

# Japanese Atherosclerosis Society Guidelines for Prevention of Atherosclerotic Cardiovascular Diseases

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Death due to cardiovascular diseases including those related to atherosclerosis particularly myocardial infarction and cerebrovascular accidents particularly cerebral infarction and stroke have accounted for a high percentage of death cause reaching 30%, along with cancer in the mortality statistics of Japanese. Aging of the population in which Japan leads the world predicts their further increases. The establishment of effective methods for their prevention and treatment is an essential and urgent task. Atherosclerosis has been demonstrated to be initiated and promoted by the simultaneous involvement of a wide variety of risk factors by the accumulation of research results since the concept of the risk factor was established by the Framingham Study. Among them, hypercholesterolemia has been identified as the most important risk factor and the greatest emphasis has been placed on its management. In this presentation, I will introduce the guidelines for prevention of atherosclerotic cardiovascular diseases proposed by Japan Atherosclerosis Society in 2007. Some new risk factors such as metabolic syndrome have been incorporated into the new version of the guideline. (Edited by WEN YU-Shan)