

How to assess the CV risk focusing on lipids in your patients living with diabetes?

Managing cardiometabolic at-risk patients is complex; this document guides lipid risk assessment and simplifies decisions for diabetic patients.

YOUR STEPS

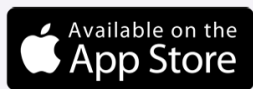
1 ASSESSMENT ON THE ESC CVD RISK CALCULATION APP

The ESC CVD Risk Calculation App has been developed by ESC to support HCPs in risk management, prevention and treatment evaluation. While not recognized as a medical device in all countries, it can also facilitate shared decision-making with patients.

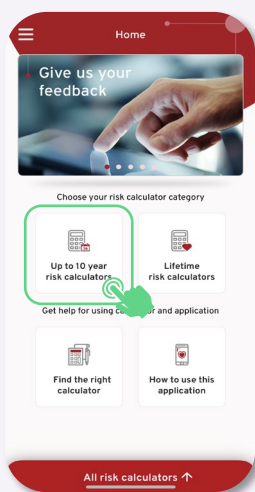
1. Ensure you have up-to-date patient values for the required parameters to use the tool:

- ✓ Systolic blood pressure (mmHg)
- ✓ HbA1c (mmol/mol or %)
- ✓ eGFR (mL/min)
- ✓ Lipid panel (Total cholesterol, HDL-C, LDL-C or non-HDL-C – in mmol/L or mg/dL)
- ✓ Age (40–69) and Age of diabetes diagnosis
- ✓ Smoking status
- ☐ If information is missing, order a blood test to your patient to assess them and come back to this process later

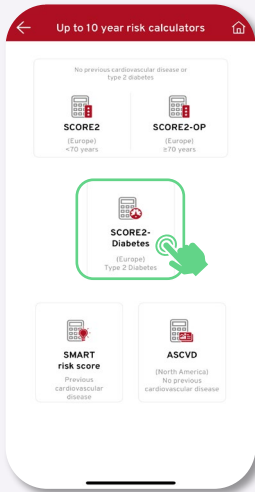
2. Download the ESC CVD Risk Calculation App:



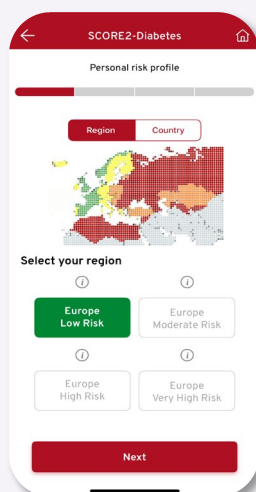
3. Select the « Up to 10 years risk calculator »



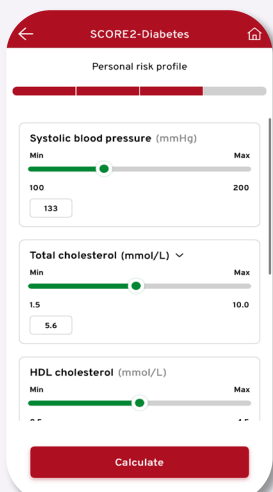
4. Select the “SCORE2-Diabetes” calculator*



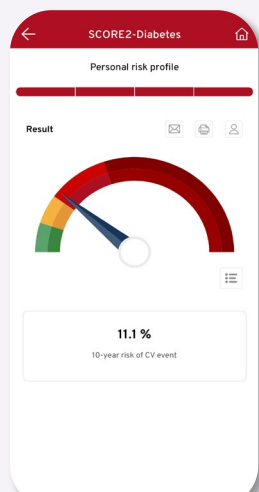
5. Select the category corresponding to your region



6. Fill-in your patient’s information



7. Obtain your patients personal 10-year risk score

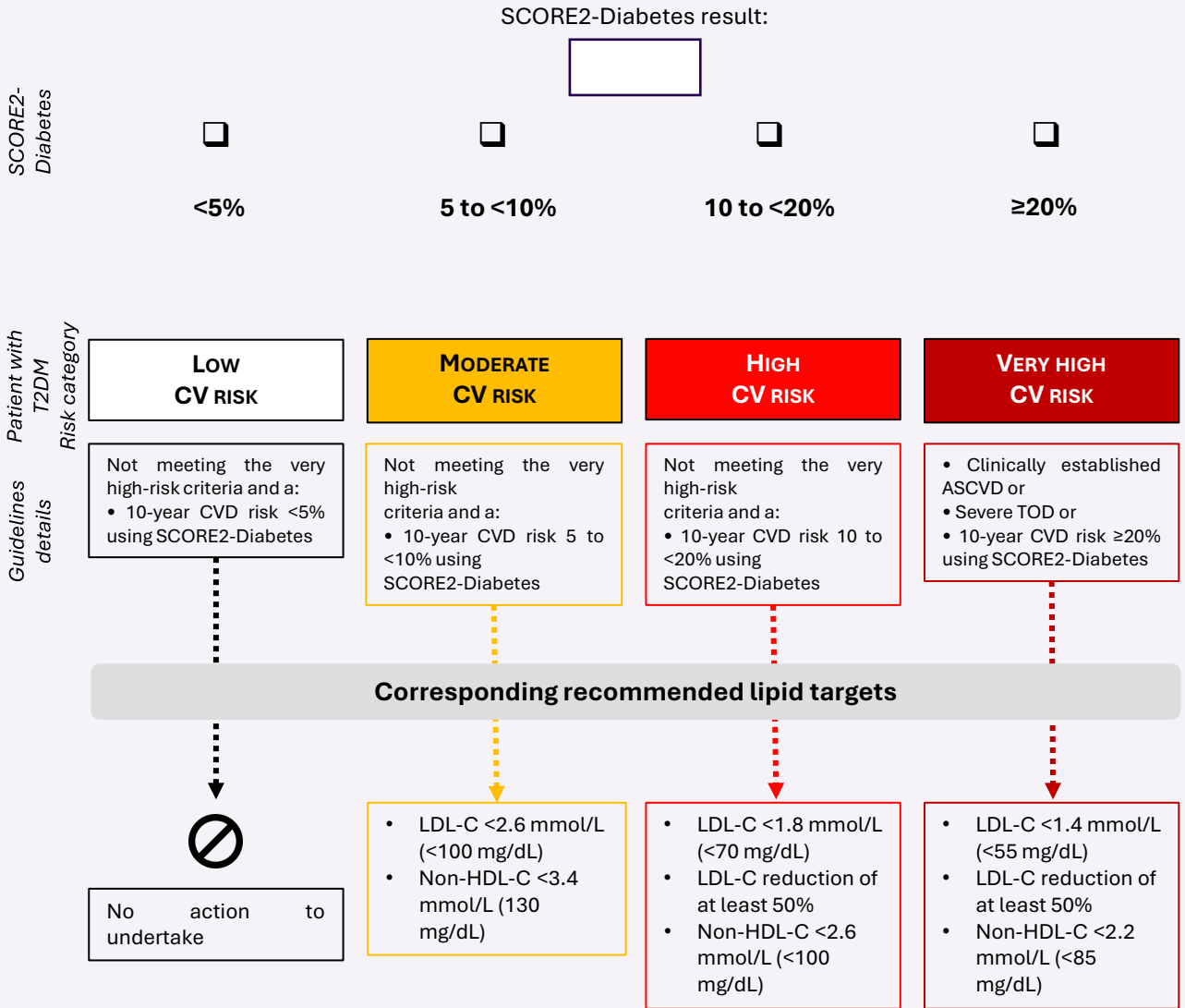


Extracts from the ESC risk assessment app: Personal risk profile page to be filled, and CV risk results

*Note: SCORE2-Diabetes is only relevant for patients ≥40 years old. For younger patients, please use basic “SCORE2” calculator and take the risk category superior to the one obtained in the results (see following page)

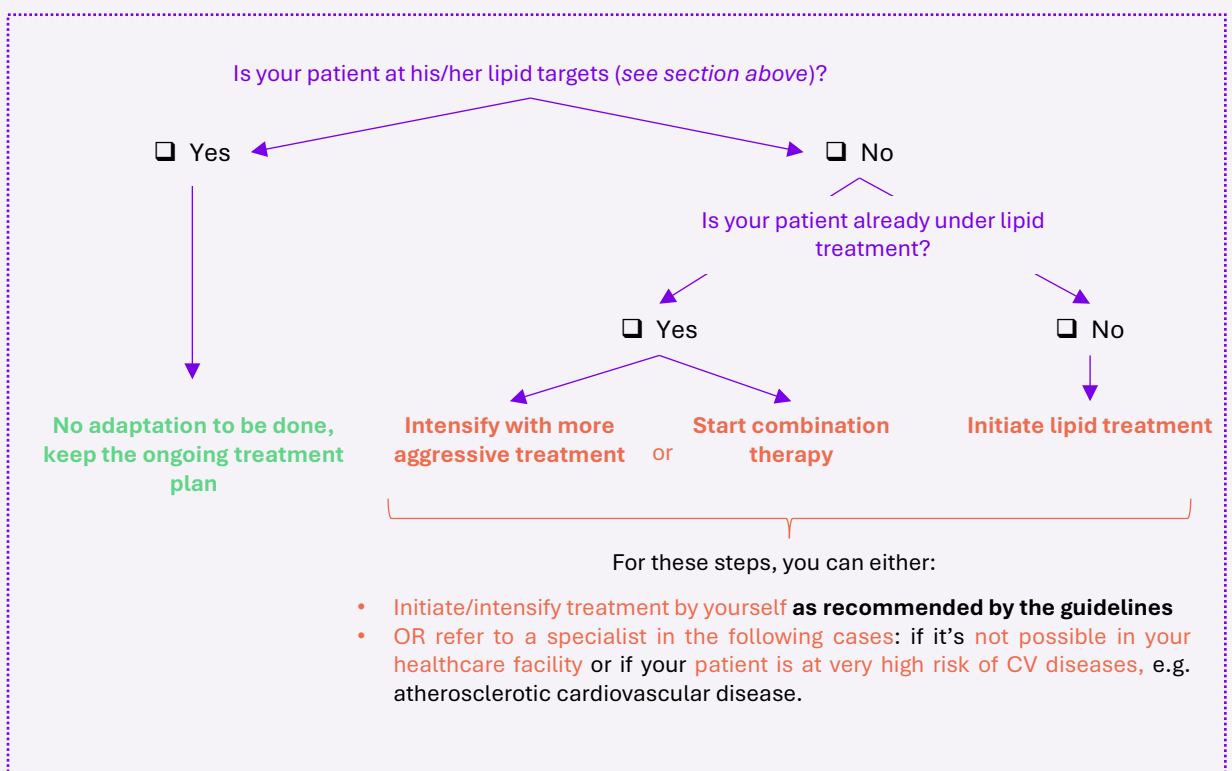
The 2023 ESC Guidelines for the management of cardiovascular disease in patients with diabetes* have defined 4 levels of risk for these patients and corresponding LDL-C goals to be reached.

- Write the precise value of your patient's results to SCORE2-Diabetes in the white box below and tick the range corresponding to it.



NEXT STEPS FOR YOUR MODERATE TO VERY HIGH-RISK PATIENT

- Use the decision tree to know the next steps to follow with your patient.



*Source: Marx N et al. Eur Heart J. 2023;44(39):4043-4140
This guide has been developed in collaboration with SANOFI.

SCORE2-Diabetes

A 10-Year Cardiovascular Risk Estimator for Type 2 Diabetes in Europe

WHAT IS IT?

- **A validated risk prediction model** developed to estimate the **10-year risk of cardiovascular disease** (CVD) in individuals with type 2 diabetes across **Europe**.
- Introduced in 2023 by the **European Society of Cardiology** (ESC) as an extension of the SCORE2 model – specifically addressing the limitations of prior risk calculators that did not adequately reflect the unique risk profile of people with diabetes or the geographic heterogeneity in CVD incidence.
- The tool is meant to **improve personalized CVD prevention in diabetes care**.

How WAS IT BUILT?

- Model built using data from over 229,000 individuals with type 2 diabetes and validated in an **additional 217,000 participants** across multiple European datasets.
- Incorporation of **traditional risk factors** (age, sex, smoking, blood pressure, lipids) and **key diabetes-specific variables**: age at diabetes diagnosis, glycated hemoglobin (HbA1c), and estimated glomerular filtration rate (eGFR).
- **Recalibrated for four European risk regions** (low, moderate, high, and very high), allowing more accurate risk estimation across diverse populations.

WHY USE IT?

- SCORE2-Diabetes is intended for use **by healthcare professionals in primary and secondary prevention settings to guide clinical decision-making in adults with type 2 diabetes**, aged 55 years and above, without prior CVD.
- It enables better **identification of high-risk individuals** and can **inform the intensity of preventive therapies**, such as lipid-lowering or glucose-lowering agents with cardiovascular benefits.

WHERE TO FIND IT?

- The tool is available through the ESC's HeartScore platform and app (see page 1), and the U-PREVENT platform: <https://u-prevent.com/>

Source: SCORE2-Diabetes Working Group and the ESC Cardiovascular Risk Collaboration. *Eur Heart J.* 2023;44:2544–2556