

HeartRiskTest.net Heart Attack and Stroke Risk Assessment Form

Visit us at www.deGomaMD.com or www.HeartNJ.com

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Heart attack, stroke, sudden cardiac death, need for future heart bypass, stent and angioplasty are now considered largely preventable. If you know that you are at high risk many years in advanced, you have the option of preventing it. Take this report to your physician to discuss your risk and the recommended treatment goals. Evidence-based prevention keeps you healthier while at the same time, reducing health care cost.

STEP 1 If you have at least one of any conditions below, you are considered at HIGH RISK for heart attack, stroke, cardiac death, future need for heart bypass surgery, stent or angioplasty.

- Previous heart attack
- Previous stent or angioplasty
- Previous heart bypass
- Cardiac catheterization showed some blockage
- Positive coronary artery calcification
- Angina
- Previous stroke or TIA (transient ischemic attack)
- Previous carotid artery surgery (carotid endarterectomy)
- Leg pain when walking or intermittent claudication
- Previous leg bypass/angioplasty surgery
- Arterial circulation problem in the legs
- Abdominal aneurysm
- Chronic kidney disease
- High blood sugar over 125, diabetes mellitus or taking diabetic or sugar pill

If you have diabetes plus any one of the above conditions, you are considered in the VERY HIGH RISK category.

If you have none of the above, please proceed with step 2.

STEP 2 How many of these traditional cardiac risk factors do you 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; below 50 for women.
- 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 you have 0 or only 1 of the above risk factors, then you are considered to be in the LOW RISK category.

STEP 3 If you have 2 or more risk factors, proceed with step 3 to calculate the Framingham Risk Score.

Go to back to www.HeartRiskTest.net to complete your risk assessment.

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
Pre-Treatment Total Cholesterol: _____ mg/dL
Pre-Treatment 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

STEP 4 Do you have Metabolic Syndrome? If you have any 3 of the listed 5 conditions below, you have metabolic syndrome. About half of Americans over the age of 50 has it and even higher among diabetics.

- Triglycerides over 150
- Blood pressure equal or greater than 130/85
- Fasting blood glucose equal or greater than 110
- HDL-C less than 40 (Men), 50 (Women)
- Waist greater than 40 inches (M), 35 inches (W)

Write your score = _____ %. If your Framingham Risk Score is over 20% - you are in the HIGH RISK category even if you have no heart symptoms, have a normal EKG and normal stress test. If your score is between 10% to 20%, you are in the INTERMEDIATE RISK category. Because of the limitations of Framingham Risk Score in the INTERMEDIATE RISK category, some may need an additional test to confirm that they are not in fact high risk. Regardless of your risk category, the addition of Metabolic Syndrome raises your risk. Talk your physician about evidence-based preventive treatment.