

What is Your Risk

of a Heart Attack in the next 10 years?

You can rate your risk of a heart attack or death from heart disease over the next 10 years by using the simple scoring tables on the next page. Be sure that you fill out the correct table, one side is for men and the other side is for women.

The risk factors included in the tables are:

- ♥ Age
- ♥ Total cholesterol
- ♥ HDL cholesterol (the good cholesterol)
- ♥ Systolic blood pressure (the top number)
- ♥ Treatment for high blood pressure
- ♥ Cigarette smoking



Step 1 -- Calculate the number of points for each risk factor. You need to know your values for *total cholesterol*, *HDL cholesterol*, and *blood pressure*.** If you are taking a medication for your blood pressure, you will need to take your point score from the appropriate column. The choice *smoker* means **any** cigarette smoking in the past month.

Step 2 -- Add up your total risk points from each risk factor. Your risk for having a heart attack or dying from heart disease over the next 10-years is estimated from your total points.

- ♥ If your 10-year risk for heart attack or death is **more than 20%**, you are in the **highest risk** category. You should make an appointment with your doctor as soon as possible to learn what you should be doing to lower your risk.
- ♥ If your 10-year risk for heart attack or death is **10-20%**, you are at **moderate risk**, but it is also very important that you begin to further lower your risk.
- ♥ If your 10-year risk for heart attack or death is **less than 10%**, you are in the **lowest risk** category. Keep up the good work! But remember, your risk tends to go up with age. So keep a close watch on your risk factors and do all that you can to maintain your low risk of heart attack or death.

** If you do not know your values for total cholesterol, HDL cholesterol, or blood pressure, ask your doctor. If you would like to have your own cholesterol test done (cost \$25.00), call 280-4382 to schedule an appointment (see enclosed pamphlet for details).

*Risk factor scoring from http://www.nhlbi.nih.gov/guidelines/cholesterol/risk_tbl.htm

Estimate of 10-Year Risk for Men*

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

AGE FACTOR POINTS

Total Cholesterol	Age 20-39	Age 40-49	Age 50-59	Age 60-69	Age 70-79
	Points	Points	Points	Points	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
More than 279	11	8	5	3	1

TOTAL CHOLESTEROL FACTOR POINTS

Smoking Status	Age 20-39	Age 40-49	Age 50-59	Age 60-69	Age 70-79
	Points	Points	Points	Points	Points
Nonsmoker	0	0	0	0	0
Smoker	8	5	3	1	1

SMOKING FACTOR POINTS

HDL	Points
More than 59	-1
50-59	0
40-49	1
Less than 40	2

HDL CHOLESTEROL FACTOR POINTS

Systolic BP	No Medication	Taking Medication
	Points	Points
Less than 120	0	0
120-129	0	1
130-139	1	2
140-159	1	2
More than 159	2	3

SYSTOLIC BP* FACTOR POINTS

(*Top Number of Your Blood Pressure)

Point Total	10-Year Risk	Point Total	10-Year Risk
Less than 0	Less than 1%	11	8%
0 - 4	1%	12	10%
5 - 6	2%	13	12%
7	3%	14	16%
8	4%	15	20%
9	5%	16	25%
10	6%	More than 16	More than 30%

TOTAL OF ALL FACTOR POINTS

_____ = _____ % Risk

More than 20% = Highest Risk

10-20% = Moderate Risk

Less than 10% = Lowest Risk