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INSIGHTS INTO CARDIOVASCULAR RISK STRATIFICATION EVOLUTION AND CHALLENGES AHEAD

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ABSTRACT:
Background: Throughout the history of public health and epidemiology, identifying elements that can explain or predict health disorders has been a persistent concern. In cardiovascular health, decades of work have led to the development of risk assessment instruments to identify individuals at significant risk and define appropriate therapeutic guidelines.
Objectives: This review aims to explore the fundamental components and principles of cardiovascular risk stratification, trace its evolution, and discuss current and future challenges in the field.
Methods: The review examines the concept of risk factors, first coined by Dr. Thomas R. Dawber of the Framingham Heart Study, as the basis for comprehensive cardiovascular risk management. It analyzes traditional risk factors, the development and adaptation of risk equations, and the importance of external validation and calibration for accurate risk estimation and management across different populations.
Results: Traditional risk factors account for a significant portion of myocardial infarction risk but vary between populations. The review highlights the necessity of suitable tools for accurate risk estimation and management and examines the challenges faced in the routine use of these tools in clinical practice.
Conclusion: Despite the existence of multiple risk models and guidelines, their routine use in clinical practice remains limited due to various challenges. Understanding the characteristics and limitations of risk models is crucial for enhancing their utility in cardiovascular risk prevention and management.

KEYWORDS: cardiovascular risk stratification, risk factors, Framingham Heart Study, risk assessment instruments, myocardial infarction, risk models, clinical practice.

INTRODUCTION:

Humanity has always looked for methods to forecast the future. In the context of health, this means figuring out what variables can be used to forecast the emergence of future morbid events. (Burgos-Calderón et al., 2021). A risk factor is anything that makes a particular event more likely to occur. Dr. Thomas R. Dawber, the creator of the Framingham Heart Study, which helped uncover the primary risk factors (RF) for cardiovascular disease (CVD), is credited with coining this phrase in 1961 (Varela et al., 2023). The idea that the traditional risk factors (age, sex, lipid abnormalities, smoking, hypertension, and diabetes) have an additive effect provides the foundation for the comprehensive management of cardiovascular risk. The 52-country INTERHEART2 study revealed that traditional RFs accounted for 90.4% of the risk of myocardial infarction and rose exponentially when RFs were combined. (Sadler et al., 2021). However, there are notable differences between populations regarding the incidence of coronary heart disease and the risk load (attributable risk) associated with each factor 3-5. Cardiovascular (CV) health prevention necessitates both societal and personal efforts. The target population's risk must first be understood, and each patient's risk must be estimated using a suitable tool. (Chandler et al., 2019). Only then can the patient and the health team jointly decide on the best course of action for reducing the impact of the cardiovascular risk factors (CVRF), which are modifiable 6–8. This narrative review seeks to objectively investigate many notions of cardiovascular risk, including the historical background of risk estimation, the evolution of risk equations, and their national adaptation in the pursuit of a more accurate and trustworthy instrument (Lidani et al., 2019).

CONCEPTS OF RISK AND THEIR EQUATIONS OF ESTIMATION:

A person's probability of acquiring coronary heart disease or another condition is their absolute, total, or global CV risk (Torres et al., 2022). Cardiovascular in a specific time frame, usually five to ten years. An arithmetic formula is used to determine each risk factor's weight, and the outcome is a global risk that can be categorized as low, intermediate, or high9. This stratification serves multiple purposes: it directs lifestyle changes, establishes priorities for treatment (starting or adjusting the course of therapy), and is crucial for managing CV prevention by maximizing resource allocation, which prevents people at low or high risk, respectively, from receiving excessive or insufficient care9–12 (Cacciuttolo et al., 2023). A person with RF has a lower relative risk of experiencing a cardiovascular incident than one without RF13. To make equal Risk models, when used individually, can inspire and educate Those who alter their lifestyles and increase adherence to therapy to reduce risk6,11,14 Among the early instruments for risk assessment was The Framingham equation15, which contained the RFs, was discovered as directly and indirectly linked to the illness heart attack (Alvarez et al., 2020). They were measured during a cohort's baseline assessment. Sana, in 1948 in Framingham, Massachusetts, USA, which was more Of ten years. A reference risk was established from these data, and beta coefficients were computed utilizing techniques To calculate the impact of rising levels of Cox or Weibull Every RF is about the frequency of cardiac events (Gómez, 2021). For most instruments, this model serves as the standard. Systems of risk classification created globally, for instance, the European risk tables16, the methodical assessment of heart risk (SCORE),17 the rating Risk evaluation by the International Health Organization (Johnston et al., 2021).

The risk calculations for the Society of Hypertension (WHO/ISH)18 American College of Cardiology/American Heart Association pooled cohort Cardiology (ACC/AHA)19, as well as the most recent tables With the European Guidelines' most recent edition (European Society of Guidelines for Cardiology) to avoid CVD in 2022. In the previous thirty years, they have been created or modified (Labonté & Ruckert, 2019). risk algorithms. 2008 saw Beswick et al. Over a hundred prognostic models for primary cardiovascular prevention were identified by 21 (Ahmad et al., 2020). This occurred as a result of using the Under- or overestimating the original instruments (e.g., the Framingham table) to a different population risk 22–24. The fluctuation in the weight of the coefficients explains this. beta of the FR, or the change in risk attributed to Between the populations of the origin and destination for each FR. Therefore, it is essential to modify risk equations using epidemiological data to apply them more securely and accurately (Heinken et al., 2021). Particularly to the target demographic, and then confirm the prediction value of the model. A crucial stage in the

creation of risk prediction models is external validation. This procedure assesses and illustrates. The model's transportability and application from the cohort Originating location (derivation cohort) to be used to a distinct cohort25. A cohort is necessary for validation (Smith et al., 2020). Assuming adequate statistical power, assessing the following two key aspects Of the formula: discrimination and calibration. The definition of calibration is the capacity to anticipate risk (Nundy et al., 2022). When experiencing an incident, contrast the recorded occurrences with anticipated ones. This is evaluated based on the goodness of adjustment, which is the degree to which what was predicted and what occurred coincide. The ability to identify individuals according to their risk (high, intermediate, or low) of developing an event within a specified amount of time is what is meant by the term "Discrimination." The components of discrimination are also referred to as attributes or intrinsic properties of diagnostic tests. These components include sensitivity, specificity, predictive values (both positive and negative), and area under the curve (Krieger, 2024). The validation tests, the recalibration methods, and the reclassification of the subjects were all successful, as indicated by the results of procedures 26-28. The percentage of individuals who either move into a higher-risk or a lower-risk category due to adding a new risk factor to the equation is referred to as the net reclassification rate. However, even though the significance of validating risk instruments is frequently emphasized, it is not always carried out. According to the findings of the systematic review conducted by Collins et al. 29, there were significant deficiencies in the performance measures of 120 evaluated prediction models. This is the case (Ospina et al., 2023). Explicit guidelines have not yet been developed, which is one of the reasons why this is the case. In terms of the validation of these instruments, it is essential to acknowledge that there is no perfect instrument.

Table 1: Historical Background and Risk Factors

Reference	Citation
Varela et al., 2023	Dr. Thomas R. Dawber, the creator of the Framingham Heart Study... (Varela et al., 2023)
Sadler et al., 2021	The 52-country INTERHEART2 study revealed that traditional RFs accounted for... (Sadler et al., 2021)

Table 2: Evolution of Risk Assessment Tools

Reference	Citation
Alvarez et al., 2020	Among the early instruments for risk assessment was The Framingham equation... (Alvarez et al., 2020)
European Society of Cardiology, 2022	The risk calculations for the Society of Hypertension (WHO/ISH)... (European Society of Cardiology, 2022)

Table 3: Concepts of Risk and Risk Equations

Reference	Citation
Torres et al., 2022	CONCEPTS OF RISK AND THEIR EQUATIONS OF ESTIMATION... (Torres et al., 2022)
Cacciuttolo et al., 2023	Risk models, when used individually, can inspire and educate... (Cacciuttolo et al., 2023)

Table 4: Validation and Calibration of Risk Models

Reference	Citation
Smith et al., 2020	A crucial stage in the creation of risk prediction models is external validation... (Smith et al., 2020)
Collins et al., 29	The validation tests, the recalibration methods, and the reclassification of the subjects were all successful... (Collins et al., 29)

Table 5: Utilization and Challenges in Clinical Practice

Reference	Citation
Berasaluce et al., 2021	The European guidelines CV prevention guidelines from 201611 and the new guidelines from 202120... (Berasaluce et al., 2021)
Ospina et al., 2023	However, even though the significance of validating risk instruments is frequently emphasized... (Ospina et al., 2023)

Table 6: Additional Concepts and Methodologies

Reference	Citation
Burgos-Calderón et al., 2021	Humanity has always looked for methods to forecast the future... (Burgos-Calderón et al., 2021)
Chandler et al., 2019	Cardiovascular (CV) health prevention necessitates both societal and personal efforts... (Chandler et al., 2019)
Lidani et al., 2019	This narrative review seeks to objectively investigate many notions of cardiovascular risk... (Lidani et al., 2019)
Gómez, 2021	For most instruments, this model serves as the standard... (Gómez, 2021)
Labonté & Ruckert, 2019	In the previous thirty years, they have been created or modified... (Labonté & Ruckert, 2019)
Beswick et al., 2008	2008 saw Beswick et al. Over a hundred prognostic models for primary cardiovascular prevention... (Beswick et al., 2008)
Ahmad et al., 2020	Under- or overestimating the original instruments... (Ahmad et al., 2020)
Heinken et al., 2021	The fluctuation in the weight of the coefficients explains this... (Heinken et al., 2021)
Nundy et al., 2022	When experiencing an incident, contrast the recorded occurrences with anticipated ones... (Nundy et al., 2022)
Krieger, 2024	The ability to identify individuals according to their risk... (Krieger, 2024)

On the other hand, understanding the models' characteristics and inherent limitations helps determine the usefulness of the models, particularly at the extremes of the risk spectrum (low to very high; 30–32). To add insult to injury, risk equations are useless if they are not utilized 33. Although their use is recommended, studies show they are not always applied to guide clinical practice34. The lack of time, the multiplicity of models, and the difficulty of choosing the best option are some of the reasons for the lack of use of prediction tools routine9 (Berasaluce et al., 2021). The European guidelines CV prevention guidelines from 201611 and the new guidelines from 202120 address some of these points, analyzing the advantages and limitations of risk tables, comparing the usefulness of the tables, and analyzing in depth the role of other factors not included in standard tools (modifiers and biomarkers). Table: A simple table outlining the concepts, analysis, comments, difficulties, and a brief history of cardiovascular risk stratification in Chiled:

Aspect	Description
Concepts	Cardiovascular risk stratification is the process of evaluating an individual's risk of developing cardiovascular diseases based on various factors such as age, gender, blood pressure, cholesterol levels, smoking status, and family history.
Analysis	Utilises scoring systems like the Framingham Risk Score, QRISK, or the Pooled Cohort Equations to calculate the probability of cardiovascular events over a certain period.

Comments	Implementation of risk stratification aids in identifying high-risk individuals for targeted interventions and preventive measures. Allows healthcare providers to make informed decisions regarding treatment and lifestyle modifications. Continuous refinement of risk assessment tools is necessary to improve accuracy.
Difficulties	Limited access to healthcare services, especially in rural areas, may hinder widespread implementation. Challenges in accurately estimating risk in populations with diverse socioeconomic and cultural backgrounds. Compliance with recommended interventions can be variable among patients.
Brief History	Cardiovascular risk stratification gained attention in Chile during the late 20th century with the increasing burden of cardiovascular diseases. Implementation of national guidelines and public health campaigns has contributed to its growth. Ongoing research and collaboration with international organizations have led to risk assessment and management strategy advancements.

This table provides an overview of the critical aspects of cardiovascular risk stratification in Chile, including its concepts, analysis methods, comments from healthcare professionals, encountered difficulties, and a brief historical perspective on its growth within the country.

ROLE OF RISK MODIFIER AND BIOMARKERS:

Despite the vast array of available instruments, it is widely acknowledged that risk algorithms have their own set of limitations9,12. The majority of models are founded on measurements. For a considerable amount of time, it has been demonstrated that epidemiological data are highly dynamic, with incidents of cardiovascular disease either increasing or decreasing in comparison to reference data12. Moreover, as was previously mentioned, the CVRF profile undergoes variations. The risk that can be attributed to it, has an impact on its weight in the equations of risk5,35,36. Given this, it is necessary to conduct a review and recalibration of the instruments, making use of the most recent information on risk factors and Mortality, in addition to confirming the additional components that contribute to the overall The model did not initially include this component. In the ongoing effort to improve its ability to forecast the future, Investigations 37 have been conducted, including other potential components showing a solid and independent relationship with cardiovascular disease (CVD) probability. Examples are the ultrasensitive protein C (hsCRP), the low ankle-brachial index (ABI), and the apolipoprotein.

elevation of B (ApoB) with a history of cardiovascular disease in the family 38 Despite this, the introduction of it into the models has not resulted in an improvement in their ability to discriminate on 20 and 39 "cardiovascular risk modifiers" refer to concomitant diseases or indicators not exclusively associated with cardiovascular disease. Not only are they checked regularly, but they also can offer additional prognostic information12,38. On the list of the most modifications Recommended, whose evaluation is attainable in the course of working in the field, Consists of things like socioeconomic status (SES), physical activity, a lack of social support or participation in social activities, history of body mass index (BMI), and relatives of early cardiovascular disease the coronary calcium score, central adiposity, and other lipids such as total cholesterol Apolipoprotein or triglycerides, the ankle-brachial blood pressure index, and carotid ultrasound11,12,20,38 are all examples of diagnostic tools. Studies that compare and contrast Markers have demonstrated the presence of subclinical atherosclerosis. Coronary artery calcium (CAC) has the most significant potential to reclassify individuals into intermediate risk, even when they are at the most advanced age (≤45, If you are at least 75 years old, 11-12,38. In point of fact, according to the newly established criteria of the Society To do a targeted search in the European Union 2021, the CAC is the sole modifier advised to be used. Adding more variables to the equation would make it more complicated for other authors. More difficult to use, which also restricts its application in nations that have resources Confined). Rather than that, they suggest considering them to acquire Specific information

that is complimentary to clinical judgment, in particular Individuals who are considered to be at intermediate risk or who are very near to a risk categorization criterion that falls between two groups.

A STRATIFICATION OF RISKS IN THE CHILEAN POPULATION:

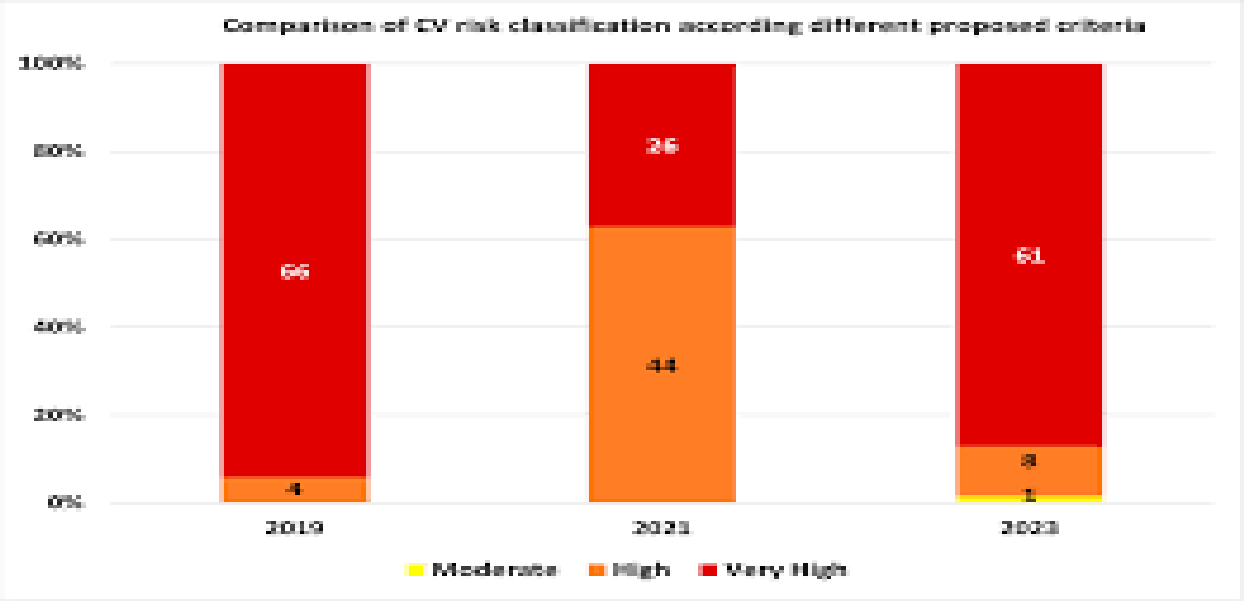
It was in the year 1999 that a group of nurses in Chile carried out one of the earliest uses of a cardiovascular risk score (Lira et al.). 40 people as a method for increasing the level of awareness regarding the factors of the Family of patients who were hospitalized with cardiovascular risk, invited The coronary unit of our organization to assess their factors, determine the level of cardiovascular risk they face, and receive counseling addressing these factors. Even though half of the population was considered at low risk, primarily because of their age, the prevalence of RF in the low-risk category was still relatively high. Was significant: 41 percent of smokers, 47 percent of overweight and obese people, and A lifestyle that is sedentary 62%40 After that, this idea was implemented more extensively at the community level. In 2002, Kunstmann, Lira, and others used it. The RFs were graded by 41. as well as stratified over twelve thousand individuals over twenty-six communes of the Metropolitan Region of Chile responsible for delivering instruction by nurses for the management of healthy behaviors and referral systems medical evaluation in situations where it is necessary to do so. Both of them were examined. Twelve thousand one hundred ninety individuals had not experienced any previous occurrence, with an average age of 47.6 years and 12 months. Over the years, women have made up 51% of the population. With a risk stratification of less than forty percent, 31% of people are mild, 22% are moderate, 5.5% (270 persons) are high, and extremely high The percentage is 0.15% (18 persons), which is somewhat analogous to the findings of Lira et al. Towards the. A high prevalence of risk factors was found in the population of 40, which was considered to be at low risk: smoking (37%) and hypercholesterolemia. A sedentary lifestyle, high blood pressure (21%), obesity (23%), and 53% of the population is 68%. The association of some of these among this group Modifiable factors that are not incorporated into the paradigm of stratification Risk, which is essential for every one of them? This highlights the importance of Utilization of information as a beneficial supplement to stratification Extra information that is provided by biomarkers and modifiers About the danger. Among these, the change in circumference stood out as particularly notable. A significant correlation with other RFs, such as waste, which is also associated with The prevalence of hypertension and diabetic problems, particularly in females, independent of their age of 42 Risk tables were used in both the 1999 and 2002 efforts. The European16. Total cholesterol and the table format were the only lipid characteristics required by this instrument, which was a significant advantage. People were able to have a better understanding of how it is transformed because of the colors.

The danger that occurs as some factors become more severe or more favorable (relative risk), Being a valuable aspect of teaching and counseling. In addition to these and other projects, such as the work done by Koch and others, 43 in the year 2005 Was the first time that CV risk stratification was examined in Chilean people, in general. Having said that, when tracking Because of these populations, it was clear that the equations (American. as well as European) did not provide an accurate forecast of the occurrence of Occasions. In addition, they disclosed the RFs that were responsible for the highest proportion of the attributable burden in our population and the occurrence of Hypertension of the arterial blood vessels (HBP) and diabetes mellitus (DM)5 are cardiovascular events. As predictors, Koch et al. identified the following:

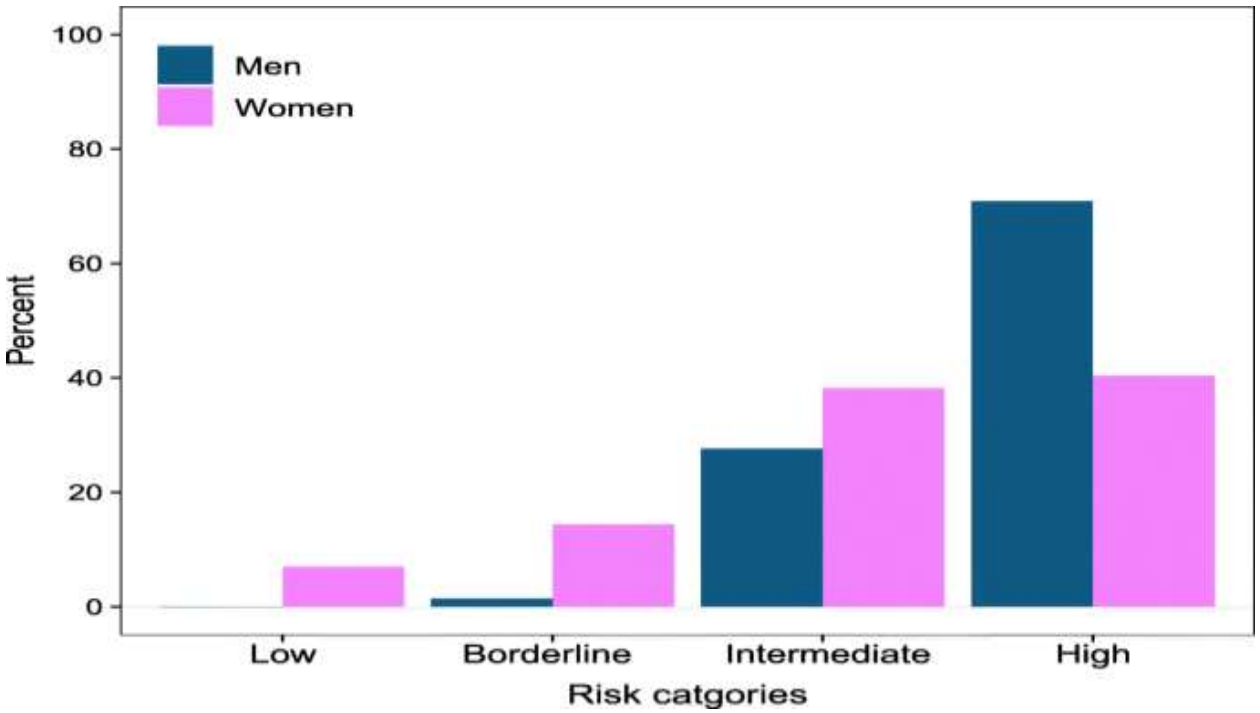
unrelated to non-fatal cardiovascular disease at five years, hypertension, diabetes, and Age and low SES43. According to Lira et al. 44, for their part. In the year 2015, the continuation of the study with almost eight thousand individuals from cohort 200241 to Ten years, they discovered 114 fatalities due to cardiovascular causes, with a risk of a relative risk (RR) of a fatal cardiovascular event of 2.56 for diabetics and 1.48 for The HTA. Moreover, they demonstrated that these two FRs were also the leading causes of mortality from strokes, with a relative risk of respective values are 2.28 and 2.5744. The findings of both investigations (Koch and Lira) In terms of the adjusted age composition, there were no disparities between the sexes in Contrast between the population that was investigated and the distribution of the

census Population of the time. The Health Programme was established by the Ministry of Health in 2002. The Cardiovascular (PSCV) program, which merged with earlier programs, was directed. Hypertension, diabetes, smoking, or dyslipidemia are examples of isolated RFs that can be treated. There is a comprehensive treatment strategy included in the PSCV, which comprises determination of the individual's cardiovascular risk and calculation of the individual's The therapeutic objectives. The application of tables, on the other hand, results in created in other populations that have a higher prevalence of cardiovascular disease, Experienced a tendency to overestimate the frequency of occurrences. Because of this, Icaza et al. published their findings in 2009. 45 were able to build an adaption of the Framingham function for the Chilean population, explicitly taking into consideration the prevalence of CVRF in the local population and predicted incidence of the disease regarding coronary events happening. It was decided to include this instrument in the PSCV. However, in the same year, 46, it was essential to validate it. In 2010, Kunstmann and Lira, in collaboration with the authors of the adaptation of the Chilean table, namely Icaza and Nuñez, conducted a validation. Preliminary analysis of this instrument (FONIS Project SA09I20022) 47 The findings exhibited satisfactory calibration and discrimination but were not free of methodological issues. To begin, the population that was being validated was only five years old. R the continuation of. Moreover, it was challenging to gather the necessary information because of the restriction of access to non-fatal occurrences, among other reasons, due to the discovery of silent ischemia (which was discovered using an electrocardiogram). Sensitive information, the inability to get in touch with the subjects, and records Institutions of health care that are not up to date, and the priorities Following the earthquake that occurred on February 27, 201047,48 2014 is the year when the PSCV brought together a task force to update the Incorporation of diabetes, hypertension that is resistant to treatment, and illness as independent high-risk criteria in the CV49 risk approach Chronic renal disease, in addition to the presence of disease in the patient's family Early cardiovascular disease and metabolic syndrome. It is necessary to make these adjustments. The newly discovered evidence, as well as the fact that the Chilean table distinguishes between People with a high RF burden, such as women, are at a low risk (less than 5%). With a total cholesterol level of 220 mg/dl and arterial pressure that is greater than 160/100 mmHg, a smoker who is 74 years old has a calculated risk score of 4%)45,49). Because these kinds of results were obtained, some Please place a note in the hands of primary healthcare practitioners (Chaulin, 2021). Caution is advised when utilizing this tool, and you should concentrate on treatment methods with discretion, taking into account the outcome of their use just as a means of providing support for care50 The Chilean table was also shown to have this problem, which was observed with the What Lira and her colleagues came up with. In 2014, there were 51 tracks. In the region, which has a population cohort consisting of more than a thousand persons 11 years of service in the Metropolitan of Chile (average of 10.9 years, or 89,825 years) Years as well as person observation). In addition, also, in this subsequent According to the findings, the RFs with the most considerable attributable burden of fatal events were the ones. There is hypertension (relative risk of 1.48 for coronary events and relative risk of 2.28 for all events). as well as diabetes mellitus (relative risk of 2.56) for cerebrovascular incidents Between the two events). HTN was found to have a substantial association ($p<0.001$) with one out of every four coronary fatalities at the community level. Ischemic cerebrovascular causes account for one in every three deaths, with A population risk that can be attributed to totaling 24.7 and 64 percent, respectively51An effort was made in 2015 by Lira and colleagues to improve the classification strategy. al., determine whether or not the European SCORE table applies to low-income individuals in the population of Chile52. Not only does this instrument forecast coronary events, such as the Icaza table, but it also predicts other cardiovascular events, such as hypertensive illnesses, heart failure, and thromboembolic strokes, amongst others. This instrument has the advantage of using "hard" data, which is mortality. In the course of the follow-up of this cohort, which consisted of 8,400 individuals, the vital status was obtained from the Civil Registry, and the reason for death was determined. It is essential to point out that the certificates providing information about fatalities in Chile are regarded as being of the highest possible quality 53. Calibration was examined using comparable tests that were utilized in research 47,54. Using Hosmer and Lemeshow (HL) and discriminating through the utilization of the area under the curve

(AUC) calculation. When the HL Chi2 value is more than 0.05, it implies that there is no difference between the events that were predicted and those that were seen. Additionally, C statistics for AUC that are more significant than 0.8 are deemed highly discriminatory. There was a reasonable degree of coincidence between the percentage of predicted events and the actual events (HL) in both sexes (Graphs 1 and 2), and the area under the curve (statistic C) was 0.82 for men and 0.83 for women52 (Graphs 3 and 4). In addition to coronary events, the findings demonstrated that the power predictive value of this instrument was practical for the Chilean community as a whole.



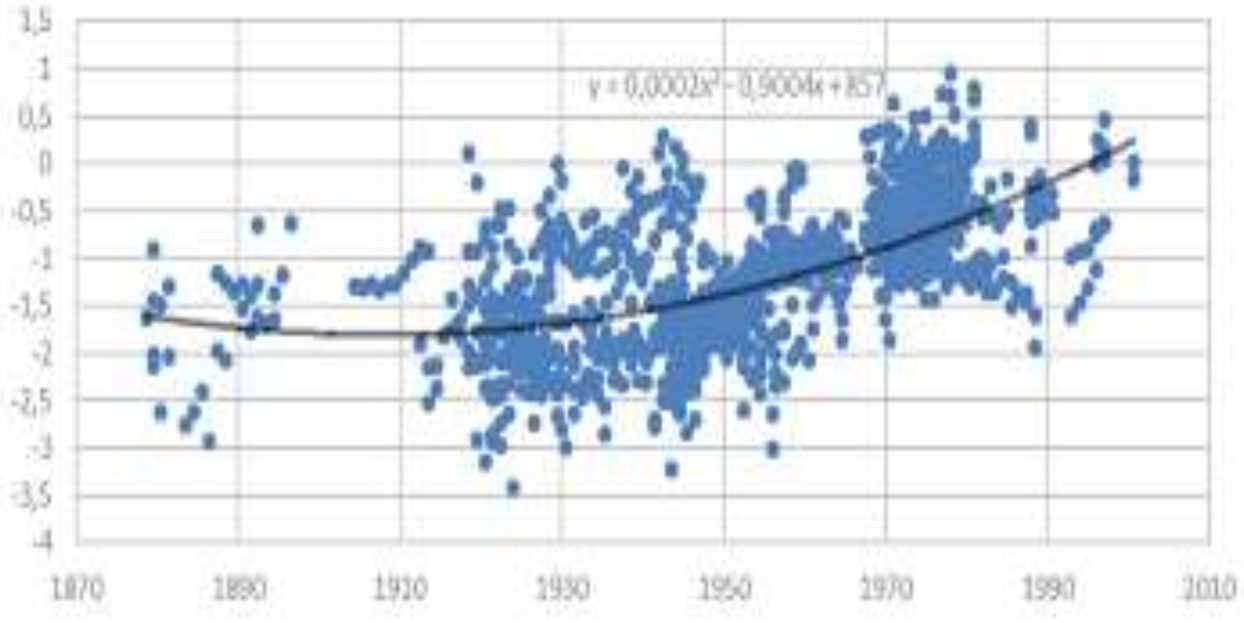
Graph: Risk of death from cardiovascular disease (CVD) in MEN observations and predictions made by the role of Low-risk score SCORE



The graph illustrates the relationship between the function of low-risk SCORE and the risk of cardiovascular (CV) death in women.

In a project that was very similar to this one, Acevedo et al. 55 compared these two The original Framingham table, the updated Chilean table, and the instrument proposed by the American Heart Association and the American College of Cardiology 201319 were used to determine the predictive capability of cardiovascular mortality in the Chilean population. The use of With an average follow-up of 7±3 years, the MRI study included 3,284 individuals. The study results indicated that the AHA/ACC instrument had a higher predictive capacity for mortality (AUC), with a C statistic of 0.78. C=0.60 and C=0.67 are the values compared to the original Framingham Table. Both the original Chilean and the modified version, respectively, without achieving prominence There are 55 statistics. In light of these findings, it was once again demonstrated that improving the tools on a nationwide scale was essential. On the other hand, these findings involve methodological considerations, and caution should be exercised when evaluating them. The Framingham table and the various arrangements of it The only coronary events that can be predicted, both deadly and non-fatal, are coronary events. "Hard" events are what the AHA/ACC score looks for, and it was constructed using data. Of atherosclerotic cardiovascular disease (ASCVD), both fatal and non-fatal, in addition to coronary events, ten years19 is the age range. Another thing to note is that the first two equations do not include race. Such as what Lira and her colleagues discovered. There is a significant attributable burden of hypertension ($p<0.001$) and diabetes, as demonstrated by this study. Mortality from cardiovascular disease in the Chilean population ($p<0.01$). 2017 saw the beginning of a fresh initiative to improve stratification. The PSCV produced new guidelines, and more recently, the PSCV is incorporating the usage of risk prediction tables published by the World Health Organisation (WHO), 2019-2018 version updated. The latter constitutes the basis for the estimate of the Framingham equation, in contrast to the, one that does not. At ten years, the combined risk of myocardial infarction and stroke, both fatal and non-fatal, is considered to be high. The countries were the ones who developed them (Martinez et al., 2019). With a socioeconomic status that falls between middle and low, where in most cases Various instruments based on demographic cohorts are available. The data about the world's population that it uses for its modeling comes from Icaza et al.45 made an adjustment that was comparable to the one that was made for the prevalence of risk variables and incidences of events. However, grouping Various countries' data for each of the WHO's epidemiological subregions is included in this study. 2019 is the year that the table is recommended for The number of countries Chile was a part of was reduced from 25 to just three (Argentina, Chile, and Uruguay)18. Utilizing the example from before (a woman who is 74 years old), Aged a smoker with a total cholesterol level of 220 mg/dl and a blood pressure reading that is greater than 160/100 mmHg), when the WHO table is applied, a Compared to the probability that was determined using the Chilean table of probabilities, the probability of the occurrence occurring in the next ten years is 23% (high). Icaza et al., from which he obtains 4% of the total. The importance of the quest is brought into focus by this distinction. The development of more accurate instruments is needed to prevent either an underestimation or an overestimation of risk, which would need treatment decisions. The table developed by the WHO, as well as the table developed by the Chilean Icaza Consists of secondary data and, as a result, according to the viewpoints of some. Medical personnel who provide primary care, their actual capacity for prediction results in considerable ambiguity regarding the efficiency of its application in primary prevention50. Those above, in addition to the outcomes of the Lira52 projects Moreover, Acevedo55 emphasizes the importance of having a cohort. National and its subsequent initiatives to build and adopt a more accurate instrument. In light of this, and based on the experiences of Contact with the authors was established with individuals from different countries, such as Spain54. To modify this equation to account for population, SCORE originals Chilean in origin. To accomplish this, data from the general population were gathered (census, standard radiofrequency (RF) prevalence, and the frequency of incidents, among other things) and Information regarding the individuals' biodemographic characteristics and their anonymous individual CVRF values were taken from the National Health Survey. Health 2009 – 201057. 2019 saw the implementation of the SCORE equation for the Chilean population, which was completed with their assistance. After the conclusion of the Prior illustration (a lady who is 74 years old, a smoker, and has a total cholesterol level of 220

mg/dl and a blood pressure that is greater than 160/100 mmHg) after applying the Scoring suited to the Chilean population (SCORE-CHILE), a scoring system The likelihood of a fatal incident is 19.8%, which is considered to be very high risk. (15 percent or above). The data presented in this example correlates to After 6.5 years of follow-up, there was one individual from the cohort49,52 who passed away due to a stroke. The preliminary analysis of the application of the SCORE-CHILE to the cohort of more than eight thousand people52, in comparison with the application of the original SCORE for low-risk nations to the same cohort, was conducted. Population, as demonstrated in the correlation graph that is presented below, (Graph 5) along with its related coefficient of determination (R2), which measures how well the model fits the data. "The" By expressing the amount of variation in Y that can be explained by the variation in X and vice versa, Pearson's r-squared correlation is a useful statistical tool. The better the correlation, the closer it is to one (ideal correlation). Corresponds to the data model in question. Every single blue symbol on the graph Coincides with a particular subject. Even though R2 is higher than 0.9 (extremely high), their study reveals that That being said, generally, there is a low risk of anything happening. Acceptable correlation between the two instruments; however, on the other hand, the original SCORE tends to decrease when the risk level rises. Exceed the danger in a relatively limited proportion of cases (except More than twenty percent), in contrast to the SCORE-CHILE. According to the findings of the study, the difference would not be clinically significant since With the original SCORE, any risk score greater than 15% is regarded as highly high risk17. This new instrument must be validated to estimate its precision, just as it is necessary to validate earlier modifications. In light of this, efforts are currently being made to continue monitoring the cohort of The same subjects' data were used to develop the adaptation. Right now, we have the number of deaths and why they occurred. Subjects of the ENS 2009 as of the year 2018 (nine years after the initial screening). A more in-depth investigation is currently being developed because of the challenges resulting from the pandemic.



Graph 3: There is a correlation between risk score and A comparison of the old SCORE and the SCORE-CHILE (countries at risk) There are 8,224 subjects.

DISCUSSION:

In conclusion, the calculation of global risk has been regarded as the most effective instrument for the prevention of primary comprehensive CV for over three decades, and it has assisted in determining various health priorities10,16,22. According to recent reports and guidelines from several interdisciplinary working groups, identifying individuals at a high risk of experiencing a cardiovascular event is a crucial component of practical action (9, 10, 20, 58). Particular attention is

paid to asymptomatic patients, who would be candidates for more intensive medical interventions. According to the usual risk equations12, young people with isolated severe risk factors are typically classified as having intermediate risk. This continues to be a relevant public challenge since a considerable number of events occur in the population that seems to be healthy. When selecting the proper risk estimating technique, it is of the utmost importance to have a thorough understanding of the epidemiological issues, which include the burden of the risk factor and the specific incidence of cardiovascular disease occurring in each target group. Critical considerations for management to consider to conduct an individualized and more precise risk assessment include reviewing the process validation to estimate the usefulness of a given model and considering additional data. In addition, it is essential to emphasize that risk evaluation is necessary for managing cardiovascular disease, and this is not only the case for the primary prevention of cardiovascular disease. The utilization of specific instruments may benefit patients with additional illnesses or particular CVRFs, which are not generally incorporated in the estimation equations. For instance, the ADVANCE59 and DIAL60 models are designed for individuals with diabetes. The SMART61 and SMART-REACH62 models are designed for patients with a vascular illness history. The MAGGIC63 or the Seattle64 model is designed for heart failure patients. When it comes to patients who have other cardiovascular diseases, such as atrial fibrillation20, the new European guidelines for 2021 urge that they be evaluated for cardiovascular risk; it is the webpage of U-prevent. Last but not least, in recent years, the challenges that have been made in this area have shifted their focus to vulnerable populations, such as children and adolescents, adults, elderly persons, and immigrants, in addition to identifying the role that competing risks20 play. This includes evaluating how other characteristics, such as social position or literacy, can have an impact on the outcomes that are anticipated. Whether it be because they share FR or because specific processes or treatments that are inherent to the pathology enhance cardiovascular risk, several comorbidities are significant for the management of end-stage cardiovascular disease (ECV). Some examples include chronic kidney disease65, inflammatory arthritis66, cancer11,67, particularly in instances of cardiotoxic therapy68, and HIV patients with greater survival69, in whom a recent meta-analysis discovered a two-fold higher risk association of acute myocardial infarction in chronic HIV infection70. These are just a few examples. As part of the risk assessment, the new European recommendations recommend considering migraines accompanied by auras. Furthermore, in the case of rheumatoid arthritis, the risk value that is derived should be multiplied by 1.5 to 20. Because younger people tend to be labeled as low risk even in a very unfavorable RF profile or very isolated variables, the absolute risk may not be realistic for these populations. Intensely intense9,11,20,33,71 are the numbers. Some of the solutions that have been recommended to solve this issue include using a relative risk table or "risk age," lifetime risk calculators, or the number of years that have passed without cardiovascular diseases9,11,20,33,72. In addition, there are risk modifiers that are more prominent in the younger population that need to be taken into consideration. One example of this is substance addiction. Cocaine causes immediate consequences such as acute hypertension, arrhythmia, stroke, and heart attack, as well as acute myocardial illness. These effects are caused by the spasm of the coronary arteries that occurs due to adrenergic stimulation. Cardiomyopathy, endothelial damage, and vascular fibrosis are all caused by its extended usage, according to research 73,74. Because there are ethnic disparities in the prevalence of cardiovascular risk factors that have been well reported in the literature9,20,75,76, the risk burden profile of the immigrant population is different. Migration between nations is expanding at an increasing rate. On the other hand, the research suggests that these profiles go through changes after a period of residence or in the second generation, a phenomenon known as acculturation11,75-77. Currently, available stratification techniques have been demonstrated to be incapable of providing accurate estimations of cardiovascular disease risk in ethnic minorities11. There is a possibility that the validated instruments either underestimate or overstate the danger among patients who belong to specific ethnic minority groups. Available guidelines suggest that equations for cardiovascular disease risk particular to ethnicity should be constructed and that correction factors should be utilized temporarily. The newly established European recommendations recommend multiplying the risk that is derived by a correction factor by the following conditions: Indians and Bangladeshis make up 1.3

percent of the population, Pakistanis make up 1.7 percent, other Asians make up 1.1 percent, Afro-Caribbeans make up 0.85 percent, and African-Americans and Chinese make up 0.720 percent. In terms of genetic modulators, even though several studies have been conducted on the subject, current guidelines have estimated that there is insufficient data to support using genomic estimators in risk assessment in primary prevention20. To refine the predictive capacity of the tool that guides the clinical management of PSCV, which has the purpose of "reducing the incidence of cardiovascular events through control and compensation of cardiovascular risk factors and improving the control of people who have had a cardiovascular event"56, the evolution of CV risk stratification in Chile has undergone a sustained development. This development has been accomplished through a collaborative effort at the MINSAL, with the contribution of relevant national actors. The tool currently in use, installed in 2019, comes with a few issues that have already been mentioned. The investigation of the adjustment of other models to our national reality is a practical approach; nonetheless, it requires an application and careful interpretation, in addition to its validation in the appropriate manner. An evaluation of cardiovascular risk is a dynamic process, both for the fluctuation experienced by the FR, such as the advancement in understanding emerging factors and new stratification approaches. This is because the FR is constantly evolving. For instance, it is still necessary to shed light on whether artificial intelligence (machine learning) is beneficial to this process; studies on this topic are currently being conducted81. One can affirm that there are still many problems in searching for more precise instruments in a broad spectrum of individuals and populations. This is a corollary to the previous statement. As the ancient Greek philosopher Heraclitus put it, "Everything flows, and nothing remains.

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