

Table. Categories of total cardiovascular risk proposed in the ESC/EAS 2020 Guidelines

	Very high risk	High risk [§]	Moderate risk	Low risk
Documented ASCVD	Clinical/imaging*			
DM	Target organ damage [†] , or ≥3 major risk factors [‡] , or early onset of T1DM of long duration (>20 years)	No target organ damage, with DM duration ≥10 years or another additional risk factor	Young patients (T1DM <35 years; T2DM <50 years) with DM duration <10 years, without other risk factors	
FH	ASCVD or with another major risk factor	No other major risk factors		
CKD (eGFR)	<30 mL/min/1.73 m ²	30–59 mL/min/1.73 m ²		
SCORE (10-year risk)	≥10%	≥5% and <10%	≥1% and <5%	<1%
LDL goals	<1.4 mmol/L	<1.8 mmol/L	<2.6 mmol/L	<3.0 mmol/L

*Documented ASCVD includes previous ACS (MI or unstable angina), stable angina, coronary revascularization (PCI, CABG, and other arterial revascularization procedures), stroke and TIA, and peripheral arterial disease. Unequivocally documented ASCVD on imaging includes those findings that are known to be predictive of clinical events, such as significant plaque on coronary angiography or CT scan (multivessel coronary disease with two major epicardial arteries having >50% stenosis), or on carotid ultrasound.

[†]Target organ damage is defined as microalbuminuria, retinopathy, or neuropathy. [‡]Age, hypertension, dyslipidaemia, smoking, obesity; [§]Markedly elevated single risk factors, in particular TC >8 mmol/L (>310 mg/dL), LDL-C >4.9 mmol/L (>190 mg/dL), or BP ≥180/110 mmHg.

ASC, acute coronary syndrome; ASCVD, atherosclerotic cardiovascular disease; BP, blood pressure; CABG, coronary artery bypass graft; CKD, chronic kidney disease; CV, cardiovascular; CT, computed tomography; DM, diabetes mellitus; EAS, European Atherosclerosis Society; eGFR, estimated glomerular filtration rate; ESC, European Society of Cardiology; FH, familial hypercholesterolaemia; LDL-C, low-density lipoprotein cholesterol; MI, myocardial infarction; PCI, percutaneous coronary intervention; SCORE, Systematic Coronary Risk Estimation; T1DM, type 1 diabetes mellitus; T2DM, type 2 diabetes mellitus; TC, total cholesterol; TIA, transient ischaemic attack.

(Adapted from Mach et al. Eur Heart J 2020¹³)

Medicine, History and Art (5)

The Drunkenness of Noah

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The Drunkenness of Noah (1509)

Michelangelo,
Sistine Chapel,
The Vatican

Seeing that men were corrupt and did not worship the one true God, the Lord ordered Noah to build an ark. In it, Noah and his family took refuge, after bringing in one pair of each kind of land animal.

Then the Lord sent heavy rain that lasted 40 days and 40 nights, covering the highest mountain on Earth. When the flood water receded, the ark landed on dry land at Mount Ararat. Noah and his family started to plant in the soil, and made wine

from the grapes they cultivated. Noah is known in history as the first man who tilled the fields, and also the first drunkard. This painting shows that Noah often got drunk in the fields, and his sons had to carry him back to the house.