

## **U.S. Preventive Services Task Force New Recommendation: Screening for Coronary Heart Disease**

WASHINGTON, D.C. – July 31, 2012 – Today the U.S. Preventive Services Task Force (Task Force) released its final recommendations on screening for coronary heart disease (CHD) with electrocardiography (ECG). The Task Force recommended against screening with resting or exercise ECG for the prediction of CHD events in asymptomatic adults who are at low risk for CHD events. They also concluded that the current evidence is insufficient to assess the balance of benefits and harms of screening with resting or exercise ECG for the prediction of CHD events in asymptomatic adults at intermediate or high risk for CHD events.

“Coronary heart disease is the leading cause of death in the United States and is associated with a number of risk factors for which there are effective interventions, as outlined in multiple Task Force recommendations. The Task Force’s newly released recommendations on ECG reinforce the need for individuals to focus on the prevention of coronary heart disease by making sure they are aware of the important risk factors and discuss their personal risk with a trusted health care provider, and for physicians to focus on making sure everyone gets the appropriate screening and counseling and that risk factors such as elevated blood pressure and high blood cholesterol are well managed,” said Task Force Co-Vice Chair Michael LeFevre, M.D., M.S.P.H.

The Task Force’s recommendations have been published online in the *Annals of Internal Medicine*, as well as on the Task Force Web site at <http://www.uspreventiveservicestaskforce.org>. A fact sheet that explains the recommendation statement in plain language is also available.

The Task Force is an independent group of national experts in prevention and evidence-based medicine that works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications.

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