

TABLE 1. MODIFYING RISK			
RISK FACTOR	DRUG TREATMENT	LIFESTYLE ADVICE	OTHER
Smoking	Nicotine replacement, bupropion, varenicline	Behavioural support to quit	Combination of both works best
Dyslipidaemia	Statin, ezetimibe, fibrate	Healthy diet, low in saturated fat, and exercise to increase high-density lipoprotein	Reduce total cholesterol to <5mmol/L (<4mmol/L if possible) and LDL to <3mmol/L (<2mmol/L if possible)
Hypertension	As per NICE/British Hypertension Society (2006) guidelines	Healthy diet, exercise, care with alcohol and salt intake	Two or three drugs often needed to reach BP targets
Central obesity	Orlistat or sibutramine if appropriate	Low saturated fat, reduced calorie diet	Behavioural support needed along with dietary and activity modification
Hyperglycaemia	Hypoglycaemic drugs, for example metformin in diagnosed type 2 diabetes	Healthy, sugar-free, low-saturated fat diet with exercise to improve insulin sensitivity	
Alcohol	N/A	Keep within safe drinking limits	Advice on behavioural change available in NICE (2007) guidance
Activity levels	N/A	30 minutes' activity five times a week is ideal; this can be split into two shorter sessions if preferred	A brisk walk after school or work each day; 20 minutes' exercise improves insulin sensitivity for 15 hours afterwards