

The review article presents the analysis of the main issues of updated European guidelines for the prevention of cardiovascular diseases (CVD). Previous European guidelines were dedicated to the risk stratification and the prevention of risk factors (RFs), when 2021 European Society of Cardiology guidelines on CVD prevention focuses on the personalized and stepwise intervention in clinical practice. Estimation of 10-year fatal and nonfatal CVD risk with SCORE2 is recommended in patients aged from 40 to 69 years, and SCORE-OP - for people aged ≥ 70 years. Four risk scales are proposed for countries depending on their risk group: low, moderate, high, very high. It is recommended to take into account not only gender and age, but also ethnicity and geographic factors during the development of prophylaxis strategy. It is also essential to personalize treatment by using stepwise method. After initial RF treatment and the achievement of RF treatment goals, the individual residual risk for recurrent CVD should be considered. The presence of comorbidities should be considered during treatment – the treatment of one pathology should not negatively affect the course of other diseases. Lifestyle management is the key method in atherosclerosis-related CVD prevention. Population level approaches is one of the main points in CVD prevention and include complex measures at the governmental and regional levels for various population segments.