

Cardiovascular Risk Assessment for Women*

Before you begin to control your cholesterol, it will be helpful to figure out your risk for heart disease and what your target cholesterol level should be. **Please fill in your point levels for each of the following steps.** The treatment you and your doctor choose will be based on your results.

Step 1: Age

20 - 34 = -7 points	40 - 44 = 0	50 - 54 = 6	60 - 64 = 10	70 - 74 = 14	Your Points
35 - 39 = -3 points	45 - 49 = 3	55 - 59 = 8	65 - 69 = 12	75 - 79 = 16	

Step 2: Total Cholesterol

	Age 20 - 39	Age 40 - 49	Age 50 - 59	Age 60 - 69	Age 70 - 79	Your Points
Less than 160	0	0	0	0	0	
160 - 199	4	3	2	1	1	
200 - 239	8	6	4	2	1	
240 - 279	11	8	5	3	2	
Greater than or equal to 280	13	10	7	4	2	

Step 3: HDL Cholesterol

Greater than or equal to 60 = -1	50 - 59 = 0	40 - 49 = 1	Less than 40 = 2	Your Points
----------------------------------	-------------	-------------	------------------	--------------------

Step 4: Systolic Blood Pressure

	If untreated	If treated	Your Points
Less than 120	0	0	
120 - 129	1	3	
130 - 139	2	4	
140 - 159	3	5	
Greater or equal to 160	4	6	

Step 5: Smoking Status

	Age 20 - 39	Age 40 - 49	Age 50 - 59	Age 60 - 69	Age 70 - 79	Your Points
Non Smoker	0	0	0	0	0	
Smoker	9	7	4	2	1	

Step 6: Add Points from Steps 1 through 5 → **TOTAL POINTS**
Step 7: Find your point total on the Risk Estimate chart below and enter your 10-year risk → **%**
Step 8: Risk Factors (check all appropriate boxes)

- I am at least 55 years old or have premature menopause and have not had hormone replacement therapy
- The following members of my family have had heart disease: father or brother under 55 years old *and/or* mother or sister under 65 years old
- I have high blood pressure (140/90 or higher)
- I am a smoker
- My good cholesterol – HDL – is greater than 60 (subtract 1 Risk Factor)
- My good cholesterol – HDL – is lower than 40

10-Year Risk Estimate

Point total	%	Point total	%
Less than 9	Less than 1%	19	8%
9 - 12	1%	20	11%
13 - 14	2%	21	14%
15	3%	22	17%
16	4%	23	22%
17	5%	24	27%
18	6%	>25	30%

Step 9: Setting Your Goals

- I have less than two of the above risk factors and no coronary artery disease. *(My LDL goal is 160 or below.)*
- I have two or more risk factors and no coronary heart disease and my 10-year risk is less than or equal to 20%. *(My LDL goal is 130 or below.)*
- I have coronary heart disease (prior heart attack, angioplasty, bypass surgery), or diabetes or 10-year risk is greater than or equal to 20%. *(My LDL goal is 100 or below.)*

Step 10: My LDL now _____ **My LDL Goal** _____

Cardiovascular Risk Assessment for Men*

Before you begin to control your cholesterol, it will be helpful to figure out your risk for heart disease and what your target cholesterol level should be. *Please fill in your point levels for each of the following steps.* The treatment you and your doctor choose will be based on your results.

Step 1: Age

20 - 34 = -9 points	40 - 44 = 0	50 - 54 = 6	60 - 64 = 10	70 - 74 = 12	Your Points
35 - 39 = -4 points	45 - 49 = 3	55 - 59 = 8	65 - 69 = 11	75 - 79 = 13	

Step 2: Total Cholesterol

	Age 20 - 39	Age 40 - 49	Age 50 - 59	Age 60 - 69	Age 70 - 79	Your Points
Less than 160	0	0	0	0	0	
160 - 199	4	3	2	1	0	
200 - 239	7	5	3	1	0	
240 - 279	9	6	4	2	1	
Greater than or equal to 280	11	8	5	3	1	

Step 3: HDL Cholesterol

Greater than or equal to 60 = -1	50 - 59 = 0	40 - 49 = 1	Less than 40 = 2	Your Points
----------------------------------	-------------	-------------	------------------	--------------------

Step 4: Systolic Blood Pressure

	If untreated	If treated	Your Points
Less than 120	0	0	
120 - 129	0	1	
130 - 139	1	2	
140 - 159	1	2	
Greater or equal to 160	2	3	

Step 5: Smoking Status

	Age 20 - 39	Age 40 - 49	Age 50 - 59	Age 60 - 69	Age 70 - 79	Your Points
Non Smoker	0	0	0	0	0	
Smoker	8	5	3	1	1	

Step 6: Add Points from Steps 1 through 5 → **TOTAL POINTS**
Step 7: Find your point total on the Risk Estimate chart below and enter your 10-year risk → **%**
Step 8: Risk Factors (check all appropriate boxes)

- I am at least 45 years old
- The following members of my family have had heart disease: father or brother under 55 years old *and/or* mother or sister under 65 years old
- I have high blood pressure (140/90 or higher)
- I am a smoker
- My good cholesterol – HDL – is greater than 60 (subtract 1 Risk Factor)
- My good cholesterol – HDL – is lower than 40

10-Year Risk Estimate

Point total	%	Point total	%
Less than 0	1%	9	5%
1	1%	10	6%
2	1%	11	8%
3	1%	12	10%
4	1%	13	12%
5	2%	14	16%
6	2%	15	20%
7	3%	16	25%
8	4%	17	30%

Step 9: Setting Your Goals

- I have less than two of the above risk factors and no coronary artery disease. *(My LDL goal is 160 or below.)*
- I have two or more risk factors and no coronary heart disease and my 10-year risk is less than or equal to 20%. *(My LDL goal is 130 or below.)*
- I have coronary heart disease (prior heart attack, angioplasty, bypass surgery), or diabetes or 10-year risk is greater than or equal to 20%. *(My LDL goal is 100 or below.)*

Step 10: My LDL now _____ **My LDL Goal** _____

* Based on recommendations from the Framingham Study and the United States Preventive Services Task Force.