

Absolute benefits

Primary prevention - over 5 years

Cardiovascular events

BP ~2-5% ARR

Statins ~1-2% ARR

Mortality

<1% ARR

Secondary prevention/Heart failure (not class 4) - over 2-3 years

Cardiovascular events, worsening HF

Betablockers, ACEI, ARBs, statins ~ 5-10% ARR

Mortality

Betablockers, ACEI, ARBs, statins ~ 2-5% ARR

T2DM

Diabetes - over 5 years

Cardiovascular events

Most meds - no benefits

SGLT2, GLP, metformin? ~ 2-5% ARR

Mortality

Most meds - no benefits

SGLT2, GLP, metformin? ~ 1-2% ARR

Lifestyle

- Exercise:
 - Angioplasty vs Bicycle x 12 months: Any vascular outcome: 30% versus 12%, NNT 6
 - Quality of Life: 7 of 8 measures increased linear with exercise increases
- Smoking
 - Just asking: Increases cessation 2-3%
 - Past MI attempt to stop/reduce: NNT 11 for death, NNT 6 for hospitalization.

Diabetes

STENO 13 years (high risk DM): Mortality 30% vs 50%,
CVD event 31% vs 60% , etc

Treatment Interventions	Reduction in Cardiovascular Events (Approximate RRR)
Blood pressure	25-50% ³⁷⁻⁴⁰
Metformin	35% ^{41,42}
Statin therapy	25% ^{43,44}
Glycemic control	0 – 15% ^{42,45-47}
ASA therapy	No Difference ^{48,49}

N Engl J Med 2008;358:580-91. 37. JAMA 2010;304:61-8. 38. New Engl J Med 1999;340:677-84. 39. Lancet 1998;351:1755-62. 40. BMJ 1998;317:703-13. 41. Lancet 1998;352:854-65. 42. New Engl J Med 2008;359:1577-89. 43. Drugs 2012;72:2365-73. 44. Lancet 2008;371:117-25. 45. Lancet 1998;352:837-53. 46. Lancet 2005;366:1279-89. 47. BMJ 2011;343:d6898. 48. Can Fam Physician 2010;56:664. 49. BMJ 2009;339:b4531.