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With Obesity, Diabetes, and Cardiovascular Disease on the Rise, Physicians Need More Comprehensive Guidelines

Boston, MA, December 10, 2007 – According to survey results released today, when 2007 Cardiometabolic Health Congress participants were asked what guidelines they follow for treating patients with multiple cardiovascular and metabolic risk factors, the largest group of respondents indicated that they didn't follow any particular set of guidelines and that better guidelines are needed.

The survey queried more than 750 cardiology, endocrinology, nephrology, and primary care clinicians who attended the 2007 Cardiometabolic Health Congress here in September. The results are available at www.cardiometabolichealth.org/press.

The survey results indicate a clear lack of consensus among clinicians on how to screen, diagnose, and manage patients at increased risk. For example, when congress participants were asked, "When treating patients with multiple cardiometabolic risk factors, what is your highest priority?" the survey results were as follows:

- Blood pressure (40%)
- Hyperglycemia (23.3%)
- LDL cholesterol (22.8%)
- Obesity (11.6%)
- HDL cholesterol (1.6%)

"While comprehensive national guidelines exist for hypertension, diabetes, hypercholesterolemia, obesity, and other risk factors for diabetes and cardiovascular disease, our survey results indicate that more specific guidelines are needed to clearly convey the interrelationship between the constellation of risk factors and how clinicians can best diagnose and manage these underlying conditions to improve patient outcomes," said Robert H. Eckel, M.D., of the University of Colorado Denver and co-chairperson of the Cardiometabolic Health Congress.

The 2007 Cardiometabolic Health Congress convened an unprecedented group of world-renowned physician experts and prestigious medical societies, including the American Diabetes Association, American Heart Association, and National Kidney Foundation. "The 2007 Cardiometabolic Health Congress provided the medical community with the broadest program possible covering those risk factors responsible for cardiovascular disease. The meeting focused on the recently recognized importance of cardiovascular risk factors related to obesity and type 2 diabetes, two conditions epidemic in proportion. The newest options to treat cardiovascular risk were presented," said Richard W. Nesto, M.D., of Lahey Clinic Medical Center and co-chairperson of the Cardiometabolic Health Congress.

For the full survey results, highlights from the 2007 congress, testimonials, or to learn more about the upcoming 2008 Cardiometabolic Health Congress, visit www.cardiometabolichealth.org.

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