

## How should we obtain a precise estimate of cardiovascular risk in asymptomatic adults?

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**Background.** A precise estimate of cardiovascular (CV) risk in asymptomatic individuals is a key factor in the primary prevention of CV disease.

**Case report.** In this report describe an asymptomatic individual presenting for CV status assessment. After the CV risk assessment using the SCORE risk charts and Framingham score, additional tests were performed, which provided better insight and reclassification of risk in this individual. Carotid Doppler sonography revealed plaques in the carotid arteries. Non-invasive assessment of coronary flow reserve (stress echocardiography test) demonstrated that a considerable area of the left ventricle is suffering ischemia when stressed. This was an indication for coronarography, which showed severe three-vessel coronary disease, that was later successfully treated by surgical revascularization. A year after the surgery a control stress echocardiography was performed, showing a satisfactory coronary flow reserve.

**Conclusion.** A precise estimate of CV risk in asymptomatic individuals opens the road leading to early diagnosis, adequate therapy, and prevention of CV disease.

**Key words:** cardiovascular risk, prevention cardiovascular disease, carotid disease