

CholesterolClinic.com EZ Cardiovascular Risk Assessment

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NAME: _____ **AGE:** _____ **SEX:** M/F **DATE:** / /

STEP 1 Determine if CHD or CHD risk equivalent conditions are present. If present, the patient is considered to be in the high risk category and LDL cholesterol should be lowered to less than 100 mg/dl.

- Previous MI - 1 2 3
- Previous PCI - 1 2 3
- Previous CABGS
- Non-obstructive CHD
- Coronary artery calcification (Calcium Score=)
- Previous stroke or TIA
- Previous carotid artery surgery (endarterectomy)
- Intermittent claudication
- Previous leg bypass/angioplasty surgery
- Arterial circulation problem in the legs or ABI <.9
- Abdominal aneurysm
- Diabetes mellitus
- Chronic kidney disease

NCEP ATP III 2004 Update
Very High Risk Patients: LDL <70
Established CHD plus any one of the following:

- Acute coronary syndrome
- Diabetes
- Multiple risk factors of Metabolic Syndrome
- Severe & poorly controlled risk factors, especially smoking

Is Metabolic Syndrome Present?
 (Any 3 of 5)

- TG >150
- BP ≥130/85
- FBS ≥110
- HDL-C <40 (male), <50 (female)
- Waist >40 inches (male), > 35 inches (female)

If TG > 200, determine NonHDL Chol
NonHDL Chol = Total Chol – HDL
NonHDL Goal = LDL Goal + 30

If none of the above is true, proceed with step 2.

STEP 2 How many of these traditional cardiac risk factors does the patient have?

- Male, 45 years or older; Female, 55 years or older
- Blood pressure over 140/90 or taking blood pressure medication
- Smoking
- Low HDL cholesterol less than 40
- Family history of premature heart disease – father or brother with coronary heart disease before age 55, mother or sister before the age of 65.

If HDL cholesterol is 60 mg/dl or higher, subtract 1 from the total.

If the patient has 0 or 1 risk factor, he/she is considered to be in the low risk category and LDL cholesterol should be kept at below 160 mg/dl, usually by lifestyle changes (TLC) rather than drug therapy. If he/she has 2 or more risk factors, proceed with step 3 to calculate the Framingham Risk Score.

Framingham Risk Score = _____ %

Step 3. Risk Assessment Tool for Estimating Your 10-year Risk of Having a Heart Attack

The risk assessment tool below uses information from the Framingham Heart Study to predict a person's chance of having a heart attack and coronary death within the next 10 years. This tool is designed for adults aged 20 and older who do not have heart disease or diabetes. To find your risk score, enter your information in the calculator below.

Age: _____ years

Gender: Female Male

Total Cholesterol: _____ mg/dL

HDL Cholesterol: _____ mg/dL

Smoker: No Yes

Systolic Blood Pressure: _____ mm/Hg

Are you currently on any medication to treat high blood pressure? No Yes

If the score is more than 20% - he/she is in the high risk category just like the patients in Step 1 and LDL cholesterol should be lowered to below 100 mg/dl.

If the score is less than 20% - he/she is in the moderate risk category and LDL cholesterol should be lowered to less than 130 mg/dl.

CV Risk Category

- Very High Risk
- High Risk
- Intermediate Risk
- Low Risk

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COMMENTS:

Metabolic Syndrome Yes No

Beyond the Guidelines:

hs-CRP =

Reynolds Risk Score =

LDL-P =