

Mid lecture summary

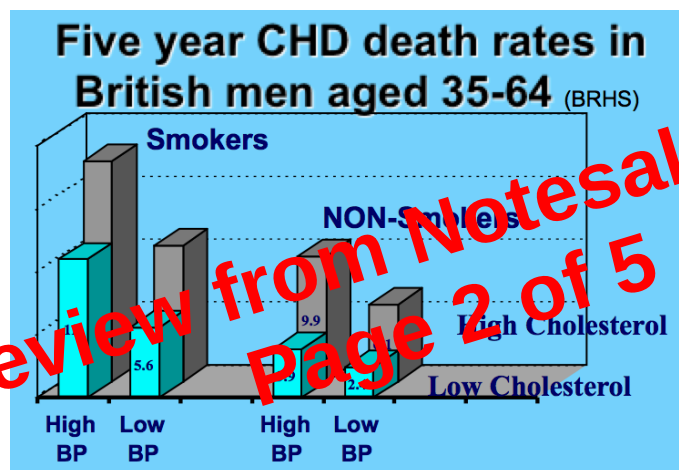
- CHD is caused by atheroma & thrombosis
- Coronary atheroma
 - Develops silently from childhood
 - Manifests as adult disease or death

Terminology: Risk factor

- Any characteristic which identifies a group at increased risk of disease
 - They need not be:
 - Independent
 - Causal
 - Modifiable
 - Classic example is age

Terminology: Cause

- Cause is a factor which itself increases risk of disease (prevalence, incidence, mortality)
 - Cause = a biological phenomenon



- Smoking is the most important modifiable risk factor

Major modifiable risk factors

- Smoking
- Hypertension
- Lipids*
- Abdominal obesity*
- Diabetes*
- Fruit and veg*
- Alcohol*
- Exercise
- Psychosocial

A CHANGE IN DIET CAN ELIMINATE 50% OF RISK