

Women's Heart Advantage

Cardiovascular Risk Assessment Form

Estimate of 10 Year Risk of Developing Coronary Heart Disease for Women Based on Total Cholesterol Level

Total Cholesterol Level

Circle your points in each category and total below

Step 1

Age	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
Points (Circle)	-9	-4	0	3	6	7	8	8	8

Points

Step 1

Step 2

Total Cholesterol (mg/dl)	Points (Circle)	Risk
< 160	-2	Very Low
160 - 199	0	Low
200 - 239	1	Moderate
240 - 279	1	High
≥ 280	3	Very High

Step 3

HDL Cholesterol (mg/dl)	Points (Circle)	Risk
< 35	5	Very High
35 - 44	2	High
45 - 49	1	Moderate
50 - 59	0	Low
≥ 60	-3	Very Low

Step 2

Step 3

Step 4

Blood Pressure		Diastolic (mmHg) (bottom number)				
Systolic (mmHg) (top number)	<80	80 - 84	85 - 89	90 - 99	≥100	
< 120	-3 points	0 points	0 points	2 points	3 points	
120 - 129		0 points	0 points	2 points	3 points	
130 - 139			0 points	2 points	3 points	
140 - 159				2 points	3 points	
≥ 160					3 points	

When systolic and diastolic pressures provide different estimates for point scores, use the higher number.

Step 4

Women's Heart Advantage is an educational program sponsored by the doctors, nurses and hospitals of Sutter Health to raise awareness of women's heart disease, risk factors, early detection, and treatment. This information is provided to help you understand how certain factors can affect your chances for heart disease and how to help control them. For more information, visit www.hearts.sutterhealth.org.

Step 5

Diabetes	Points (Circle)
No	0
Yes	4

Step 6

Smoker	Points (Circle)
No	0
Yes	2

Step 5

Step 6

Step 7

Add up the points from steps 1-6	
Age	
Total Cholesterol	
HDL Cholesterol	
Blood Pressure	
Diabetes	
Smoker	
Point Total =	

Step 8

Circle the point total from Step 7 to determine your risk.

Points Total (Circle)	10 Year CHD Risk (Circle)
≤ -2	1%
-1, 0 or 1	2%
2 or 3	3%
4 or 5	4%
6	5%
7	6%
8	7%
9	8%
10	10%
11	11%
12	13%
13	15%
14	18%
15	20%
16	24%
≥ 17	≥ 27%

Step 9

Compare your risk from Step 8 to a healthy women the same age.

Age (Years)	Average 10 year CHD Risk	Low 10 year CHD Risk*
30 - 34	< 1%	< 1%
35 - 39	1%	< 1%
40 - 44	2%	2%
45 - 49	5%	3%
50 - 54	8%	5%
55 - 59	12%	7%
60 - 64	12%	8%
65 - 69	13%	8%
70 - 74	14%	8%

Step 10

Calculate Your Relative Risk

Your 10 Year CHD Risk	_____
(divided by)	
Low 10 Year CHD Risk	_____
Relative Risk	_____

Relative risk indicates that your risk of coronary heart disease is X times greater than or less than a women of the same age with a low risk profile.

* Low risk was calculated for a women the same age with the following: Normal blood pressure, total cholesterol 160 — 199 mg/dl, HDL cholesterol 55 mg/dl, non-smoker, no diabetes

Source: NHLBI Framingham Heart Study
<http://www.nhlbi.nih.gov/about/framingham/riskabs.htm>



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