardiorespiratory fitness** alters the influence of a **polygenic risk score** on biomarkers of AD. Neurology. 2017 Mar 24.
Schultz WM, Hayek SS, Samman Tahhan A, et al. **Marital Status** and Outcomes in Patients With Cardiovascular Disease. J Am Heart Assoc. 2017 Dec 20;6(12).
Schulze MB, Martínez-González MA, Fung TT, et al. Food based **dietary patterns and chronic disease prevention**. BMJ. 2018 Jun 13;361:k2396.
Schuna JM Jr, Swift DL, Hendrick CA, et al. Evaluation of a **workplace treadmill desk intervention**: a randomized controlled trial. J Occup Environ Med. 2014 Dec;56(12):1266-76.

Schwalm JD, McKee M, Huffman MD, Yusuf S. **Resource Effective Strategies to Prevent** and Treat Cardiovascular Disease. Circulation. 2016 Feb 23;133(8):742-755.
Scirica BM, Bhatt DL, Braunwald E, et al. Prognostic Implications of **Biomarker Assessments** in Patients With Type 2 **Diabetes** at **High Cardiovascular Risk**: A Secondary Analysis of a Randomized Clinical Trial. JAMA Cardiol. 2016 Sep 28.
SCORE2 working group and ESC Cardiovascular risk collaboration. **SCORE2 risk prediction algorithms**: new models to estimate 10-year risk of cardiovascular disease in Europe. Eur Heart J. 2021 Jun 13:ehab309.
Scourboutakos MJ, Semnani-Azad Z, L'Abbe MR. **Restaurant meals**: almost a full day's worth of calories, fats, and sodium. JAMA Intern Med 2013; online May 13, 2013.
Sebastian RS, Wilkinson Enns C, et al. **Sandwiches Are Major Contributors of Sodium** in the Diets of American Adults: Results from What We Eat in America, National Health and Nutrition Examination Survey 2009-2010. J Acad Nutr Diet. 2014 Oct 6.
See VHL, Mori TA, Prescott SL, et al. **Cardiometabolic Risk Factors at 5 Years After Omega-3 Fatty Acid Supplementation in Infancy**. Pediatrics. 2018 Jun 8.
Seely D, Szczurko O, Cooley K, et a. **Naturopathic medicine** for the prevention of cardiovascular disease: a randomized clinical trial.CMAJ 2013; DOI:10.1503/cmaj.120567
Seferidi P, Laverty AA, Pearson-Stuttard J, et al. **Impacts of Brexit on fruit and vegetable intake and cardiovascular disease** in England: a modelling study. BMJ Open. 2019 Jan 28;9(1):e026966.
Seidelmann SB, Claggett B, Bravo PE, et al. **Retinal Vessel Calibers** in Predicting Long-term Cardiovascular Outcomes: The Atherosclerosis Risk in Communities Study. Circulation. 2016 Sep 28. pii: CIRCULATIONAHA.116.023425.
Seidelmann SB, Claggett B, Cheng S, et al. **Dietary carbohydrate intake and mortality**: a prospective cohort study and meta-analysis. Lancet Public Health 2018; online Aug 16.
Selvin E, Rawlings AM, Lutsey PL, et al. **Fructosamine and Glycated Albumin** and the Risk of Cardiovascular Outcomes and Death. Circulation. 2015 Jul 28;132(4):269-77.
Semba RD, Ferrucci L, Bartali B, et al. **Resveratrol** Levels and All-Cause Mortality in Older Community-Dwelling Adults. JAMA Intern Med. 2014 May 12.
Sénéchal M, Wicklow B, Wittmeier K, et al. **Cardiorespiratory Fitness and Adiposity** in Metabolically Healthy Overweight and Obese Youth. Pediatrics. 2013 Jun 24.
Seron P, Lanas F, Pardo Hernandez H, Bonfill Cosp X. **Exercise for people with high cardiovascular risk**. Cochrane Database of Systematic Reviews 2014, Issue 8. Art. No.: CD009387. DOI: 10.1002/14651858.CD009387.pub2. Evidence to date is entirely limited to small studies with regard to sample size, short-term follow-up, and high risk of methodological bias, which makes it difficult to derive any conclusions on the efficacy or safety of aerobic or resistance exercise on groups with increased cardiovascular risk or in individuals with two or more coexisting risk factors. Further randomized clinical trials assessing controlled exercise programmes on total cardiovascular risk in individuals are warranted.
Sethi A, Taylor DL, Ruby JG, et al. **Calcification of the abdominal aorta** is an under-appreciated cardiovascular disease risk factor in the general population. Front Cardiovasc Med. 2022 Oct 6;9:1003246.
Shah AJ, Ghasemzadeh N, Zaragoza-Macias E, et al. **Sex and age differences in the association of depression** with obstructive coronary artery disease and adverse cardiovascular events. J Am Heart Assoc. 2014 Jun 18;3(3).
Shah AJ, Vaccarino V, Janssens AC, et al. An **Electrocardiogram-Based** Risk Equation for Incident Cardiovascular Disease From the National Health and Nutrition Examination Survey. JAMA Cardiol. 2016 Aug 3
Shah AM, Claggett B, Folsom AR, et al. **Ideal cardiovascular health during adult life** and cardiovascular structure and function among the elderly. *Circulation* 2015.
Shah AS, Dolan LM, Gao Z, Kimball TR, Urbina EM. **Clustering of Risk Factors:** A Simple Method of Detecting Cardiovascular Disease in Youth. Pediatrics. 2011 Jan 17.
Shah NS, Lloyd-Jones DM, O'Flaherty M, et al. **Trends in Cardiometabolic Mortality** in the United States, 1999-2017. JAMA. 2019 Aug 27;322(8):780-782.
Shah NS, Molsberry R, Rana JS, et al. **Heterogeneous trends** in burden of heart disease mortality by subtypes in the United States, 1999-2018: observational analysis of vital statistics. BMJ. 2020;370:m2688.
Shah RV, Murthy VL, Colangelo LA, et al. Association of **fitness in young** adulthood with survival and cardiovascular risk: the Coronary Artery Risk Development in Young Adults (CARDIA) Study [online November 30, 2015].JAMA Intern Med.
Shan Z, Li Y, Baden MY, et al. Association Between **Healthy Eating Patterns** and Risk of Cardiovascular Disease. JAMA Intern Med. 2020;e202176.
Shan Z, Li Y, Zong G, et al. Rotating **night shift work and adherence to unhealthy lifestyle** in predicting risk of type 2 diabetes: results from two large US cohorts of female nurses. BMJ. 2018 Nov 21;363:k4641.
Shan Z, Wang F, Li Y, et al. **Healthy Eating Patterns** and Risk of Total and Cause-Specific Mortality. JAMA Intern Med. 2023 Jan 9. doi: 10.1001/jamainternmed.2022.6117.
Shankar A, Xiao J, Ducatman A. **Perfluorooctanoic acid** and cardiovascular disease in US adults [published online September 3, 2012]. Arch Intern Med. doi:10.1001/archinternmed.2012.3393.
Shapero KS, Desai NR, Elder RW, et al. Cardio-obstetrics: Recognizing and managing cardiovascular **complications of pregnancy**. Cleve Clin J Med. 2020;87(1):43-52.
Shaw LJ, Giambrone AE, Blaha MJ, et al. Long-Term Prognosis After **Coronary Artery Calcification Testing in Asymptomatic Patients**: A Cohort Study. Ann Intern Med. 2015 Jul 7;163(1):14-21.
Shaw LJ, Min JK, Nasir K, et al. **Sex differences in calcified plaque** and long-term cardiovascular mortality: observations from the CAC Consortium. Eur Heart J. 2018 Nov 1;39(41):3727-3735.
Shay CM, Ning H, Allen NB et al. Status of Cardiovascular Health in **US Adults: Prevalence Estimates** From the National Health and Nutrition Examination Surveys (NHANES) 2003-2008. Circulation. 2012 Jan 3;125(1):45-56.
Shay CM, Ning H, Daniels SR, et al. Status of Cardiovascular Health in **US Adolescents**: **Prevalence Estimates** From the National Health and Nutrition Examination Surveys (NHANES) 2005-2010. Circulation. 2013 Apr 2;127(13):1369-76.
Sheikh N, Papadakis M, Ghani S, et al. Comparison of **electrocardiographic criteria** for the detection of cardiac abnormalities in elite black and white athletes. Circulation. 2014 Apr 22;129(16):1637-49.
Shemesh J, Motro M, Morag-Koren N et al. Relation of **Coronary Artery Calcium** to Cardiovascular Risk in Patients With Combined Diabetes Mellitus and Systemic Hypertension. Am J Cardiol. 2011 Dec 21.
Shen J, Wong KT, Cheng IT, et al. Increased prevalence of coronary plaque in patients with **psoriatic arthritis** without prior diagnosis of coronary artery disease. Ann Rheum Dis. 2017 Jul;76(7):1237-1244
Sheppard JP, Singh S, Fletcher K, et al. Impact of **age and sex** on primary preventive treatment for cardiovascular disease in the West Midlands, UK:cross sectional study. BMJ. 2012 Jul 12;345:e4535.
Sheridan Stacey L.; Viera Anthony J.; Krantz Mori J.; et al. for the Cardiovascular Health Intervention Research and Translation Network Work Group on Global Coronary Heart Disease Risk. The Effect of **Giving Global Coronary Risk Information to Adults**: A Systematic Review. Arch Intern Med. 2010;170(3):230-239.
Sheridan SL. **Global risk** of coronary heart disease: assessment and application. Am Fam Physician. 2010 Aug 1;82(3):265-74.
Shi W, Huang X, Schooling CM, Zhao JV. **Red meat consumption**, cardiovascular diseases, and diabetes: a systematic review and meta-analysis. Eur Heart J. 2023 Jun 2:ehad336.
Shibata S, Fujimoto N, Hastings JL, et al. The effect of **lifelong exercise frequency on arterial stiffness**. J Physiol. 2018 May 20.
Shiffman D, Louie JZ, Devlin JJ, et al. Concordance of Cardiovascular Risk Factors and **Behaviors in a Multiethnic US Nationwide Cohort of Married Couples and Domestic Partners**. JAMA Netw Open. 2020 Oct 1;3(10):e2022119.
Shikany JM, Safford MM, Newby PK, et al. **Southern Dietary Pattern** is Associated with Hazard of Acute Coronary Heart Disease in the Reasons for Geographic and Racial Differences in Stroke (REGARDS) Study. Circulation. 2015 Aug 10.
Shirakawa T, Iso H, Yamagishi K, et al. **Watching Television and Risk of Mortality From Pulmonary Embolism** Among Japanese Men and Women: The JACC Study (Japan Collaborative Cohort). Circulation. 2016 Jul 26;134(4):355-7.
Shiroma EJ, Lee IM, Schepps MA, et al. **Physical Activity Patterns and Mortality**: The Weekend Warrior and Activity Bouts. Med Sci Sports Exerc. 2019 Jan;51(1):35-40.
Shmilovich H, Cheng VY, Rajani R, et al. **Relation of diagonal ear lobe crease** to the presence, extent, and severity of coronary artery disease determined by coronary computed tomography angiography. Am J Cardiol. 2012 May 1;109(9):1283-7.
Shockey TM, Sussell AL, Odom EC. Cardiovascular Health Status by **Occupational** Group - 21 States, 2013. MMWR Morb Mortal Wkly Rep. 2016 Aug 12;65(31):793-798.
Shrauner W, Lord EM, Nguyen XT, et al. **Frailty and cardiovascular mortality** in more than 3 million US Veterans. Eur Heart J. 2021 Dec 15:ehab850
Shreibati JB, Baker LC, Hlatky MA. Association of **coronary CT angiography or stress testing** with subsequent utilization and spending among Medicare beneficiaries. JAMA. 2011;306(19):2128-2136
Shrestha N, Ijaz S, Kukkonen-Harjula KT, Kumar S, Nwankwo CP. **Workplace interventions for reducing sitting at work**. Cochrane Database of Systematic Reviews 2015, Issue 1. Art. No.: CD010912. DOI: 10.1002/14651858.CD010912.pub2. At present there is very low quality evidence that sit-stand desks can reduce sitting time at work, but the effects of policy changes and information and counselling are inconsistent. There is a need for high quality cluster-randomised trials to assess the effects of different types of interventions on objectively measured sitting time. There are many ongoing trials that might change these conclusions in the near future.
Sidney S, Go AS, Jaffe MG, et al. Association Between **Aging of the US Population and Heart Disease Mortality** From 2011 to 2017. JAMA Cardiol. 2019 Oct 30. doi: 10.1001/jamacardio.2019.4187.
Sidney S, Quesenberry CP Jr, Jaffe MG, Sorel M, et al. Recent **Trends** in Cardiovascular Mortality in the United States and Public Health Goals. JAMA Cardiol. 2016 Jun 29.
Siegel KR, McKeever Bullard K, Imperatore G, et al. Association of higher consumption of foods derived from **subsidized commodities** with adverse cardiometabolic risk among US adults [online July 5, 2016].JAMA Intern Med.
Sieri S, Krogh V, Berrino F, et al. **Dietary glycemic load** and index and risk of coronary heart disease in a large italian cohort: the EPICOR study. Arch Intern Med. 2010 Apr 12;170(7):640-7.
Sigurdardottir FD, Lyngbakken MN, Holmen OL, et al. Relative Prognostic Value of Cardiac **Troponin** I and **C-Reactive Protein** in the General Population (from the Nord-Trøndelag Health [HUNT] Study). Am J Cardiol. 2018 Apr 15;121(8):949-955.
Silverman MG, Blaha MJ, Krumholz HM, et al. Impact of **coronary artery calcium** on coronary heart disease events in individuals at the extremes of traditional risk factor burden: the Multi-Ethnic Study of Atherosclerosis. Eur Heart J. 2013 Dec 23.
Silverwood RJ, Forbes HJ, Abuabara K, et al . Severe and predominantly active **atopic eczema in adulthood and long-term risk of cardiovascular disease**: population based cohort study. BMJ 2018;361:k1786. 10.1136/bmj.k1786
Silvestre OM, Nadruz W Jr, Querejeta Roca G, et al. **Declining Lung Function** and Cardiovascular Risk: The ARIC Study. J Am Coll Cardiol. 2018 Sep 4;72(10):1109-1122.
Simes J, Robledo KP, White HD, et al; LIPID study investigators . **D-dimer** Predicts Long-Term Cause-Specific Mortality, Cardiovascular Events and Cancer in Stable Coronary Heart Disease Patients: The LIPID Study. Circulation. 2018 Jan 24.
Simmons RK, Sharp S, Boekholdt SM, et al. Evaluation of the Framingham risk score in the European Prospective Investigation of Cancer-Norfolk cohort: does adding glycated hemoglobin improve the prediction of coronary heart disease events? Arch Intern Med. 2008 Jun 9;168(11):1209-16. The Framingham risk score predicts CHD in this cohort. The addition of **HbA(1c)** made a small but statistically significant improvement to discrimination in men but not in women, without significant improvement in reclassification of risk category.

Simon J, Fung K, Raisi-Estabragh Z et al. **Light to moderate coffee consumption** is associated with lower risk of death: a UK Biobank study. Eur J Prev Cardiol. 2022 Jan 20:zwac008

Simonsen JR, Järvinen A, Harjutsalo V, et al. The association between **bacterial infections** and the risk of coronary heart disease in type 1 diabetes. J Intern Med. 2020;10.1111/joim.13138.

Singh RB, Dubnov G, Niaz MA, Ghosh S, et al. Effect of an **Indo-Mediterranean diet** on progression of coronary artery disease in high risk patients (Indo-Mediterranean Diet Heart Study): a randomised single-blind trial. *Lancet* 2002;360(9344):1455-61.

Singh-Manoux A, Shipley MJ, Bell JA, et al. Association between **inflammatory biomarkers** and all-cause, cardiovascular and cancer-related mortality. CMAJ. 2016 Nov 28.

Sinha R, Cross AJ, Graubard BI, Leitzmann MF, Schatzkin A. **Meat intake** and mortality: a prospective study of over half a million people. Arch Intern Med. 2009;169:562-71.

Sinharay R, Gong J, Barratt B, et al. Respiratory and cardiovascular responses to **walking down a traffic-polluted road** compared with walking in a traffic-free area in participants aged 60 years and older with chronic lung or heart disease and age-matched healthy controls: a randomised, crossover study. Lancet. 2017 Dec 5.

Siontis GCM, Tzoulaki I, Siontis KC, Ioannidis JPA. **Comparisons of established risk prediction models** for cardiovascular disease: systematic review. BMJ 2012;344:3318

Siontis GC, Mavridis D, Greenwood JP, et al. Outcomes of **non-invasive diagnostic modalities** for the detection of coronary artery disease: network meta-analysis of diagnostic randomised controlled trials. BMJ. 2018 Feb 21;360:k504.

Siscovick DS, Barringer TA, Fretts AM, et al. **Omega-3 Polyunsaturated Fatty Acid (Fish Oil) Supplementation** and the Prevention of Clinical Cardiovascular Disease: A Science Advisory From the American Heart Association. Circulation. 2017 Mar 13.

Sisti LG, Dajko M, Campanella P, et al. The effect of **multifactorial lifestyle interventions** on cardiovascular risk factors: A systematic review and meta-analysis of trials conducted in the general population and high risk groups. Prev Med. 2017 Dec 29.

Sjostrom L, Peltonen M, Jacobson P, et al. **Bariatric surgery** and long-term cardiovascular events. (**SOS**) JAMA. 2012;307(1):56-65.

Skalski J, Allison TG, Miller TD. The Safety of Cardiopulmonary **Exercise Testing** in a Population with High-Risk Cardiovascular Diseases. Circulation. 2012 Oct 22.

Skinner AC, Perrin EM, Moss LA, et al. **Cardiometabolic Risks and Severity of Obesity** in Children and Young Adults. N Engl J Med. 2015 Oct;373(14):1307-17.

Sliwa K, Acquah L, Gersh BJ, Mocumbi AO. Impact of **Socioeconomic Status, Ethnicity, and Urbanization** on Risk Factor Profiles of Cardiovascular Disease in Africa. Circulation. 2016 Mar 22;133(12):1199-208.

Slopen N, Glynn RJ, Buring JE, et al. **Job Strain, Job Insecurity**, and Incident Cardiovascular Disease in the Women's Health Study: Results from a 10-Year Prospective Study. PLoS One. 2012;7(7):e40512.

Smith P, Ma H, Glazier RH, et al. The Relationship Between **Occupational Standing and Sitting** and Incident Heart Disease Over a 12-Year Period in Ontario, Canada. Am J Epidemiol. 2018 Jan 1;187(1):27-33.

Smith S, Benjamin E, Bonow R, et al. **AHA/ACCF secondary prevention and risk reduction therapy** for patients with coronary and other atherosclerotic vascular disease: 2011 update: A guideline from the American Heart Association and American College of Cardiology Foundation. Circulation. 2011; DOI:10.1161/CIR.0b013e318235eb4d.

Smith TW, Baucom BRW. **Intimate relationships, individual adjustment**, and coronary heart disease: Implications of overlapping associations in psychosocial risk. Am Psychol. 2017 Sep;72(6):578-589.

Smyth A, O'Donnell MJ, Yusuf S, et al. **Sodium** Intake and Renal Outcomes: A Systematic Review. Am J Hypertens. 2014 Feb 7.

Sniderman AD, Toth PP, Thanassoulis G, et al. Taking a **longer term view** of cardiovascular risk: the causal exposure paradigm. BMJ. 2014 May 21;348:g3047.

Soares C, Kwok M, Boucher KA, et al. Performance of Cardiovascular Risk Prediction Models Among People Living With HIV: A Systematic Review and Meta-analysis. JAMA Cardiol. 2022 Dec 28. doi: 10.1001/jamacardio.2022.4873.

Soares-Miranda L, Siscovick DS, Psaty BM, et al. **Physical Activity** and Risk of Coronary Heart Disease and Stroke in Older Adults: The Cardiovascular Health Study. Circulation. 2015 Nov 4.

Soedamah-Muthu SS, De Neve M, Shelton NJ, et al. Joint Associations of **Alcohol Consumption and Physical Activity** With All-Cause and Cardiovascular Mortality. Am J Cardiol. 2013 May 3.

Sofi F, Cesari F, Abbate R, Gensini GF, Casini A. Ad herence to **Mediterranean diet** and health status: meta-analysis. *BMJ* 2008;337:a1344.

Sofi F, Capalbo A, Pucci N, et al. Cardiovascular evaluation, including **resting and exercise electrocardiography**, before participation in competitive sports: cross sectional study. BMJ. 2008 Jul 3;337:a346. doi: 10.1136/bmj.a346.
Among people seeking to take part in competitive sports, exercise ECG can identify those with cardiac abnormalities. Follow-up studies would show if disqualification of such people would reduce the incidence of CV events among athletes.

Sofi F, Abbate R, Gensini GF, Casini A. Accruing evidence on benefits of adherence to the **Mediterranean diet** on health: an updated systematic review and meta-analysis. Am J Clin Nutr. 2010 Nov;92(5):1189-96.

Sofi F, Dinu M, Pagliai G, et al. Low-Calorie **Vegetarian Versus Mediterranean Diets** for Reducing Body Weight and Improving Cardiovascular Risk Profile: CARDIVEG Study (Cardiovascular Prevention With Vegetarian Diet). Circulation. 2018 Feb 26.

Soliman EZ, Zhang Z-M, Chen LY et al. Usefulness of **Maintaining a Normal Electrocardiogram** over Time for Predicting Cardiovascular Health. The American Journal of Cardiology (2016).

Song H, Fang F, Arnberg FK, et al. **Stress related disorders** and risk of cardiovascular disease: population based, sibling controlled cohort study. BMJ. 2019 Apr 10;365:l1255

Song M, Giovannucci E. Preventable Incidence and Mortality of Carcinoma Associated With **Lifestyle Factors** Among White Adults in the United States. JAMA Oncol. 2016 May 19.

Song M, Fung TT, Hu FB, et al. Association of **Animal and Plant Protein** Intake With All-Cause and Cause-Specific Mortality. JAMA Intern Med. 2016 Aug 1.

Song R, Xu H, Dintica CS, et al. Associations Between Cardiovascular Risk, **Structural Brain Changes, and Cognitive Decline**. J Am Coll Cardiol. 2020;75(20):2525-2534.

Smetana GW, Cutlip DE, Pinto DS. **Should We Screen for Coronary Heart Disease in Asymptomatic Persons**?: Grand Rounds Discussion From Beth Israel Deaconess Medical Center. Ann Intern Med. 2016 Apr 5

Smolina K, Wright FL, Rayner M, Goldacre MJ. Determinants of the **decline in mortality from acute myocardial infarction in England** between 2002 and 2010: linked national database study. BMJ 2012;344:d8059.

Sniderman AD, Thanassoulis G, Lawler PR, et al. Comparison of **Coronary Calcium Screening Versus Broad Statin** Therapy for Patients at Intermediate Cardiovascular Risk. Am J Cardiol. 2012 May 9.

Soares C, Kwok M, Boucher KA, et al. Performance of **Cardiovascular Risk Prediction Models Among People Living With HIV:** A Systematic Review and Meta-analysis. JAMA Cardiol. 2022 Dec 28. doi: 10.1001/jamacardio.2022.4873.

Søndergaard MM, Hlatky MA, Stefanick ML, et al. Association of **Adverse Pregnancy Outcomes** With Risk of Atherosclerotic Cardiovascular Disease in Postmenopausal Women. JAMA Cardiol. 2020 Sep 16. doi: 10.1001/jamacardio.2020.4097

Song H, Fang F, Arnberg FK, et al. **Stress related disorders and risk of cardiovascular disease**: population based, sibling controlled cohort study. BMJ. 2019 Apr 10;365:l1255.

Song M, Hu FB, Wu K, et al. **Trajectory of body shape** in early and middle life and all cause and cause specific mortality: results from two prospective US cohort studies. BMJ 2016;353:i2195.

Song YS, Koo BK, Cho NH, Moon MK. Effect of Low Serum Total **Bilirubin Levels** (≤0.32 mg/dl) on Risk of Coronary Artery Disease in Patients With Metabolic Syndrome. Am J Cardiol. 2014 Sep 16.

Sotos-Prieto M, Bhupathiraju SN, Mattei J, et al. Changes in **Diet Quality Scores** and Risk of Cardiovascular Disease Among US Men and Women. Circulation. 2015 Dec 8;132(23):2212-9.

Sotos-Prieto M, Bhupathiraju SN, Mattei J, et al. Association of Changes in **Diet Quality** with Total and Cause-Specific Mortality. N Engl J Med. 2017 Jul 13;377(2):143-153.

Sparling PB, Howard BJ, Dunstan DW, et al. Recommendations for **physical activity** in older adults. BMJ. 2015 Jan 21;350:h100.

Spence JD, Jenkins DJA, and Davignon J. **Egg yolk consumption** and carotid plaque. Atherosclerosis 2012.

Spence JD. A **single fixed-dose combination** (**polypill**) for all patients is bad medicine. Can J Cardiol. 2014 May;30(5):513-6.

Spring B, Ockene JK, Gidding SS, et al. Better Population Health Through **Behavior Change in Adults**: A Call to Action. Circulation. 2013 Oct 7.

Spring B, Moller AC, Colangelo LA, et al. Healthy **Lifestyle Change and Subclinical Atherosclerosis in Young Adults**: Coronary Artery Risk Development in Young Adults (CARDIA) Study. Circulation. 2014 Jul 1;130(1):10-7.

Srikanthan P and Karlamangla AS.**Muscle mass index** as a predictor of longevity in older adults. Am J Med 2014 Jun; 127:547.

Srikanthan P, Horwich TB, Tseng CH. Relation of **Muscle Mass and Fat Mass** to Cardiovascular Disease Mortality. Am J Cardiol. 2016 Apr 15;117(8):1355-60

Srivaratharajah K, Abramson BL. **Identifying and managing younger women at high risk** of cardiovascular disease. CMAJ. 2019 Feb 11;191(6):E159-E163.

Srour B, FezeuLK, Kesse-GuyotE, etal . **Ultra-processed food intake and risk of cardiovascular disease**: prospective cohort study (NutriNet-Santé). BMJ 2019;365:l1451.

Stamatakis E, Ahmadi MN, Gill JMR, et al. Association of **wearable device-measured vigorous intermittent lifestyle physical activity** with mortality. Nat Med. 2022 Dec 8. doi: 10.1038/s41591-022-02100-x.

Stamatakis E, Gale J, Bauman A, et al. **Sitting Time, Physical Activity, and Risk of Mortality** in Adults. J Am Coll Cardiol. 2019 Apr 30;73(16):2062-2072.

Stamatakis E, Hamer M, Dunstan DW et al. **Screen based** entertainment time (TV etc), all-cause mortality, and cardiovascular events. Population based study with ongoing mortality and hospital events follow-up. J Am Coll Cardiol 2011; 57: 292-299.

Stamatakis E, Kelly P, Strain T, et al. Self-rated **walking pace and all-cause, cardiovascular disease and cancer mortality**: individual participant pooled analysis of 50 225 walkers from 11 population British cohorts. Br J Sports Med. 2018 Jun;52(12):761-768.

Stefler D, Pikhart H, Kubinova R, et al. **Fruit and vegetable consumption** and mortality in Eastern Europe: Longitudinal results from the Health, Alcohol and Psychosocial Factors in Eastern Europe study. Eur J Prev Cardiol. 2015 Apr 22.

Steinberger J, Daniels SR, Hagberg N, et al. **Cardiovascular Health Promotion in Children**: Challenges and Opportunities for 2020 and Beyond: A Scientific Statement From the American Heart Association. Circulation. 2016 Sep 20;134(12):e236-e255

Stenestrand U, Wijkman M, Fredrikson M, et al. Association between admission **supine systolic blood pressure** and 1-year mortality in patients admitted to the intensive care unit for acute chest pain. JAMA. 2010 Mar 24;303(12):1167-72.

Stensvold D, Viken H, Steinshamn SL, et al. Effect of **exercise training** for five years on all cause mortality in older adults-the Generation 100 study: randomised controlled trial. BMJ. 2020 Oct 7;371:m3485.

Steriotis AK, Nava A, Rigato I, et al. **Noninvasive Cardiac Screening** in Young **Athletes** With Ventricular Arrhythmias. Am J Cardiol. 2012 Dec 6.
Stessman Jochanan; Hammerman-Rozenberg Robert; Cohen Aaron; et al. **Physical Activity**, Function, and Longevity Among the Very Old. Arch Intern Med. 2009;169(16):1476-1483.
Stewart IJ, Sosnov JA, Howard JT, Orman JA, Fang R, Morrow BD, Zonies DH, Bollinger M, Tuman C, Freedman BA, Chung KK. Retrospective analysis of long-term outcomes after **combat injury**: a hidden cost of war. Circulation. 2015;132:2126-2133.
Stewart RA, Wallentin L, Benatar J, et al. **Dietary patterns** and the risk of major adverse cardiovascular events in a global study of high-risk patients with stable coronary heart disease. *Eur Heart J* 2016.
Stewart RA, Colquhoun DM, Marschner SL, et al. **Persistent psychological distress** and mortality in patients with stable coronary artery disease. Heart;2017 10.1136/heartjnl-2016-311097.
Stewart RAH, Held C, Hadziosmanovic N, et al. **Physical Activity** and Mortality in Patients With Stable Coronary Heart Disease. J Am Coll Cardiol. 2017 Oct 3;70(14):1689-1700.
Stickel AM, Tarraf W, Bainbridge KE, et al. **Hearing Sensitivity, Cardiovascular Risk, and Neurocognitive Function**: The Hispanic Community Health Study/Study of Latinos (HCHS/SOL). JAMA Otolaryngol Head Neck Surg. 2020 Dec 17:e204835
Stockwell T, Zhao J, Roemer A, et al. Do "**moderate" drinkers** have reduced mortality risk? A systematic review and meta–analysis of alcohol consumption and all–cause mortality. J Stud Alcohol Drugs 2016;77:185–98.
Stolarz-Skrzypek K, Kuznwtsova T, Thijs L et al. Fatal and nonfatal outcomes, incidence of hypertension, and BP changes in relation to urinary **sodium excretion**. JAMA 2011; 305: 1777-1785.
Stone GW et al. for the **PROSPECT** Investigators. A prospective **natural-history study of coronary atherosclerosis**. N Engl J Med 2011 Jan 20; 364:226.
Stone GW, Maehara A, Lansky AJ, et al. A prospective **natural-history study of coronary atherosclerosis**. N Engl J Med. 2011;364:226 –235.
St-Onge MP, Ard J, Baskin ML, et al. **Meal Timing and Frequency**: Implications for Cardiovascular Disease Prevention: A Scientific Statement From the American Heart Association. Circulation. 2017 Jan 30.
Strak M, Weinmayr G, Rodopoulou S, et al. Long term exposure to **low level air pollution and mortality** in eight European cohorts within the ELAPSE project: pooled analysis. BMJ. 2021 Sep 1;374:n1904
Strange JE, Holt A, Blanche P, et al. **Oral fluoroquinolones and risk** of aortic or mitral regurgitation: a nationwide nested case-control study. Eur Heart J. 2021 Jul 10:ehab374.
Strath SJ, Kaminsky LA, Ainsworth BE, et al. Guide to the assessment of **physical activity**: clinical and research applications: a scientific statement from the american heart association. Circulation. 2013 Nov 12;128(20):2259-79.
Strazzullo Pasquale, D'Elia Lanfranco, et al. **Salt** intake, stroke, and cardiovascular disease: meta-analysis of prospective studies. BMJ 2009;339:b4567, doi: 10.1136/bmj.b4567 (24 November 2009).
Streed CG Jr, Harfouch O, Marvel F, et al. Cardiovascular Disease Among **Transgender** Adults Receiving **Hormone Therapy**: A Narrative Review. Ann Intern Med. 2017 Jul 25.
Stringhini S, Carmeli C, Jokela M, etal . **Socioeconomic status, non-communicable disease risk factors**, and **walking speed** in older adults: multi-cohort population based study. BMJ 2018;360:k1046.
Ström M, Halldorsson TI, Mortensen EL, et al. **Fish, n-3 fatty acids and cardiovascular diseases in women** of reproductive age. A prospective study in a large national cohort. Hypertension 2011
Strongman H, Gadd S, Matthews A, et al. Medium and long-term **risks of specific cardiovascular diseases in survivors of 20 adult cancers**: a population-based cohort study using multiple linked UK electronic health records databases. Lancet. 2019 Aug 20.
Strongman H, Herrett E, Jackson R, et al. **Cancer history as a predictor** in cardiovascular risk scores: a primary care cohort study. Br J Gen Pract. 2022 Oct 7:BJGP.2022.0088.
Suckling RJ, He FJ, MacGregor GA. Altered dietary salt intake for preventing and treating diabetic kidney disease. Cochrane Database of Systematic Reviews 2010, Issue 12. Art. No.: CD006763.
Sud M, Han L, Koh M, et al. Association Between **Adherence to Fractional Flow Reserve Treatment Thresholds** and Major Adverse Cardiac Events in Patients With Coronary Artery Disease. JAMA. 2020 Nov 13:e2022708
Suh Y, Lee CJ, Cho DK, et al. Impact of National Health Checkup Service on **Hard Atherosclerotic Cardiovascular Disease** Events and All-Cause Mortality in the General Population. Am J Cardio. 2017
Sukkar L, Hong D, Wong MG, et al. Effects of **ischaemic conditioning** on major clinical outcomes in people undergoing invasive procedures: systematic review and meta-analysis. BMJ. 2016 Nov 7;355:i5599.
Sumner JA, Kubzansky LD, Elkind MS, et al. **Trauma Exposure and Posttraumatic Stress Disorder Symptoms** Predict Onset of Cardiovascular Events in Women. Circulation. 2015 Jun 29.
Sun Qi; Townsend Mary K.; Okereke Olivia I.; et al. **Physical Activity** at Midlife in Relation to Successful Survival in Women at Age 70 Years or Older. (Nurses' Health Study) *Arch Intern Med*. 2010;170(2):194-201.
Sun Q, Townsend MK, Okereke OI, et al. **Alcohol consumption** at midlife and successful ageing in women: a prospective cohort analysis in the nurses' health study. PLoS Med. 2011 Sep;8(9)
Sun Q, Kiernan UA, Shi L, et al. Plasma **Retinol-Binding Protein 4 (RBP4)** Levels and Risk of Coronary Heart Disease: A Prospective Analysis Among Women in the Nurses' Health Study. Circulation. 2013 May 14;127(19):1938-47
Sun Y, Liu B, Rong S, et al. Association of **Seafood Consumption and Mercury Exposure** With Cardiovascular and All-Cause Mortality Among US Adults. JAMA Netw Open. 2021 Nov 1;4(11):e2136367.
Sun Y, Liu B, Snetselaar LG, et al. Association of **fried food consumption with all cause, cardiovascular, and cancer mortality**: prospective cohort study. BMJ. 2019 Jan 23;364:k5420.
Superko HR, Superko SM, Nasir K, et al. **Omega-3 Fatty Acid blood levels**: clinical significance and controversy. Circulation. 2013 Nov 5;128(19):2154-61.
Suri S, Topiwala A, Chappell MA, et al. Association of **Midlife Cardiovascular Risk Profiles With Cerebral Perfusion** at Older Ages. JAMA Netw Open. 2019 Jun 5;2(6):e195776.
Svensson T, Saito E, Svensson AK, et al. Association of **Sleep Duration With All- and Major-Cause Mortality** Among Adults in Japan, China, Singapore, and Korea. JAMA Netw Open. 2021 Sep 1;4(9):e2122837.
Sverre E, Peersen K, Husebye E, et al. **Unfavourable risk factor control after coronary events** in routine clinical practice. BMC Cardiovasc Disord. 2017 Jan 21;17(1):40.
Swaminathan S, Dehghan M, Raj JM, et al. Associations **of cereal grains intake** with cardiovascular disease and mortality across 21 countries in Prospective Urban and Rural Epidemiology study: prospective cohort study. BMJ. 2021 Feb 3;372:m4948
Swerdel JN, Janevic TM, Cosgrove NM, Kostis JB; Myocardial Infarction Data Acquisition System (MIDAS 24) Study Group. The effect of **hurricane sandy** on cardiovascular events in new jersey. J Am Heart Assoc. 2014 Dec 8;3(6).
Tadrous M, Shakeri A, Chu C, et al. **Assessment of Stimulant Use** and Cardiovascular Event Risks Among Older Adults. JAMA Netw Open. 2021 Oct 1;4(10):e2130795.
Tan SM, Han E, Quek RYC, et al. A systematic review of **community nursing interventions focusing on improving outcomes** for individuals exhibiting risk factors of cardiovascular disease. J Adv Nurs. 2019 Oct 7.
Taneri PE, Wehrli F, Roa Diaz ZM, et al. Association Between **Ultra-Processed Food İntake and All-Cause Mortality**: A Systematic Review and Meta-Analysis. Am J Epidemiol. 2022 Mar 1:kwac039.
Tang G, Wang D, Long J, et al. Meta-Analysis of the Association Between **Whole Grain Intake** and Coronary Heart Disease Risk. Am J Cardiol. 2015 Mar 1;115(5):625-629.
Tang L, Patao C, Chuang J, Wong ND. **Cardiovascular Risk Factor Control and Adherence to Recommended Lifestyle** and Medical Therapies in Persons With Coronary Heart Disease (from the National Health and Nutrition Examination Survey 2007-2010). Am J Cardiol. 2013 Jul 2.
Tang WHW, Wang Z, Levison BS, et al. Intestinal microbial metabolism of **phosphatidylcholine** (lecithin & metabolite TMAO) and cardiovascular risk. N Engl J Med 2013;368:1575-84.
Tanz L, Stuart J, Williams P, et al. **Preterm delivery and maternal cardiovascular disease** in young and middle aged adult women. Circulation 2017.
Tawakol A, Ishai A, Takx RAP, et al. Relation between resting **amygdalar activity** and cardiovascular events: a longitudinal and cohort study. Lancet 2017; online Jan 11.
Tawakol A, Osborne MT, Wang Y, et al. **Stress-Associated Neurobiological Pathway** Linking Socioeconomic Disparities to Cardiovascular Disease. J Am Coll Cardiol. 2019 Jul 2;73(25):3243-3255.
Taylor JL, Holland DJ, Keating SE, et al. Short-term and Long-term Feasibility, Safety, and Efficacy of **High-Intensity Interval Training** in Cardiac Rehabilitation: The FITR Heart Study Randomized Clinical Trial. JAMA Cardiol. 2020 Sep 2. doi: 10.1001/jamacardio.2020.3511.
Taylor RS, Ashton KE, Moxham T, et al. **Reduced dietary salt** for the prevention of cardiovascular disease. Cochrane Database of Systematic Reviews 2011, Issue 7. Art. No.: CD009217. DOI: 10.1002/14651858.CD009217. Despite collating more event data than previous systematic reviews of randomised controlled trials (665 deaths in some 6,250 participants), there is still insufficient power to exclude clinically important effects of reduced dietary salt on mortality or cardiovascular morbidity in normotensive or hypertensive populations. Further RCT evidence is needed to confirm whether restriction of sodium is harmful for people with heart failure. Our estimates of benefits from dietary salt restriction are consistent with the predicted small effects on clinical events attributable to the small blood pressure reduction achieved.
Taylor-Bateman V, Gill D, Georgakis M, et al: (ICBP). Cardiovascular **Risk Factors and MRI Markers of Cerebral Small Vessel Disease**: A Mendelian Randomization Study. Neurology. 2021 Nov 29:10.1212/WNL.0000000000013120.
Telles F, McNamara N, Nanayakkara S, et al. **Changes in the Preterm Heart** From Birth to Young Adulthood: A Meta-analysis. Pediatrics. 2020;e20200146.
Temple JL, Ziegler AM, Graczyk A, et al. Cardiovascular Responses to **Caffeine** by Gender and Pubertal Stage. Pediatrics. 2014 Jun 16.
Temporelli PL, Zito G, Faggiano P; **SOCRATES** Investigators. Cardiovascular Risk Profile and **Lifestyle Habits** in a Cohort of Italian Cardiologists (from the SOCRATES Survey). Am J Cardiol. 2013 Apr 12.
Teo K, Lear S, Islam S, et al. Prevalence of a **healthy lifestyle** among individuals with cardiovascular disease in high-, middle- and low-income countries. The Prospective Urban Rural Epidemiology (**PURE**) study. JAMA 2013; 309:1613-1621.
Terada T, Cotie LM, Tulloch H, et al. Sustained Effects of **Different Exercise Modalities on Physical and Mental Health** in Patients With Coronary Artery Disease: A Randomized Clinical Trial. Canadian Journal of Cardiology, June 2022:1-9. https://doi.org/10.1016/j.cjca.2022.03.017
Thijssen DHJ, Redington A, George KP, et al. Association of **Exercise Preconditioning** With Immediate Cardioprotection: A Review. JAMA Cardiol. 2018 Feb 1;3(2):169-176.
Thomas B, Matsushita K, Abate KH, et al. **Global Cardiovascular and Renal Outcomes** of Reduced GFR. J Am Soc Nephrol. 2017 Apr 13.
Thomas Mathew, Haas Tammy S., Doerer Joseph J., et al. Epidemiology of Sudden Death in Young, **Competitive Athletes Due to Blunt Trauma**. Pediatrics 2011; 128:1 e1-e8; doi:10.1542/peds.2010-2743
Thomas RJ, Beatty AL, Beckie TM, et al. **Home-Based Cardiac Rehabilitation**: A Scientific Statement From the American Association of Cardiovascular and Pulmonary Rehabilitation, the American Heart Association, and the American College of Cardiology. J Am Coll Cardiol. 2019 May 7.

Thompson AS, Tresserra-Rimbau A, Karavasiloglou N, et al. Association of **Healthful Plant-based Diet Adherence** With Risk of Mortality and Major Chronic Diseases Among Adults in the UK. JAMA Netw Open. 2023 Mar 1;6(3):e234714.
Thompson B, Waterhouse M, English DR, et al. **Vitamin D supplementation** and major cardiovascular events: D-Health randomised controlled trial. BMJ. 2023 Jun 28;381:e075230.
Thompson RC, Allam AH, Lombardi GP, et al. **Atherosclerosis across 4000 years of human history**: The **HORUS** study of four ancient populations. Lancet 2013.
Thorndike AN, Gelsomin ED, McCurley JL, Levy DE. **Calories Purchased by Hospital Employees** After Implementation of a Cafeteria Traffic Light-Labeling and Choice Architecture Program. JAMA Netw Open. 2019 Jul 3;2(7):e196789.
Thorsten Jensen M, Suadicani P, Ole Hein H, Gyntelberg F. **Elevated resting heart rate**, physical fitness and all-cause mortality: a 16-year follow-up in the Copenhagen Male Study. Heart doi:10.1136/heartjnl-2012-303375.
Threapleton DE, Greenwood DC, Evans CEL, et al. **Dietary fibre intake** and risk of cardiovascular disease: systematic review and meta-analysis. BMJ 2013;347:f6879.
Thurston GD, Burnett RT, Turner MC, et al. Ischemic Heart Disease Mortality and Long-Term Exposure to Source-Related Components of **U.S. Fine Particle Air Pollution**. Environ Health Perspect. 2015 Dec 2.
Tian M, Ajay V, Dunzhu D, et al. A Cluster-Randomized Controlled Trial of a **Simplified Multifaceted Management Program** for Individuals at High Cardiovascular Risk (**SimCard** Trial) in Rural Tibet, China, and Haryana, India. Circulation. 2015 Jul 17.
Tigbe WW, Granat MH, Sattar N, et al. **Time spent in sedentary posture** is associated with waist circumference and cardiovascular risk. Int J Obes (Lond). 2017 Mar 7.
Tikkanen E, Gustafsson S, Ingelsson E. Associations of **Fitness, Physical Activity, Strength, and Genetic Risk** With Cardiovascular Disease: Longitudinal Analyses in the UK Biobank Study. Circulation. 2018 Apr 9.
Tillmann T, Vaucher J, Okbay A, et al. **Education and coronary heart disease**: mendelian randomisation study. BMJ 2017;358:j3542.
Tillmann T, Pikhart H, Peasey A, et al. **Psychosocial and socioeconomic determinants** of cardiovascular mortality in Eastern Europe: A multicentre prospective cohort study. PLoS Med. 2017 Dec 6;14(12):e1002459.
Tirosh A et al. Adolescent **BMI trajectory and risk of diabetes versus coronary disease**. N Engl J Med 2011 Apr 7; 364:1315.
Tivesten A et al. **Dehydroepiandrosterone** (**DHEA**) and its sulfate predict the 5-year risk of coronary heart disease events in elderly men. J Am Coll Cardiol 2014 Oct 28; 64:1801.
Tobe SW, Stone JA, Brouwers M, et al. **Harmonization of guidelines** for the prevention and treatment of cardiovascular disease: the **C-CHANGE Initiative**. CMAJ. 2011 Sep 12.
Tobe SW, Stone JA, et al. Canadian Cardiovascular Harmonized National Guidelines Endeavour (**C-CHANGE**) guideline for the prevention and management of **cardiovascular disease in primary care: 2018 update**. CMAJ. 2018 Oct 9;190(40):E1192-E1206.
Tobías A, Armstrong B, Gasparrini A, et al. Effects of **high summer temperatures** on mortality in 50 Spanish cities. Environ Health. 2014 Jun 9;13(1):48.
Toews I, Lohner S, Küllenberg de Gaudry D, etal . Association between **intake of non-sugar sweeteners and health outcomes**: systematic review and meta-analyses of randomised and non-randomised controlled trials and observational studies. BMJ 2018;363:k4718.
Tofler GH, Spinaze M, Shaw E, Buckley T. **Therapy for Triggered Acute Risk Prevention** in Subjects at Increased Cardiovascular Risk. Am J Cardiol. 2013 Apr 3.
Tomdio A, Ritchie M, Miller AC. **Omega-3 Fatty Acids** and Cardiovascular Disease Prevention. Am Fam Physician. 2019 Aug 15;100(4):209-210.
Ton TG, Fogg TT, Fong CT, et al. Knowledge, perception, and **behaviors of relatives** of people with premature heart disease: a systematic literature review. Circulation. 2011 Aug 23;124(8):958-64.
Tonelli M, Muntner P, Lloyd A, et al. Risk of coronary events in people with **chronic kidney disease** compared with those with diabetes: a population-level cohort study. Lancet 2012
Tong TY, Wareham NJ, et al. Prospective association of the **Mediterranean diet** with cardiovascular disease incidence and mortality and its population impact in a non-Mediterranean population: the **EPIC-Norfolk** study. BMC Med. 2016 Sep 29;14(1):135.
Tong TYN, Appleby PN, Bradbury KE, et al. Risks of **ischaemic heart disease and stroke in meat eaters, fish eaters, and vegetarians** over 18 years of follow-up: results from the prospective EPIC-Oxford study. BMJ. 2019 Sep 4;366:l4897.
Traiperm N, Gatterer H, Wille M, Burtscher M. Cardiac Troponins in Young **Marathon Runners**. Am J Cardiol. 2012 May 9.
Tresserra-Rimbau A, Rimm EB, Medina-Remón A, et al; PREDIMED Study Investigators. **Polyphenol intake** and mortality risk: a re-analysis of the PREDIMED trial. BMC Med. 2014 May 13;12(1):77.
Trichopoulou A, Bamia C, Trichopoulos D. Anatomy of health effects of **Mediterranean diet**: Greek EPIC prospective cohort study. BMJ. 2009 Jun 23;338:b2337. doi: 10.1136/bmj.b2337. Some food groups in the Mediterranean diet are more important than others in promoting health and longer life, according to this prospective cohort study from the Greek segment of the European Prospective Investigation into Cancer and nutrition (EPIC). The researchers investigated the importance of individual components of the diet and found that eating more vegetables, fruits, nuts, pulses, and olive oil, and drinking moderate amounts of alcohol is linked to people living longer, whereas following a Mediterranean diet high in seafood and cereals and low in dairy products was not an indicator of longevity.
Trieu K, Bhat S, Dai Z, et al. **Biomarkers of dairy fat intake,** incident cardiovascular disease, and all-cause mortality: A cohort study, systematic review, and meta-analysis. PLoS Med. 2021 Sep 21;18(9):e1003763.
Trieu K, Neal B, Hawkes C, et al. **Salt Reduction Initiatives around the World** - A Systematic Review of Progress towards the Global Target. PLoS One. 2015 Jul 22;10(7):e0130247.
Triglyceride Coronary Disease Genetics Consortium and Emerging Risk Factors Collaboration, Sarwar N, Sandhu MS, Ricketts SL et al. **Triglyceride**-mediated pathways and coronary disease: collaborative analysis of 101 studies. Lancet. 2010 May 8;375(9726):1634-9.
Trudel X, Brisson C, Talbot D, et al. **Long Working Hours** and Risk of Recurrent Coronary Events. J Am Coll Cardiol. 2021 Apr 6;77(13):1616-1625
Tsaban G, Yaskolka Meir A, Rinott E, et al. The effect of green **Mediterranean diet on cardiometabolic risk**; a randomised controlled trial. Heart. 2020 Nov 23:heartjnl-2020-317802
Tschiderer L, Seekircher L, Kunutsor SK, et al. **Breastfeeding** Is Associated With a Reduced Maternal Cardiovascular Risk: Systematic Review and Meta-Analysis Involving Data From 8 Studies and 1 192 700 Parous Women. J Am Heart Assoc. 2022 Jan 18;11(2):e022746
Tsuyuki RT et al. Effectiveness of **community pharmacist prescribing** and care on **cardiovascular risk reduction**: Randomized controlled **RxEACH** trial. J Am Coll Cardiol 2016 Apr 4.
Tsuyuki RT, Al Hamarneh YN, Jones CA, et al. The Effectiveness of **Pharmacist Interventions on Cardiovascular Risk**: The Multicenter Randomized Controlled **RxEACH** Trial. J Am Coll Cardiol. 2016 Jun 21;67(24):2846-54.
Tu JV, Chu A, Donovan LR, et al. The Cardiovascular Health in Ambulatory Care Research Team (**CANHEART**): Using **Big Data to Measure and Improve Cardiovascular Health** and Healthcare Services. Circ Cardiovasc Qual Outcomes. 2015 Feb 3.
Tu JV, Chu A, Rezai MR et al. The Incidence of Major **Cardiovascular Events in Immigrants** to Ontario, Canada: The **CANHEART** Immigrant Study. Circulation. 2015 Aug 31.
Tu SJ, Gallagher C, Elliott AD, et al. **Alcohol consumption and risk** of ventricular arrhythmias and sudden cardiac death: An observational study of 408,712 individuals. Heart Rhythm, 2021;1-8 https://doi.org/10.1016/j.hrthm.2021.09.040
Tu WJ, Ma GZ, Ni Y, et al. **Copeptin and NT-proBNP for prediction** of all-cause and cardiovascular death in ischemic stroke. Neurology. 2017 May 16;88(20):1899-1905.
Tucker Andrew M.; Vogel Robert A.; Lincoln Andrew E.; et al. Prevalence of Cardiovascular Disease Risk Factors Among **National Football League** Players. JAMA. 2009;301(20):2111-2119.
Tucker WJ, Fegers-Wustrow I, Halle M, et al. **Exercise for Primary and Secondary Prevention** of Cardiovascular Disease: JACC Focus Seminar 1/4. J Am Coll Cardiol. 2022 Sep 13;80(11):1091-1106.
Turner MC, Jerrett M, Pope Iii CA, et al. Long-Term **Ozone Exposure** and Mortality in a Large Prospective Study. Am J Respir Crit Care Med. 2015 Dec 17.
Tyrovolas S, Panagiotakos D, Georgousopoulou E, et al. **Skeletal muscle mass in relation to 10 year cardiovascular disease incidence** among middle aged and older adults: the ATTICA study. J Epidemiol Community Health. 2019 Nov 11. doi:10.1136/jech-2019-212268.
Tzoulaki Ioanna; Liberopoulos George; A. Ioannidis John P.. **Assessment of Claims** of Improved Prediction **Beyond the Framingham** Risk Score. JAMA. 2009;302(21):2345-2352.
Tzoulaki I, Siontis KCM, Ioannidis JPA. Prognostic effect size of **cardiovascular biomarkers** in datasets from observational studies versus randomised trials: meta-epidemiology study. BMJ 2011;343:d6829.
Tzoulaki I, Elliott P, Kontis V, et al. **Worldwide Exposures** to **Cardiovascular Risk Factors** and Associated Health Effects: Current Knowledge and Data Gaps. Circulation. 2016 Jun 7;133(23):2314-33.
Uberoi A, Stein R, Freeman J, et al. Interpretation of the **electrocardiogram of young athletes**. Circulation. Circulation 2011; 124:746-757.
Udell JA, Steg PG, Scirica BM, et al. **Living alone** and cardiovascular risk in outpatients at risk or with atherothrombosis. Arch Intern Med 2012.
Udell JA, Lu H, Redelmeier DA. **Failure of fertility therapy** and subsequent adverse cardiovascular events. CMAJ. 2017 Mar 13;189(10):E391-E397.
Umpierre D, Ribeiro P. B., Kramer CK., et al. **Physical Activity Advice** Only or Structured **Exercise** Training and Association With HbA1c Levels in Type 2 Diabetes: A Systematic Review and Meta-analysis. JAMA. 2011;305(17):1790-1799.
Unverzagt FW, McClure LA, Wadley VG, et al. **Vascular risk factors** and cognitive impairment in a stroke-free cohort. Neurology. 2011 Nov 8;77(19):1729-36.
Usoro AO, Bradford N, Shah AJ, Soliman EZ. Risk of Mortality in Individuals With **Low QRS Voltage** and Free of Cardiovascular Disease. Am J Cardiol. 2014 May 1;113(9):1514-7.
USPSTF: U.S. Preventive Services Task Force. Using **nontraditional risk factors** in coronary heart disease risk assessment: U.S. Preventive Services Task Force recommendation statement. Ann Intern Med. 2009 Oct 6;151(7):474-82.
USPSTF: US Preventive Services Task Force. **Behavioral counseling to promote a healthful diet and physical activity** for cardiovascular disease prevention in adults without cardiovascular risk factors: US Preventive Services Task Force recommendation statement.JAMA. doi:10.1001/jama.2017.7171 7.
USPSTF: US Preventive Services Task Force. **Risk assessment** for cardiovascular disease with **nontraditional risk factors**: US Preventive Services Task Force Recommendation Statement [online July 10, 2018]. JAMA. 2018. doi:10.1001/jama.2018.8359
USPSTF: Krist AH, Davidson KW, Mangione CM, et al. Behavioral Counseling Interventions to Promote a Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk Factors: US Preventive Services Task Force Recommendation Statement. JAMA. 2020 Nov 24;324(20):2069-2075

USPSTF: O'Connor EA, Evans CV, Rushkin MC, et al. Behavioral Counseling to Promote a **Healthy Diet and Physical Activity** for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk Factors: Updated Evidence Report and Systematic Review for the US Preventive Services Task Force. JAMA. 2020 Nov 24;324(20):2076-2094

USPSTF: Mangione CM, Barry MJ, Nicholson WK, et al. Behavioral Counseling Interventions to Promote a **Healthy Diet and Physical Activity** for Cardiovascular Disease Prevention in Adults Without Cardiovascular Disease Risk Factors: US Preventive Services Task Force Recommendation Statement. JAMA. 2022 Jul 26;328(4):367-374.

USPSTF: Patnode CD, Redmond N, Iacocca MO, Henninger M. Behavioral Counseling **Interventions to Promote a Healthy Diet and Physical Activity** for Cardiovascular Disease Prevention in Adults Without Known Cardiovascular Disease Risk Factors: Updated Evidence Report and Systematic Review for the US Preventive Services Task Force. JAMA. 2022 Jul 26;328(4):375-388.

Ussery EN, Fulton JE, Galuska DA, et al. Joint **Prevalence of Sitting Time and Leisure-Time Physical Activity** Among US Adults, 2015-2016. JAMA. 2018 Nov 20;320(19):2036-2038.

Uzhova I, Fuster V, Fernández-Ortiz A, et al. The importance of **breakfast** in atherosclerosis disease: insights from the **PESA** study. J Am Coll Cardiol 2017;70:1833–42.

Vadiveloo M, Lichtenstein AH, Anderson C, et al. Rapid **Diet Assessment Screening Tools** for Cardiovascular Disease Risk Reduction Across Healthcare Settings: A Scientific Statement From the American Heart Association. Circ Cardiovasc Qual Outcomes. 2020;HCQ0000000000000094.

Vaduganathan M, De Palma G, Manerba A, et al. Risk of cardiovascular hospitalizations from exposure to **coarse particulate matter** (PM10) below the European Union safety threshold. *Am J Cardiol* 2016.

Vaidya D, Becker DM, Bittner V, et al. **Ageing, menopause, and ischaemic heart disease** mortality in England, Wales, and the United States: modeling study of national mortality data. BMJ 2011; 343: DOI:10.1136/bmj.d5170.

Väistö J, Haapala EA, Viitasalo A, et al. Longitudinal associations of **physical activity and sedentary time** with cardiometabolic risk factors in children. Scand J Med Sci Sports. 2018 Oct 1.

Valero-Elizondo J, Salami JA, Osondu CU, et al. **Economic Impact of Moderate-Vigorous Physical Activity** Among Those With and Without Established Cardiovascular Disease: 2012 Medical Expenditure Panel Survey. J Am Heart Assoc. 2016 Sep 7;5(9).

Valenti V, Hartaigh B, Heo R, et al. A 15-year warranty period for **asymptomatic individuals without coronary artery calcium**: A prospective follow-up of 9715 individuals. *J Am Coll Cardiol Img* 2015.

Valenti V, Hartaigh B, Cho I, et al. Absence of **coronary artery calcium** identifies asymptomatic diabetic individuals at low near-term but not long-term risk of mortality: A 15-year follow-up study of 9715 patients. *Circ Cardiovasc Imaging*2016.

Valenzuela PL, Santos-Lozano A, Barrán AT, et al. Joint association of **physical activity and body mass index** with cardiovascular risk: a nationwide population-based cross-sectional study. Eur J Prev Cardiol. 2021 Jan 26:zwaa151

Valenzuela-Alcaraz B, Crispi F, Bijnens B, et al. **Assisted Reproductive Technologies** Are Associated With Cardiovascular Remodeling In Utero That Persists Postnatally. Circulation. 2013 Sep 24;128(13):1442-1450.

Vallance JK, Gardiner PA, Lynch BM, et al. **Evaluating the Evidence on Sitting, Smoking, and Health**: Is **Sitting Really the New Smoking?** Am J Public Health. 2018 Nov;108(11):1478-1482

Valli C, Rabassa M, Johnston BC, et al. **Health-related values and preferences regarding meat consumption**. A mixed-methods systematic review. Ann Intern Med. 1 October 2019 [Epub ahead of print]. doi:10.7326/M19-1326

Valtorta NK, Kanaan M, Gilbody S, et al. **Loneliness and social isolation** as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies. Heart. 2016 Apr 18.

van den Berg MJ, Bhatt DL, Kappelle LJ, et al. Identification of **vascular patients** at very high risk for recurrent cardiovascular events: validation of the current **ACC/AHA very high risk criteria**. Eur Heart J. 2017 Mar 28.

van den Berg MJ, Westerink J, van der Graaf Y, et al. **Risk Factors for Recurrent Cardiovascular Events Before Age 65 Years or Within 2.5 Years of a Recent First Cardiovascular Event**. Am J Cardiol. 2017 Jul 15;120(2):167-173.

van der Heijden AA, Ortegon MM, Niessen LW, et al. Prediction of coronary heart disease risk in a general, pre-diabetic, and diabetic population during 10 years of follow-up: accuracy of the Framingham, SCORE, and UKPDS risk functions: The Hoorn Study. Diabetes Care. 2009 Nov;32(11):2094-8. The use of the Framingham function for prediction of the first CHD event is likely to overestimate an individual`s absolute CHD risk. In CHD prevention, application of the **SCORE and UKPDS functions** might be useful in the absence of a more valid tool.

van der Leeuw J, van Dieren S, Beulens JW, et al. The **validation of cardiovascular risk scores for patients with type 2 diabetes mellitus**. Heart. 2014 Sep 25.

van der Ploeg HP, Chey T, Korda RJ, Banks E, Bauman A. **Sitting time** and all-cause mortality risk in 222 497 Australian adults. Arch Intern Med. 2012; 172(6):494-500.

Van Hemelrijk M, Garmo H, Holmberg L, Ingelsson E, Bratt O, Bill-Axelson A, et al. Absolute and relative risk of cardiovascular disease in men with **prostate cancer**; results from the Population-based PCBaSe Sweden. J Clin Oncol 2010;28:3448-56.Viera AJ,

Van Kempen BJH, Spronk S, Koller M, et al. Comparative effectiveness and cost-effectiveness of **computed tomography screening** for coronary artery calcium in asymptomatic individuals. J Am Coll Cardiol 2011; 58:1690-701.

van Nimwegen FA, Schaapveld M, Janus CPM, et al. **Cardiovascular disease after Hodgkin lymphoma** treatment: 40-year disease risk [online April 27, 2015]. JAMA Intern Med. doi:10.1001/jamainternmed.2015.1180.

Van Parys A, Sæle J, Puaschitz NG, et al. The association between **dairy intake and risk** of cardiovascular disease and mortality in patients with stable angina pectoris. Eur J Prev Cardiol. 2022 Sep 22:zwac217

van Veldhuisen SL, Gorter TM, van Woerden G, et al. **Bariatric surgery and cardiovascular disease**: a systematic review and meta-analysis. Eur Heart J. 2022 May 21;43(20):1955-1969.

Van Vliet BN, Campbell NR; Canadian Hypertension Education Program. Efforts to **reduce sodium intake** in Canada: why, what, and when? Can J Cardiol. 2011 Jul-Aug;27(4):437-45.

Varma VR, Dey D, Leroux A, et al. Re-evaluating the effect of **age on physical activity over the lifespan**. Prev Med. 2017 Jun 1;101:102-108

Vassy JL, Lu B, Ho YL, et al. Estimation of **Atherosclerotic Cardiovascular Disease** Risk Among Patients in the Veterans Affairs Health Care System. JAMA Netw Open. 2020;3(7):e208236.

Vassy JL, Posner DC, Ho YL, et al. Cardiovascular **Disease Risk Assessment Using Traditional Risk Factors and Polygenic Risk Scores** in the Million Veteran Program. JAMA Cardiol. 2023 May 3. doi: 10.1001/jamacardio.2023.0857.

Vaucher J, Marques-Vidal P, Preisig M, et al. Population and economic impact of the **2013 ACC/AHA guidelines compared with European guidelines** to prevent cardiovascular disease. *Eur Heart J* 2014.

Vaught AJ, Kovell LC, Szymanski LM, et al. Acute cardiac effects of **severe pre-eclampsia**. J Am Coll Cardiol 2018;72:1–11.

Vazir A, Claggett B, Cheng S, et al. Association of **Resting Heart Rate and Temporal Changes in Heart Rate** With Outcomes in Participants of the Atherosclerosis Risk in Communities Study. JAMA Cardiol. 2018 Jan 24.

Vedin O, Hagström E, Budaj A, et al. **Tooth loss** is independently associated with poor outcomes in stable coronary heart disease. *Eur J Prev Cardiol* 2015.

Veeranna V, Zalawadiya SK, Niraj A, et al. **Homocysteine** and reclassification of cardiovascular disease risk. J Am Coll Cardiol2011; 58:1025-1033.

Venkataramani AS, Gandhavadi M, Jena AB. Association Between **Playing American Football in the National Football League** and Long-term Mortality. JAMA. 2018 Feb 1.

Venkatesh S, O'Neal WT, Broughton ST, et al. Utility of Normal Findings on **Electrocardiogram** and Echocardiogram in Individuals >65 Years of Age. Am J Cardio. 2017.

Vernooij JWP, Kaasjager HAH, van der Graaf Y, et al. **Internet based vascular risk factor management** for patients with clinically manifest vascular disease: randomized controlled trial. BMJ 2012.

Vernooij RWM, Zeraatkar D, Han MA, et al. **Patterns of red and processed meat consumption and risk** for cardiometabolic and cancer outcomes. A systematic review and meta-analysis of cohort studies. Ann Intern Med. 1 October 2019 [Epub ahead of print]. doi:10.7326/M19-1583

Veronese N, Trevisan C, De Rui M, et al. **Osteoarthritis** increases the risk of cardiovascular diseases in the elderly: The progetto Veneto anziano study. Arthritis Rheumatol. 2015 Dec 29.

Veronese N, Li Y, Manson JE, et al. Combined associations of **body weight and lifestyle factors** with all cause and cause specific mortality in men and women: prospective cohort study. BMJ. 2016 Nov 24;355:i5855.

Veronese N, Stubbs B, Noale M, et al. **Fried potato consumption** is associated with elevated mortality: an 8-y longitudinal cohort study. Am J Clin Nutr. 2017 Jul;106(1):162-167.

Vest AR, Heneghan HM, Agarwal S, et al. **Bariatric surgery** and cardiovascular outcomes: A systematic review. Heart 2012.

Vetter C, Devore EE, Wegrzyn LR, et al. Association between **rotating night shift work** and risk of coronary heart disease among women. JAMA 2016 Apr 26; 315:1726.

Vicedo-Cabrera AM, Sera F, Liu C, et al. Short term association between **ozone and mortality**: global two stage time series study in 406 locations in 20 countries. BMJ. 2020 Feb 10;368:m108.

Villines TC, Hsu LL, Blackshear C, et al. **Relation of Carotid Intima-Media Thickness** to Cardiovascular Events in Black Americans (From the Jackson Heart Study). Am J Cardiol. 2017 Nov 1;120(9):1528-1532.

Viner RM, Coff ey C, Mathers C, et al. **50-year mortality trends** in children and young people: a study of 50 low-income, middle-income, and high-income countries. Lancet 2011; 377: 1162–74.

Virani SS, Brautbar A, Davis BC, et al. Associations between **lipoprotein (a) levels** and cardiovascular outcomes in African Americans and Caucasians: The atherosclerosis risk in communities (ARIC) study. Circulation 2011.

Virtanen JK, Nurmi T, Aro A, et al. **Vitamin D supplementation and prevention** of cardiovascular disease and cancer in the Finnish Vitamin D Trial-a randomized controlled trial. Am J Clin Nutr. 2022 Jan 4:nqab419.

Virtanen M, Elovainio M, Josefsson K, et al. Coronary heart disease and risk factors as predictors of trajectories of **psychological distress from midlife to old age**. Heart 2017;103:659–65.

Virtanen M, Ferrie JE, Singh-Manoux A, Shipley MJ, Vahtera J, Marmot MG, Kivimäki M. **Overtime work** and incident coronary heart disease: the Whitehall II prospective cohort study. Eur Heart J. 2010 May 11.

Virtanen M, Nyberg ST, Batty GD, et al;PD-Work Consortium. Perceived **job insecurity** as a risk factor for incident coronary heart disease: systematic review and meta-analysis. BMJ. 2013 Aug 8;347:f4746.

Voelker R. **Vacationing More Often** May Reduce Metabolic Syndrome Risk. JAMA. 2019 Aug 14. doi: 10.1001/jama.2019.11134.

Volgman AS, Palaniappan LS, Aggarwal NT, et al. **Atherosclerotic Cardiovascular Disease** in South Asians in the United States: Epidemiology, Risk Factors, and Treatments: A Scientific Statement From the American Heart Association. Circulation. 2018 Jul 3;138(1):e1-e34.

Vos MB, Kaar JL, Welsh JA, et al. **Added Sugars** and Cardiovascular Disease Risk in Children: A Scientific Statement From the American Heart Association. Circulation. 2016 Aug 22.

Vyas MV, Garg AX, Iansavichus AV, et al. **Shift work** and vascular events: systematic review and meta-analysis. BMJ. 2012 Jul 26;345:e4800.

Wade KH, Chiesa ST, Hughes AD, et al. Assessing the **causal role of body mass index on cardiovascular health in young adults**: Mendelian randomization and recall-by-genotype analyses. Circulation. 2018 Nov 13;138(20):2187-2201.

Wade M, Mann S, Copeland RJ, Steele J. Effect of **exercise referral schemes upon health and well-being**: initial observational insights using individual patient data meta-analysis from the National Referral Database. J Epidemiol Community Health. 2019 Nov 18. doi:10.1136/jech-2019-212674.

Wannamethee SG, Shaper AG, Lennon L, et al. Metabolic Syndrome vs **Framingham Risk Score** for Prediction of Coronary Heart Disease, Stroke, and Type 2 Diabetes Mellitus. Arch Intern Med. 2005 Dec 26;165(22):2644-50.

Wannamethee S. Goya; Shaper A. Gerald; Whincup Peter H.; et al. Impact of **Diabetes on Cardiovascular Disease Risk and All-Cause Mortality** in Older Men: Influence of Age at Onset, Diabetes Duration, and Established and Novel Risk Factors. Arch Intern Med. 2011;171(5):404-410.

Wald DS, Bestwick JP, Wald NJ. Child-parent screening for familial hypercholesterolaemia: screening strategy based on a meta-analysis. BMJ. 2007 Sep 22;335(7620):599. Epub 2007 Sep 13. The proposed strategy of screening children and parents for familial hypercholesterolaemia could have considerable impact in preventing the medical consequences of this disorder in two generations simultaneously.

Walldius G, Aastveit AH, Jungner I. Stroke mortality and the **apoB/apoA-I ratio**: results of the AMORIS prospective study. J Intern Med. 2006 Mar;259(3):259-66.

Wang DD, Li Y, Bhupathiraju SN, et al. **Fruit and Vegetable Intake and Mortality**: Results From 2 Prospective Cohort Studies of US Men and Women and a Meta-Analysis of 26 Cohort Studies. Circulation. 2021 Mar 1. doi: 10.1161/CIRCULATIONAHA.120.048996

Wang DD, Toledo E, Hruby A, et al. **Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease** in the **PREDIMED** Trial (Prevención con Dieta Mediterránea). Circulation. 2017 May 23;135(21):2028-2040.

Wang EY, Dixson J, Schiller NB, Whooley MA. **Causes and Predictors of Death** in Patients With Coronary Heart Disease (from the **Heart and Soul Study**). Am J Cardiol. 2016 Sep 29.

Wang H, Dwyer-Lindgren L, Lofgren KT, et al. Age-specific and sex-specific **mortality in 187 countries**, 1970-2010: A systematic analysis for the Global Burden of Disease Study 2010. Lancet 2012; 380:2071-94.

Wang D, Jackson EA, Karvonen-Gutierrez CA, et al. **Healthy Lifestyle During the Midlife Is Prospectively Associated With Less Subclinical Carotid Atherosclerosis**: The Study of Women's Health Across the Nation. J Am Heart Assoc. 2018 Dec 4;7(23):e010405.

Wang F, Harel-Sterling L, Cohen S, et al. Heart failure **risk predictions in adult patients with congenital heart disease**: a systematic review. Heart. 2019 Jul 26.

Wang M, Ma H, Song Q, et al. **Red meat consumption** and all-cause and cardiovascular mortality: results from the UK Biobank study. Eur J Nutr. 2022 Feb 27. doi: 10.1007/s00394-022-02807-0.

Wang N, Sun Y, Zhang H, et al. **Long-term night shift work** is associated with the risk of atrial fibrillation and coronary heart disease. Eur Heart J. 2021 Aug 10:ehab505.

Wang NY, Young JH, et al. Blood pressure change and risk of hypertension associated with **parental hypertension**: the johns hopkins precursors study. Arch Intern Med. 2008 Mar 24;168(6):643-8. Hypertension in both mothers and fathers has a strong independent association with elevated BP levels and incident hypertension over the course of adult life.

Wang Q, Afshin A, Yakoob MY, et al. Impact of **Nonoptimal Intakes of Saturated, Polyunsaturated, and Trans Fat** on Global Burdens of Coronary Heart Disease. J Am Heart Assoc. 2016 Jan 20;5(1).

Wang SY, Tan ASL, Claggett B, et al. Longitudinal Associations Between **Income Changes and Incident Cardiovascular Disease**: The Atherosclerosis Risk in Communities Study. JAMA Cardiol. 2019 Oct 9. doi:10.1001/jamacardio.2019.3788

Wang T, Lu J, Su Q, et al. Ideal Cardiovascular Health Metrics and Major Cardiovascular Events in **Patients With Prediabetes and Diabetes**. JAMA Cardiol. 2019 Jul 31.

Wang TJ et al. Multiple biomarkers for the prediction of first major cardiovascular events and death. N Engl J Med 2006 Dec 21; 355:2631-9. Ware JH. (The limitations of risk factors as prognostic tools. N Engl J Med 2006 Dec 21; 355:2615-7.) After adjustment for traditional cardiovascular risk factors, five biomarkers -- BNP, CRP, albumin/creatinine ratio, homocysteine, and renin -- were associated with higher risk of death from any cause, and two – BNP and albumin/creatinine ratio -- with risk of first major cardiovascular events. However, statistically, these biomarkers added only moderately to the predictive ability of conventional risk factors.

Wang TY. **Lowering Dietary Sodium Intake-Implementing** and Studying the Effectiveness of Public Health Interventions. JAMA Intern Med. 2020 Apr 27. doi: 10.1001/jamainternmed.2020.0909.

Wang X, Claggett BL, Tian L, et al. Quantifying and Interpreting the Prediction Accuracy of Models for the **Time of a Cardiovascular Event-Moving Beyond C Statistic**: A Review. JAMA Cardiol. 2023 Feb 1. doi: 10.1001/jamacardio.2022.5279.

Wang X, Ma H, Li X, et al. Association of **Cardiovascular Health With Life Expectancy** Free of Cardiovascular Disease, Diabetes, Cancer, and Dementia in UK Adults. JAMA Intern Med. 2023 Feb 27:e230015.

Wang X, Ouyang Y, Liu J, et al. **Fruit and vegetable consumption** and mortality from all causes, cardiovascular disease, and cancer: Systematic review and dose-response meta-analysis of prospective cohort studies. *BMJ* 2014

Wang Y, Nie J, Ferrari G, et al. Association of **Physical Activity Intensity** With Mortality: A National Cohort Study of 403 681 US Adults. JAMA Intern Med. 2020 Nov 23. doi: 10.1001/jamainternmed.2020.6331

Wang YH, Wang J, Chen SH, et al. Association of Longitudinal Patterns of **Habitual Sleep Duration** With Risk of Cardiovascular Events and All-Cause Mortality. JAMA Netw Open. 2020;3(5):e205246.

Wang YX, Arvizu M, Rich-Edwards JW, et al. **Menstrual cycle regularity and length** across the reproductive lifespan and risk of premature mortality: prospective cohort study. BMJ. 2020 Sep 30;371:m3464.

Wang YX, Stuart JJ, Rich-Edwards JW, et al. **Menstrual Cycle Regularity and Length** Across the Reproductive Lifespan and Risk of Cardiovascular Disease. JAMA Netw Open. 2022 Oct 3;5(10):e2238513.

Wanigatunga AA, Ambrosius WT, Rejeski WJ, et al. Association Between Structured **Physical Activity and Sedentary Time** in Older Adults. JAMA. 2017 Jul 18;318(3):297-299.

Wanigatunga AA, Di J, Zipunnikov V, et al. Association of Total **Daily Physical Activity and Fragmented Physical Activity** With Mortality in Older Adults. JAMA Netw Open. 2019 Oct 2;2(10):e1912352.

Wannamethee SG, Welsh P, Lowe GD, et al**. N-terminal pro-brain natriuretic peptide** is a more useful predictor of cardiovascular disease risk than **C-reactive protein** in older men with and without preexisting cardiovascular disease. J Am Coll Cardiol 2011; 58:56-64.

Waqar S, Mughal F, Rashid A, et al. Assessment of **cardiovascular risk in primary care**. BMJ. 2016 Jun 13;353:i3022.

Watkins LL, Koch GG, Sherwood A, et al. Association of **anxiety and depression** with all-cause mortality in individuals with coronary heart disease. J Am Heart Assoc. 2013 Mar 19;2(2):e000068.

Wattamwar K, Qian ZJ, Otter J, et al. Association of **Cardiovascular Comorbidities With Hearing Loss** in the Older Old. JAMA Otolaryngol Head Neck Surg. 2018 Jun 14.

Watts EL, Matthews CE, Freeman JR, et al. Association of **Leisure Time Physical Activity Types and Risks** of All-Cause, Cardiovascular, and Cancer Mortality Among Older Adults. JAMA Netw Open. 2022 Aug 1;5(8):e2228510.

Webb M, Fahimi S, Singh GM, et al. Cost effectiveness of a **government supported policy strategy to decrease sodium intake**: global analysis across 183 nations. BMJ. 2017 Jan 10;356:i6699.

Webber BJ, Piercy KL, Hyde ET, Whitfield GP. Association of **Muscle-Strengthening and Aerobic Physical Activity** With Mortality in US Adults Aged 65 Years or Older. JAMA Netw Open. 2022 Oct 3;5(10):e2236778.

Webber BJ, Seguin PG, Burnett DG, et al. Prevalence of and risk factors for **autopsy-determined atherosclerosis** among **US service members**, 2001-2011. JAMA 2012; 308:2577-2583.

Wei Y, Zhang JJ, Li Z, et al. Chronic exposure to **air pollution** particles increases the risk of obesity and metabolic syndrome: findings from a natural experiment in Beijing. FASEB J. 2016 Feb 18.

Weinstein AR, Sesso HD, Lee IM, Rexrode KM, et al. The joint effects of **physical activity** and body mass index on coronary heart disease risk in women. Arch Intern Med. 2008 Apr 28;168(8):884-90. The risk of CHD associated with elevated body mass index is considerably reduced by increased physical activity levels. However, the risk is not completely eliminated, reinforcing the importance of being lean and physically active.

Weinstock MB,Weingart S, Orth F, et al. **Risk for clinically relevant adverse cardiac events** in patients with chest pain at hospital admission [onlineMay 18, 2015]. JAMA Intern Med. doi:10.1001 /jamainternmed.2015.1674.

Weiss J, Freeman M, et al. **Benefits and harms of intensive blood pressure treatment in adults aged 60 years or older**: a systematic review and meta-analysis. Ann Intern Med. 2017. [Epub ahead of print]. doi:10.7326/M16-1754 3.

Welsh JA, Sharma A, Cunningham SA, Vos MB. **Consumption of Added Sugars** and Indicators of Cardiovascular Disease Risk Among US Adolescents. Circulation. 2011 Jan 25;123(3):249-57.

Weintraub WS, Daniels SR, Burke LE, et al. Value of **primordial and primary prevention** for cardiovascular disease: A policy statement from the American Heart Association (**AHA**). Circulation 2011. DOI: 10.1161/CIR.0b013e3182285a81.

Wen CP, Wai JPM, Tsai MK, et al. Minimum amount of **physical activity** for reduced mortality and extended life expectancy: a prospective cohort study. Lancet 2011. (15min a day or 90 min a week of moderate intensity exercise)

Wenger NK. Recognizing **Pregnancy-Associated Cardiovascular Risk Factors**. Am J Cardiol. 2013 Oct 6.

Wennberg P, Gustafsson PE, Dunstan DW, et al. **Television viewing and low leisure-time physical activity** in adolescence independently predict the metabolic syndrome in mid-adulthood. Diabetes Care 2013 .

Wettstein ZS, Hoshiko S, Fahimi J, et al. Cardiovascular and Cerebrovascular Emergency Department Visits Associated With **Wildfire Smoke Exposure** in California in 2015. J Am Heart Assoc. 2018 Apr 11;7(8).

Weustink AC, Mollet NR, Neefjes LA, et al. Diagnostic accuracy and clinical utility of **noninvasive testing** for coronary artery disease. Ann Intern Med. 2010 May 18;152(10):630-9.

Wheeler, Matthew T. Heidenreich, Paul A. Froelicher, Victor F. Et al. Cost-Effectiveness of **Preparticipation Screening** for Prevention of Sudden Cardiac Death in Young **Athletes**. Ann Intern Med March 2, 2010 152:276-286.

Whelton PK. **Urinary sodium** and cardiovascular disease risk. Informing guidelines for sodium consumption. JAMA 2011; 306:2262-2264.

White MP, Alcock I, Grellier J, et al. Spending at least 120 minutes a week in **nature is associated with good health and wellbeing**. Sci Rep. 2019 Jun 13;9(1):7730.

Whitman IR, Agarwal V, Nah G, et al. **Alcohol abuse** and cardiac disease. J Am Coll Cardiol 2017; 69:13–24.

Wickramasinghe CD, Ayers CR, Das S, et al. Prediction of **30-Year Risk** for Cardiovascular Mortality by **Fitness and Risk Factor Levels**. The Cooper Center Longitudinal Study. *Circ Cardiovasc Qual Outcomes* 2014.

Willeit P, Welsh P, Evans JDW, et al. High-Sensitivity **Cardiac Troponin** Concentration and Risk of First-Ever Cardiovascular Outcomes in 154,052 Participants. J Am Coll Cardiol. 2017 Aug 1;70(5):558-568.

Willey JZ, Moon YP, Kahn E, et al. **Population attributable risks of hypertension and diabetes** for cardiovascular disease and stroke in the northern Manhattan study. J Am Heart Assoc. 2014 Sep 16;3(5).
Wilkins JT et al. **Lifetime risk and years lived free** of total cardiovascular disease. JAMA 2012 Nov 7; 308:1795.
Williams MC, Hunter A, Shah AS, et al. Use of **Coronary Computed Tomographic Angiography** to Guide Management of Patients With Coronary Disease. J Am Coll Cardiol. 2016 Apr 19;67(15):1759-68
Williams PT, Thompson PD. **Walking versus running** for hypertension, cholesterol, and diabetes mellitus risk reduction. Arterioscler Thromb Vasc Biol. 2013 May;33(5):1085-91.
Williams PT, Thompson PD. Increased cardiovascular disease mortality associated with **excessive exercise** in heart attack survivors. *Mayo Clin Proc* 2014.
Willis BL, Gao A, Leonard D, et al. **Midlife Fitness** and the Development of Chronic Conditions in Later Life. Arch Intern Med. 2012 Aug 27:1-8.
Willis BL, DeFina LF, Bachmann JM, et al. Association of **Ideal Cardiovascular Health** and Long-term Healthcare Costs. Am J Prev Med. 2015 Nov;49(5):678-85.
Wilmot KA, O'Flaherty M, Capewell S, et al. Coronary Heart Disease **Mortality Declines in the United States From 1979 Through 2011**: Evidence for Stagnation in Young Adults, Especially Women. Circulation. 2015 Sep 15;132(11):997-1002.
Wilson PW, D`Agostino R Sr, Bhatt DL, et al. An **international model** to predict recurrent cardiovascular disease. Am J Med. 2012 Jul;125(7):695-703.e1.
Wilson PW, Pencina MJ. **Estimation of Risk** for Initial Atherosclerotic Cardiovascular Disease Events: Taking Stock and Moving Forward. Circulation. 2016 Dec 6;134(23):1792-1793.
Wijeysundera DN, Beattie WS, Austin PC, et al. **Non-invasive cardiac stress testing** before elective major non-cardiac surgery: population based cohort study. BMJ 2010;340:b5526, doi: 10.1136/bmj.b5526 (Published 28 Jan 2010)
Wijeysundera Harindra C.; Machado Marcio; Farahati Farah et al; Association of **Temporal Trends in Risk Factors** and Treatment Uptake With Coronary Heart Disease Mortality, 1994-2005. JAMA. 2010;303(18):1841-1847.
Wing JJ, August E, Adar SD, et al. Change in **Neighborhood** Characteristics and Change in Coronary Artery Calcium: A Longitudinal Investigation in the MESA (Multi-Ethnic Study of Atherosclerosis) Cohort. Circulation. 2016 Aug 16;134(7):504-13.
Winning A, Glymour MM, McCormick MC, et al. **Psychological Distress** Across the Life Course and Cardiometabolic Risk: Findings From the 1958 British Birth Cohort Study. J Am Coll Cardiol. 2015 Oct 6;66(14):1577-86.
Wong A, Figueroa A, Son WM, et al. The effects of **stair climbing** on arterial stiffness, blood pressure, and leg strength in postmenopausal women with stage 2 hypertension. Menopause. 2018 Feb 12.
Wong CW, Kwok CS, Narain A, et al. **Marital status and risk of cardiovascular diseases**: a systematic review and meta-analysis. Heart. 2018 Jun 19.
Wong ND, Patao C, Malik S, et al. Preventable Coronary Heart Disease Events from Control of Cardiovascular Risk Factors in US **Adults With Diabetes** (Projections from Utilizing the **UKPDS Risk Engine**). Am J Cardiol. 2014 Apr 15;113(8):1356-61.
Wong J, Rexrode K, Sandhu R, et al. Number of **pregnancies and atrial fibrillation risk**: the Women's Health Study. Circulation 2017.
World Health Organization. **Sodium** intake for adults and children. Geneva, Switzerland: 2012.
World Health Organization. **Potassium** intake for adults and children. Geneva, Switzerland: 2012.
Writing Committee, Das SR, Everett BM, et al. 2020 Expert Consensus Decision Pathway on **Novel Therapies for Cardiovascular Risk** Reduction in Patients With Type 2 Diabetes: A Report of the American College of Cardiology Solution Set Oversight Committee. J Am Coll Cardiol. 2020;S0735-1097(20)35391-2
Writing Committee, Virani SS, Morris PB, Agarwala A, et al. 2021 ACC Expert Consensus Decision Pathway on the **Management of ASCVD Risk Reduction** in Patients With Persistent Hypertriglyceridemia: A Report of the American College of Cardiology Solution Set Oversight Committee. J Am Coll Cardiol. 2021 Jul 22:S0735-1097(21)05323-7
Writing Group for the **AREDS2** Research Group. Effect of long-chain **ω-3 fatty acids and lutein + zeaxanthin** supplements on cardiovascular outcomes: results of the Age-Related Eye Disease Study 2 (AREDS2) randomized clinical trial. JAMA Intern Med. doi:10.1001/jamainternmed.2014.328.
Wu CJ, Kao TW, Chang YW, et al. Does the additional component of **calf-circumference** refine metabolic syndrome in Correlating with Cardiovascular Risk? J Clin Endocrinol Metab. 2018 Jan 15.
Wu H, Flint AJ, Qi Q, et al. Association Between Dietary **Whole Grain Intake** and Risk of Mortality: Two Large Prospective Studies in US Men and Women. JAMA Intern Med. 2015 Jan 5.
Wu P, Haththotuwa R, Kwok CS, et al. **Preeclampsia** and Future Cardiovascular Health: A Systematic Review and Meta-Analysis. Circ Cardiovasc Qual Outcomes. 2017 Feb;10(2).
Wu V-C, Wu C-H, Huang T-M, Wang C-Y, et al. NSARF Group: Long-term risk of **coronary events after AKI**. J Am Soc Nephrol 25: XXX–XXX, 2014
Wu W, Masri A, Popovic ZB, et al. Long-term survival of patients with **radiation heart disease** undergoing cardiac surgery: a cohort study. Circulation. 2013 Apr 9;127(14):1476-84.
Wu WY, Biery DW, Berman AN, et al. Impact of **coronary artery calcium testing** on patient management. J Cardiovasc Comput Tomogr. 2021 Dec 17:S1934-5925(21)00481-0.
Wu YT, Luben R, Jones A. **Dog ownership** supports the maintenance of physical activity during poor weather in older English adults: cross-sectional results from the EPIC Norfolk cohort. J Epidemiol Community Health. 2017 Jul 24.
Wuopio J, Ling Y-T, Orho-Melander M, et al. The association between **sodium intake and coronary and carotid atherosclerosis** in the general Swedish population, European Heart Journal Open, Volume 3, Issue 2, March 2023, oead024. https://doi.org/10.1093/ehjopen/oead024
Würtz P, Havulinna AS, Soininen P, et al. **Metabolite profiling** and cardiovascular event risk: a prospective study of 3 population-based cohorts. Circulation. 2015 Mar 3;131(9):774-85.
Xanthakis V, Enserro DM, Murabito JM, et al. **Ideal cardiovascular health**: associations with biomarkers and subclinical disease and impact on incidence of cardiovascular disease in the framingham offspring study. Circulation. 2014 Nov 4;130(19):1676-83.
Xiao Q, Heiss G, Kucharska-Newton A, et al. **Life-Course Neighborhood Socioeconomic Status** and Cardiovascular Events in Black and White Adults in the Atherosclerosis Risk in Communities Study. Am J Epidemiol. 2022 Apr 14:kwac070.
Xie W, Li G, Zhao D, et al. Relationship between fine particulate **air pollution** and ischaemic heart disease morbidity and mortality. Heart. 2015 Feb;101(4):257-63.
Xie W, Lundberg DJ, Collins JM, et al. Association of **Weight Loss** Between Early Adulthood and Midlife With All-Cause Mortality Risk in the US. JAMA Netw Open. 2020;3(8):e2013448.
Xie W, Wang Y, Xiao S, et al. **Association of gestational diabetes mellitus** with overall and type specific cardiovascular and cerebrovascular diseases: systematic review and meta-analysis. BMJ. 2022 Sep 21;378:e070244.
Xu H, Cupples LA, Stokes A, et al. **Association of Obesity With Mortality Over 24 Years of Weight History Findings From the Framingham Heart Study**. JAMA Netw Open. 2018;1(7):e184587.
Xu T, Magnusson Hanson LL, Lange T, et al. **Workplace bullying and workplace violence** as risk factors for cardiovascular disease: a multi-cohort study. Eur Heart J. 2019 Apr 7;40(14):1124-1134.
Xue X, Hu J, Xiang D, et al**. Hourly air pollution exposure and the onset of symptomatic arrhythmia**: an individual-level case-crossover study in 322 Chinese cities. CMAJ. 2023 May 1;195(17):E601-E611.
Yadlowsky S, Hayward RA, Sussman JB, et al. Clinical implications of revised pooled cohort equations for **estimating atherosclerotic cardiovascular disease risk**. Ann Intern Med. 2018. [Epub ahead of print]. doi:10.7326/M17-3011
Yamada T, Hara K, Umematsu H, Kadowaki T. **Male pattern baldness** and its association with coronary heart disease: A meta-analysis. BMJ Open 2013.
Yan W, Qin C, Tao L, et al. Association between **inequalities in human resources for health** and all cause and cause specific mortality in 172 countries and territories, 1990-2019: observational study. BMJ. 2023 May 10;381:e073043.
Yancy William S Jr; Westman Eric C.; McDuffie Jennifer R.; et al. A Randomized Trial of a **Low-Carbohydrate Diet vs Orlistat Plus a Low-Fat Diet** for Weight Loss. Arch Intern Med. 2010;170(2):136-145.
Yanek LR, Kral BG, Moy TF, et al. Effect of **Positive Well-Being** on Incidence of Symptomatic Coronary Artery Disease. Am J Cardiol. 2013 Jun 28.
Yang BY, Guo Y, Markevych I, et al. Association of Long-term Exposure to Ambient Air Pollutants With Risk Factors for Cardiovascular Disease in China. JAMA Netw Open. 2019 Mar 1;2(3):e190318.
Yang F, Janszky I, Gissler M, et al. Association of **Maternal Preeclampsia With Offspring Risks** of Ischemic Heart Disease and Stroke in Nordic Countries. JAMA Netw Open. 2022 Nov 1;5(11):e2242064.
Yang J, Christophi CA, Farioli A, et al. Association Between **Push-up Exercise Capacity and Future Cardiovascular Events** Among Active Adult Men. JAMA Netw Open. 2019 Feb 1;2(2):e188341.
Yang J, Teehan D, Farioli A, et al. **Sudden Cardiac Death Among Firefighters** ≤45 Years of Age in the United States. Am J Cardiol. 2013 Sep 27.
Yang J, Farioli A, Korre M, Kales SN. Modified Mediterranean diet score and cardiovascular risk in a North American working population. *PLoS One* 2014.
Yang L, Cao C, Kantor ED, et al. **Trends in Sedentary Behavior** Among the US Population, 2001-2016. JAMA. 2019 Apr 23;321(16):1587-1597.
Yang L, Xi B, Zhao M, Magnussen CG. Association of **sleep duration with all-cause and disease-specific mortality** in US adults. J Epidemiol Community Health. 2021 Jan 13:jech-2020-215314.
Yang Lin, Sahlqvist Shannon, McMinn Alison, et al. Interventions to promote **cycling**: systematic review. BMJ 341:doi:10.1136/bmj.c5293 (Published 18 October 2010)
Yang Q, Liu T, Kuklina EV, et al. **Sodium and potassium intake** and mortality among US adults: prospective data from the Third National Health and Examination Survey. Arch Intern Med. 2011;171(13):1183-1191.
Yang Q, Cogswell ME, Flanders WD, et al. **Trends in cardiovascular health metrics** and associations with **all-cause and CVD mortality** among US adults [published online March 16, 2012]. JAMA. doi:10.1001/jama.2012.339.
Yang Q, Zhang Z, Kuklina EV, et al. **Sodium Intake** and Blood Pressure Among US Children and Adolescents. Pediatrics. 2012 Sep 17.
Yang Q, Zhang Z, Gregg EW, et al. **Added sugar intake** and cardiovascular diseases mortality among US adults.*JAMA Intern Med* 2014.
Yang WY, Melgarejo JD, Thijs L, et al. Association of **Office and Ambulatory Blood Pressure With Mortality** and Cardiovascular Outcomes. JAMA. 2019 Aug 6;322(5):409-420.
Yang X, Li J, Hu D, et al. Predicting the **10- year risks of atherosclerotic cardiovascular disease in Chinese** population: the China-PAR project (Prediction for ASCVD Risk in China). Circulation. 2016;134:1430–1440.
Yankelson L, Sadeh B, Gershovitz L, et al. **Life-threatening events during endurance sports**: Is heat stroke more prevalent than arrhythmic death? *J Am Coll Cardiol* 2014; 64:463-469.
Yano Y, O'Donnell CJ, Kuller L, et al. Association of **Coronary Artery Calcium Score** vs Age With Cardiovascular Risk in Older Adults: An Analysis of Pooled Population-Based Studies. JAMA Cardiol. 2017 Jul 26.

Yarur AJ, Deshpande AR, Pechman DM, et al. **Inflammatory Bowel Disease** Is Associated With an Increased Incidence of Cardiovascular Events. Am J Gastroenterol. 2011 Mar 8.
Yates T, Haff ner SM, Schulte PJ, et al. Association between change in **daily ambulatory activity** and cardiovascular events in people with impaired glucose tolerance (NAVIGATOR trial): a cohort analysis. Lancet 2014; online Dec 20.
Yates T, Zaccardi F, Dhalwani NN, et al. Association of **walking pace and handgrip strength** with all-cause, cardiovascular, and cancer mortality: a UK Biobank observational study. Eur Heart J. 2017 Nov 14;38(43):3232-3240.
Ye S, Shaffer JA, Kang MS, et al. Relation Between **Leukocyte Telomere Length** and Incident Coronary Heart Disease Events (from the 1995 Canadian Nova Scotia Health Survey). Am J Cardiol. 2013 Jan 29.
Yeap BB, Marriott RJ, Antonio L, et al. Associations of **Serum Testosterone and Sex Hormone-Binding Globulin** With Incident Cardiovascular Events in Middle-Aged to Older Men. Ann Intern Med. 2021 Dec 28. doi: 10.7326/M21-0551.
Yeboah J, McClelland RL, Polonsky TS, et al. Comparison of **novel risk markers** for improvement in cardiovascular risk assessment in intermediate-risk individuals. JAMA. 2012 Aug 22;308(8):788-95.
Yin P, He G, Fan M, et al. **Particulate air pollution** and mortality in 38 of China's largest cities: time series analysis. BMJ. 2017 Mar 14;356:j667.
Yokoyama Y, Nishimura K, Barnard ND, et al. **Vegetarian diets** and blood pressure. A meta-analysis. *JAMA Intern Med* 2014; DOI:10.1001/jamainternmed.2013.14547.
Yoon SS, Dillon CF, Illoh K, et al. Trends in the **Prevalence of Coronary Heart Disease in the U.S.:** National Health and Nutrition Examination Survey, 2001-2012. Am J Prev Med. 2016 Oct;51(4):437-45.
Young DR, Hivert MF, Alhassan S, et al. **Sedentary Behavior** and Cardiovascular Morbidity and Mortality: A Science Advisory From the American Heart Association. Circulation. 2016 Aug 15
Young LH, Wackers FJ, et al. Cardiac outcomes after screening for asymptomatic coronary artery disease in patients with type 2 diabetes: the DIAD study: a randomized controlled trial. JAMA. 2009 Apr 15;301(15):1547-55.
Screening for coronary artery disease (CAD) in adults with type 2 diabetes and no indication of existing CAD does not improve outcomes more than standard care. This should come as no surprise -- screening for asymptomatic CAD with electron beam tomography (JAMA 2003; 289:2215-23.) and carotid intima-thickness (Stroke 2001;32:1532-8) also did not improve outcomes. Knowing with additional certainty that a patient is "at risk" for CAD does not result in different medication use nor improved compliance. (LOE = 1b-)
Young DR, Reynolds K, Sidell M, et al. Effects of **physical activity and sedentary time on the risk of heart failure.** Circ Heart Fail. 2014 Jan 1;7(1):21-7
Yu D, Sonderman J, Buchowski MS, McLaughlin JK, et al. **Healthy Eating and Risks of Total and Cause-Specific Death** among Low-Income Populations of African-Americans and Other Adults in the Southeastern United States: A Prospective Cohort Study. PLoS Med. 2015 May 26;12(5):e1001830
Yu E, Malik VS, Hu FB. **Cardiovascular Disease Prevention by Diet Modification**: JACC Health Promotion Series. J Am Coll Cardiol. 2018 Aug 21;72(8):914-926.
Yu J, Zhou Z, McEvoy RD, et al. Association of **positive airway pressure** with cardiovascular events and death in adults with **sleep apnea**: a systematic review and meta-analysis.JAMA. doi:10.1001/jama .2017.7967
Yuan Y, Liu K, Zheng M, et al. Analysis of **Changes in Weight, Waist Circumference, or Both**, and All-Cause Mortality in Chinese Adults. JAMA Netw Open. 2022 Aug 1;5(8):e2225876.
Zacho J, Tybjaerg-Hansen A, Jensen JS, Grande P, Sillesen H, Nordestgaard BG. Genetically elevated C-reactive protein and ischemic vascular disease. N Engl J Med. 2008 Oct 30;359(18):1897-908.
Zaninotto P, Wardle J, Steptoe A. Sustained **enjoyment of life and mortality at older ages**: analysis of the English Longitudinal Study of Ageing. BMJ. 2016 Dec 13;355:i6267.
Zembic A, Eckel N, Stefan N, et al. An Empirically Derived Definition of **Metabolically Healthy Obesity** Based on Risk of Cardiovascular and Total Mortality. JAMA Netw Open. 2021 May 3;4(5):e218505.
Zeraatkar D, Han HA, Guyatt GH, et al. **Red and processed meat consumption and risk** for all-cause mortality and cardiometabolic outcomes. A systematic review and meta-analysis of cohort studies. Ann Intern Med. 1 October 2019 doi:10.7326/M19-0655
Zeraatkar D, Johnston BC, Bartoszko J, et al. Effect of **lower versus higher red meat intake on cardiometabolic and cancer outcomes**. A systematic review of randomized trials. Ann Intern Med. 1 October 2019 [Epub ahead of print]. doi:10.7326/M19-0622
Zethelius B, Berglund L, Sundström J, et al. Use of **multiple biomarkers** to improve the prediction of death from cardiovascular causes. N Engl J Med. 2008 May 15;358(20):2107-16. (troponin I, N-terminal pro-brain natriuretic peptide, cystatin C, and C-reactive protein, respectively) Our data suggest that in elderly men with or without prevalent cardiovascular disease, the simultaneous addition of several biomarkers of cardiovascular and renal abnormalities substantially improves the risk stratification for death from cardiovascular causes beyond that of a model that is based only on established risk factors.
Zhang D, Shen X, Qi X. **Resting heart rate** and all-cause and cardiovascular mortality in the general population: a meta-analysis. CMAJ. 2015 Nov 23.
Zhang D, Wang W, Li F. Association between **resting heart rate** and coronary artery disease, stroke, sudden death and noncardiovascular diseases: a meta-analysis. CMAJ. 2016 Aug 22.
Zhang L, Olalere D, Mayrhofer T, et al. **Differences in Cardiovascular Risk**, Coronary Artery Disease, and Cardiac Events Between Black and White Individuals Enrolled in the PROMISE Trial. JAMA Cardiol. 2021 Dec 22. doi: 10.1001/jamacardio.2021.5340.
Zhang L, Yao H, Li L, et al. Risk of Cardiovascular Diseases Associated With Medications Used in Attention-Deficit/Hyperactivity Disorder: A Systematic Review and Meta-analysis. JAMA Netw Open. 2022 Nov 1;5(11):e2243597.
Zhang Y, Tuomilehto J, Jousilahti P, et al. **Lifestyle Factors on the Risks** of Ischemic and Hemorrhagic Stroke. Arch Intern Med. 2011 Sep 12.
Zhang YB, Chen C, Pan XF, et al. Associations of **healthy lifestyle and socioeconomic status** with mortality and incident cardiovascular disease: two prospective cohort studies. BMJ. 2021 Apr 14;373:n604.
Zhao B, Gan L, Graubard BI, et al. Associations of **Dietary Cholesterol, Serum Cholesterol, and Egg Consumption** With Overall and Cause-Specific Mortality: Systematic Review and Updated Meta-Analysis. Circulation. 2022 May 17;145(20):1506-1520
Zhao D, Guallar E, Ouyang P, et al. **Endogenous Sex Hormones and Incident Cardiovascular Disease** in Post-Menopausal Women. J Am Coll Cardiol. 2018 Jun 5;71(22):2555-2566.
Zhao M, Song L, Sun L, et al. Associations of **Type 2 Diabetes Onset Age** With Cardiovascular Disease and Mortality: The Kailuan Study. Diabetes Care. 2021 Apr 22:dc202375
Zhao M, Veeranki SP, Li S, et al. **Beneficial associations of low and large doses of leisure time physical activity** with all-cause, cardiovascular disease and cancer mortality: a national cohort study of 88,140 US adults. Br J Sports Med. 2019 Mar 19.
Zheng G, Li S, Huang M, et al. The effect of **Tai Chi training on cardiorespiratory fitness in healthy adults**: a systematic review and meta-analysis. PLoS One. 2015 Feb 13;10(2):e0117360.
Zheng W, McLerran DF, and Rolland B. Association between BMI and risk of death in more than one million Asians. New Engl J Med 2011; 364:719-729.
Zheng Y, Li Y, Satija A, et al. Association of changes in **red meat consumption with total and cause specific mortality** among US women and men: two prospective cohort studies. BMJ. 2019 Jun 12;365:l2110.
Zhong VW, Van Horn L, Cornelis MC, et al. **Associations of Dietary Cholesterol or Egg Consumption** With Incident Cardiovascular Disease and Mortality. JAMA. 2019 Mar 19;321(11):1081-1095.
Zhong VW, Van Horn L, Greenland P, et al. **Associations of Processed Meat, Unprocessed Red Meat, Poultry, or Fish Intake** With Incident Cardiovascular Disease and All-Cause Mortality. JAMA Intern Med. 2020 Feb 3. doi: 10.1001/jamainternmed.2019.6969
Zhuang P, Wu F, Mao L, et al. **Egg and cholesterol consumption** and mortality from cardiovascular and different causes in the United States: A population-based cohort study. PLoS Med. 2021 Feb 9;18(2):e1003508
Zierath R, Claggett B, Hall ME, et al. **Measures of Food Inadequacy** and Cardiovascular Disease Risk in Black Individuals in the US From the Jackson Heart Study. JAMA Netw Open. 2023 Jan 3;6(1):e2252055.
Zipes DP. Sudden Cardiac Arrest and Death Following Application of Shocks From a **TASER** Electronic Control Device. Circulation. 2012 May 22;125(20):2417-22.
Zomer E, Owen A, Magliano DJ, et al. The effectiveness and cost effectiveness of **dark chocolate consumption** as prevention therapy in people at high risk of cardiovascular disease: Best case scenario analysis using a Markov model. BMJ 2012.
Zong G, Gao A, Hu FB, et al. **Whole Grain Intake** and Mortality From All Causes, Cardiovascular Disease, and Cancer: A Meta-Analysis of Prospective Cohort Studies. Circulation. 2016 Jun 14;133(24):2370-80.
Zong G, Li Y, Wanders AJ, et al. Intake of individual **saturated fatty acids** and risk of coronary heart disease in US men and women: two prospective longitudinal cohort studies. BMJ. 2016 Nov 23;355:i5796.

Additional Links:

AHA: Beneficial & Harmful Fats 1 pager – Jan 2009: http://americanheart.mediaroom.com/file.php/290/Fats+--+beneficial+vs+harmful%282%29.pdf