



## **- a brief overview -**

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## Foundation

The concept of a task force first arose in response to the momentum created by the 1985 National Institutes of Health Consensus Statement and the 1986 European Atherosclerosis Society Policy Statement on coronary heart disease prevention. It was felt by many that there was a need for an international body to pool expertise in prevention from many countries.

This perception led to the formal constitution of the *International Task Force for Prevention of Coronary Heart Disease* at an inaugural meeting in Frankfurt on April 30, 1987, and to its official registration in Geneva as a non-profit foundation.

First chairman: Professor Barry **Lewis**.

Founder members: Gerd **Assmann**, Henry **Blackburn**, Rafael **Carmena**, Jean **Davignon**, Jean-Luc **de Gennes**, DeWitt S. **Goodman**, John **Goodwin**, Yuichiro **Goto**, Antonio **Gotto**, Markus **Hanefeld**, Robert **Hodge**, Claude **Lenfant**, Mario **Mancini**, Costas **Miras**, Paul **Nestel**, R. G. **Oganov**, Anders **Olsson**, Rodolfo **Paoletti**, Zbignek **Pisa**, Daniel **Pometta**, Kalevi **Pyörälä**, Gotthard **Schettler**, Yechezkiel **Stein**, Robert **Wissler**.

## Goals

The aim of the *Task Force* is the diffusion at an international level of easily assimilable information on the prevention of coronary heart disease for physicians, medical professionals and the public.

The activities of the *Task Force* fall into three categories:

1. Promotion of the study of preventive strategies and preparation of expert reports and teaching materials. To assist in this activity, the *Task Force* maintains contacts with the media, governmental organizations, industry, health insurers and other interested parties.
2. The *Task Force* promotes the formulation of clear, simple and up to date guidelines for coronary heart disease prevention based on current scientific evidence. Wherever possible, it works through national and local organizations for the diffusion of these guidelines.
3. The holding of small, high-level conferences on particular aspects of preventive strategy requiring updating or clarification, and the rapid publication and dissemination of the proceedings of these symposia.

The founders of the *Task Force* made a conscious decision not to include research activities in its terms of reference. Numerous societies focus on research into heart disease. The *Task Force* however is a specialized international organization with the primary goal of translating into practice the large body of knowledge now available on the causes and prevention of coronary heart disease. In many parts of the world, particularly in Asia, the incidence of vascular disease is increasing sharply, so that for the first time in the history of humanity vascular disease has now supplanted infectious disease as the number one killer worldwide.

## Funding

The *Task Force* is funded by donations and legacies, by profits arising from the sale of scientific documents, and by the registration fees of its seminars and symposia. All office holders of the *Task Force* are unpaid.

## Composition

The *Task Force* is composed of experts of various nationalities who are holders of or have recently retired from senior academic posts. All have extensive research experience in relevant medical specialities. Many members provide cross-representation with other international bodies and cardiology societies. The **Board** of the *Task Force* is composed as follows:

- Up to 31 voting members elected by co-optation among persons having the qualities, experience and professional skills in the field of coronary heart disease required for the good working and the effectiveness of the foundation.
- An unlimited number of non-voting advisory or honorary members

The Board appoints from among its members an **executive committee** of no more than nine members composed of a **Chairman** (Jean-Charles Fruchart), a **Vice-Chairman** (Arnold von Eckardstein, Switzerland), a **Treasurer** (Walter Riesen, Switzerland), an **Executive Director** (Gerd Assmann, Germany), and **Members**, currently Rafael Carmena (Spain), Marek Naruszewicz (Poland), Anders Olsson (Sweden), Rodolfo Paoletti (Italy), Matti Tikkanen (Finland).

## Members

### Current Board Members

- Gerd Assmann
- Philip Barter
- Bryan Brewer
- Greg Brown
- Rafael Carmena
- Alberico Catapano
- Jean Davignon
- Jean-Pierre Després
- Eduardo Farinaro
- Michel Farnier
- Jean-Charles Fruchart
- Antonio Gotto
- Heiner Greten
- Scott Grundy
- Anders Hamsten
- John Kastelein
- Karl Lauterbach
- Eran Leitersdorf
- Robert Mahley
- Yuji Matsuzawa
- Marek Naruszewicz
- Anders Olsson
- Rodolfo Paoletti
- Terje Pedersen
- Alfredo Postiglione
- Walter Riesen
- Sydney Smith
- Marja-Riitta Taskinen
- Matti Tikkanen
- Andrew Tonkin
- Arnold von Eckardstein

### Honorary members

- Yuichiro Goto
- Bernard Jacotot
- Barry Lewis
- Mario Mancini
- Jeremiah Stamler
- Yechezkiel Stein

## Activities and publications

- 1988      **"Handbook of CHD prevention - a practical guide"**  
Distributed in Europe, free of charge and in several languages
- 1989      **"The social and economic contexts of coronary prevention"**  
Proceedings of a meeting held by the Int. Task Force for Prevention of Coronary Heart Disease  
Linköping, Sweden, 16.08.1989
- 1992      **"Prevention of coronary heart disease. Scientific background and new clinical guidelines"**  
Recommendations of the European Atherosclerosis Society (EAS) prepared by the *Task Force*  
*Current Medical Literature Ltd*, London  
*Nutr Metab Cardiovas Dis* (1992), Vol. 2, No. 3, pp. 113-156
- 1993      **"Low blood cholesterol: Health implications"**  
Proceedings of a workshop held in Milan, July 1993, under the auspices of the *Task Force* and the International Society and Federation of Cardiology. Eds. Lewis, Paoletti, Tikkanen  
*Current Medical Literature Ltd.*, London
- 1994      **"Desktop guide to the management of risk factors for coronary heart disease"**  
Summary of the EAS recommendations "Prevention of coronary heart disease – scientific background and new clinical guidelines".  
This was translated into 10 languages and distributed to 500,000 physicians worldwide
- 1997      **"Treatment goals for low-density lipoprotein cholesterol in the secondary prevention of coronary heart disease: absolute levels or extent of lowering?"**  
Proceedings of a symposium of the *Task Force* and the Institute of Arteriosclerosis Research at the University of Münster, held in Berlin, October 1996  
*Am J Cardiol* 1997; 80:1287-1294

- 1998 **„Coronary heart disease: Reducing the risk. The scientific background to primary and secondary prevention of coronary heart disease. A worldwide view“**  
*Nutr Metab Cardiovas Dis* (1998) 8:205-271  
<http://www.chd-taskforce.com/guidelines>
- Published also as short scientific version in  
*Arterioscler Thromb Vasc Biol.* (1999;19:1819-1824), and as abbreviated version in  
*Circulation*, (1999;100:1930-1938)
- “Primär- und Sekundärprophylaxe der koronaren Herzkrankheit (KHK). Neueste internationale Empfehlungen”**  
G. Assmann, Review  
*Notabene medici* 12; 610-611, 1998
- 1999 Establishing and refining the *Task Force website: www.chd-taskforce.com*. This contains links to the PROCAM study, an interactive risk calculator and also a series of slide kits on issues of coronary heart disease prevention.
- “Nutrition and longevity: Optimal diet in industrialized countries”**  
Proceedings of the *Task Force* meeting held in Capri, June 1998  
*Nutr Metab Cardiovas Dis* (1999) 9, Suppl to No. 4  
<http://www.chd-taskforce.com/oliveoil>
- “Update on the latest findings on secondary prevention of coronary heart disease”** Press conference, Naples, February 1999
- 2000 **“Primary prevention of coronary heart disease. From controversy to consensus”**  
Proceedings of the *Task Force* meeting held in Paris, May, 1999.  
*Nutr Metab Cardiovas Dis* (2000) 10:143-153
- “Prevention of coronary heart disease in post-menopausal women”**  
Proceedings of the *Task Force* Meeting in Scuol, Dec. 1999.  
*Nutr Metab Cardiovas Dis* (2000) 10:267-274  
<http://www.chd-taskforce.com/practicalaid.htm>
- “2000 Consensus Statement: dietary fat, the mediterranean diet, and lifelong good health”**  
Summary of the 2000 International Conference on the Mediterranean Diet, held in London, January 2000  
[http://www.chd-taskforce.com/2000consensusstatement/index\\_e.htm](http://www.chd-taskforce.com/2000consensusstatement/index_e.htm)
- “Primäre und sekundäre Prävention der koronaren Herzkrankheit”**  
Statement of the *Task Force*  
*Dtsch.med.Wschr.* (2000) 125:881-887

- 2001      **“Consensus on statins”**  
*Task Force* meeting held in Paris, September 2000  
Internet presentation of slides: <http://www.chd-taskforce.com/statins2000>
- “Obesity and cardiovascular risk”**  
*Task Force* meeting held in Valencia, June 2000  
*Nutr Metab Cardiovas Dis* (2001) Vol. 11
- “Subclinical atherosclerosis - the presymptomatic patient at risk for myocardial infarction and stroke”**  
*Task Force* meeting held in New York, September 2001  
Internet presentation of slides: <http://www.chd-taskforce.com/newyork2001.htm>
- “Hypolipidemic Treatment in Children and Young Adults”**  
Proceedings of the *Task Force* workshop held in Anacapri, May 2001  
*Nutr Metab Cardiovas Dis* , Volume 11, Suppl. to No. 5, October 2001
- “Statement of the International Task Force for Prevention of Coronary Heart Disease on the use of statins”**  
[www.chd-taskforce.de/statin\\_statement](http://www.chd-taskforce.de/statin_statement)
- 2002      **“Eat and live heart-healthy”**  
A comprehensive internet-practical on modifying nutritional habits and life-style, aimed at patients who are at high risk of coronary heart disease and members of the health-care professions. Available in the English and the German language.  
<http://www.chd-taskforce.com/heart-healthy>  
<http://www.chd-taskforce.com/herzgesund>
- 2003      **“Combined use of multi-slice CT and the PROCAM calculator for stratification of risk of coronary heart disease”**  
A consensus statement on behalf of the Task Force
- “Pocket guide to prevention of coronary heart disease”**  
Prepared by the *Task Force* in cooperation with the International Atherosclerosis Society  
*Translations are available in: German, Dutch, Polish, French, Spanish, Italian, Turkish.*  
*Translations in preparation or planned: Arabic, Hindi, Chinese Mandarin, Persian, Portuguese, Hebrew, Japanese*  
Worldwide distribution by local organizations
- Design and distribution of the **“Prevention Card”** (“Principles of prevention of cardiovascular disease”) in the English and the German language, for distribution to physicians.  
A joint *Task Force* / IAS project
- 2004      **“Cholesterol-lowering with statins: are they all the same?”**

Summary of the Expert Symposium at the 53<sup>rd</sup> Annual Scientific Sessions of the American College of Cardiology, New Orleans, March 2004  
*Drugs of Today* 2004, 40(6):555-561

**“Treatment guidelines for dyslipidemia”**

Expert Panel Meeting and position paper, June 2004  
see internet pages

**“Implications of emerging risk factors for therapeutic intervention”**

An Expert Panel report, Munich 27, 2004  
Published in *Nutrition, Metabolism & Cardiovascular Diseases* (2005), 15,373-381

**“New perspectives: CV risk assessment including non-invasive CT”**

Expert Panel Meeting and press conference, Munich, August 2004

2005

**1<sup>st</sup> Meeting of the Latin American Task Force**

Santiago de Chile, January 2005

**“Das Risiko für Herzinfarkt besser erkennen und effektiver senken – neue Erkenntnisse aus der internationalen Forschung”**

Press conference, Hamburg, March 2005

**„Cholesterol, Alzheimer´s and statins“**

Symposium of the *Task Force*, Stockholm, April 2005

**3<sup>rd</sup> Regional meeting on prevention of CHD and stroke**

Beirut, September 2005

## Symposia

organized or co-sponsored by the *Task Force*:

- August 1989      **"Social and economic contexts of coronary prevention – including financial costs and savings and demographic effects"**  
Linköping, Sweden
- June 1992        **"Coronary disease prevention in the elderly"**  
Florence, Italy
- July 1993        **"Health implications of low blood cholesterol - are there dangers as well as benefits in lowering blood cholesterol?"**  
Milan, Italy
- May 1995        **"Genetics of lipoprotein metabolism disorders and atherosclerosis"**  
Münster, Germany
- October 1995    **"Aging and cardiovascular diseases"**  
Münster, Germany
- December 1995   **"Menopause and cardiovascular diseases"**  
Rome, Italy
- March 1996      **"Health risks of smoking"**  
Münster, Germany
- March 1996      **"Assessment of the risk of cardiovascular disease – Medical and insurance perspectives"**  
London, UK
- September 1996 **"Cholesterol and brain metabolism"**  
Anacapri, Italy
- October 1996    **"Treatment goals for LDL Cholesterol in the secondary prevention of coronary heart disease: Absolute levels or percentage lowering?"**  
Berlin, Germany
- April 1997       **"Hypertriglyceridemia, the metabolic syndrome, and coronary heart disease risk"**  
Madrid, Spain
- July 1997        **"Dyslipidemia and endothelial dysfunction"**  
Dresden, Germany

|                |  |
|----------------|--|
| June 1998      | <b>„Nutrition and longevity“</b><br>Capri, Italy   |
| October 1998   | <b>„Atherothrombosis and Triglycerides“</b><br>Paris, France   |
| May 1999       | <b>„Primary prevention of coronary heart disease – from controversies to consensus“</b><br>Paris, France                             |
| December 1999  | <b>„Prevention of coronary heart disease in post-menopausal women“</b><br>Scuol, Switzerland   |
| January 2000   | <b>„2000 International Conference on the Mediterranean Diet“</b><br>London, UK   |
| June 2000      | <b>„Obesity and coronary heart risk“</b><br>Valencia, Spain  |
| September 2000 | <b>„Consensus on statins“</b><br>Paris, France   |
| October 2000   | <b>“AMAD – Actualización en el manejo de las dislipidemias”</b><br>Meeting of Latin American Experts, Münster, Germany               |
| May 2001       | <b>“Hypolipidemic treatment in children und young adults”</b><br>Anacapri, Italy   |
| September 2001 | <b>“Subclinical atherosclerosis – the presymptomatic patient at high risk for myocardial infarction and stroke”</b><br>New York, USA |
| October 2001   | <b>“Premières Journées Francophones de Prevention Cardio-Vasculaire”</b><br>Beirut, Lebanon  |
| March 2002     | <b>“Metabolic Syndrome and Atherosclerosis”</b><br>Lille, France   |

- June 2002      **6<sup>th</sup> International Symposium on Global Risk of Coronary Heart Disease and Stroke**  
Florence, Italy
- October 2002      **The 4<sup>th</sup> Krag Atherothrombosis Conference**  
Krag Castle, Poland
- February 2003      **Identifying sub-clinical atherosclerotic disease: An evaluation of emerging techniques**  
Scuol, Switzerland
- April 2003      **2003 Consensus on the management of dyslipidemias**  
Paris, France
- May 2003      **Presentación prevención de la Enfermedad Coronaria**  
Barcelona, Spain
- October 2003      **Experts meeting on prevention and the new prevention laws**  
Münster, Germany
- March 2004      **Are all statins the same?**  
Expert meeting, New Orleans
- May 2004      **2<sup>nd</sup> Metabolic Syndrome and Atherosclerosis Congress**  
Marrakech, Morocco
- April 2005      **Conference on Cholesterol, Alzheimer´s Disease and Statins**  
Stockholm, Sweden
- September 2005      **Second Middle East CARDIOPACE – from pill to wire and devices**  
The 3<sup>rd</sup> Regional meeting on prevention of coronary heart disease and stroke,  
Beirut, Lebanon

For further current activities and more details

please consult the website:

<http://www.chd-taskforce.com/events.htm>

## Future goals

In the coming years, the *Task Force* aims to considerably increase its educational activities in emerging countries such as those of Latin America, South East Asia, India, China, and Eastern Europe. In this way the *Task Force* hopes to help avert the epidemic in coronary heart disease witnessed in Western countries in the last 50 years. Regional **subcommittees** have been established to this end in China, India, Japan, the Middle East, Latin America, Poland, Russia and Turkey.

The *Task Force* will continue to regularly update its **guidelines** for the prevention of coronary heart disease. A first "Desktop Guide" was published in 1992 and revised in 1998 (NMCD, Vol. 8, no. 4, pp 205-271, 1998 (<http://www.chd-taskforce.com/guidelines>), scientific short version: *Arteriosclerosis, Thrombosis and Vascular Biology* 1999; 19:1819-1824, short version for general practitioners: *Circulation* 1999; 100:1930-1938).

In 2003 the *Task Force* has prepared a "**Pocket guide to prevention of coronary heart disease**" in co-operation with the International Atherosclerosis Society, under the terms of the affiliation agreement between these organizations. This document has been translated into several languages, other translations are in preparation. It will be distributed worldwide by local organizations.

It is planned to update the Pocket Guide every two years based on recent major findings from clinical and observational studies.

As the **Internet** is becoming a pre-eminent means of disseminating information in developed and emerging countries, the *Task Force* will extend its presentation of educational activities on the worldwide web. These activities comprise the presentation of currently available scientific evidence in slide kits, scientific news, and a comprehensive guide on lifestyle modifications.

## Bank details

All donations to the *International Task Force for Prevention of Coronary Heart Disease* should be made payable to one the following accounts:

Bank: Union Bank of Switzerland AG  
Postfach, 8098 Zurich, Switzerland  
( SWIFT code: UBSWCHZH80A )

Account no: Euro: 230-332033.70G (IBAN: ZH13 0023 0230 3320 3370G)  
US\$: 230-332033.60T (IBAN: ZH84 0023 0230 3320 3360T)  
CHF: 230-332033.00X (IBAN: ZH83 0023 0230 3320 3300X)

## **IMPRINT**

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