

# What's Your Heart Disease Risk?

Treatment for high cholesterol depends on your risk for heart disease. To find this risk and, so, your LDL treatment goal, answer the questions below--you may need to check with your doctor.

## Step 1

How many of the following risk factors do you have? Check any that apply. Major risk factors that affect your LDL goal:

- a. Cigarette smoking
- b. High blood pressure (140/90 mmHg\* or higher or being on blood pressure medication)
- c. Low HDL cholesterol (less than 40 mg/dL)\*\*
- d. Family history of early heart disease (diagnosed in father or brother before age 55; diagnosed in mother or sister before age 65)
- e. Age (45 or older for men; 55 or older for women)
- Total number of risk factors (count the checks)

\*mmHg stands for millimeters of mercury

\*\*If your HDL is 60 mg/dL or higher, subtract 1 from your total count--that level gives you some protection against heart disease.

Note: Obesity and physical inactivity are not on the above list but must be corrected to keep your heart healthy. Diabetes is such a strong risk factor that by itself it gives you a high risk for heart disease (See Step 3)

## Step 2

What is your risk of having a heart attack in the next 10 years? This is called a "risk score." If you have 2 or more of the risk factors in step 1, use the "Estimate of 10-Year Risk for a Heart Attack" chart to get your risk score. If you have 0 or 1 factors in step 1, your risk score is low to moderate, and you can proceed to step 3.

## Step 3

What is your heart disease risk category? Use your number of risk factors and your risk score to find your category in the table below.

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## Setting Your LDL Goal

Once you know your heart disease risk category, you can find your LDL goal level.

If you have:	You are in category:	Your LDL goal level is:
Heart disease, diabetes, or a risk score of more than 20%	I--High Risk	Less than 100mg/dL
2 or more risk factors and risk score 10-20%	II--Next Highest Risk	Less than 130 mg/dL
2 or more risk factors and risk score less than 10%	III--Moderate Risk	Less than 130 mg/dL
0 or 1 risk factor	IV--Low-to-Moderate Risk	Less than 160 mg/dL

## Estimate of 10-Year Risk for a Heart Attack for Women

Age	Points	Points					
		Total Cholesterol	Age 20-39	Age 40-59	Age 50-59	Age 60-69	Age 70-79
20-34	-7						
35-39	-3	<160	0	0	0	0	0
40-44	0	160-199	4	3	2	1	1
45-49	3	200-239	8	6	4	2	1
50-54	6	240-279	11	8	5	3	2
55-59	8	≥280	13	10	7	4	2
60-64	10						
65-69	12						
70-74	14						
75-79	16						

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

HDL (mg/dL)	Points	Systolic BP (mmHg)		
		If Untreated	If Treated	
≥60	-1	<120	0	0
50-59	0	120-129	1	3
40-49	1	130-139	2	4
<40	2	140-149	3	5
		≥160	4	6

Points Total	<9	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	≥25
10-Year Risk 10%	<1	1	1	1	1	2	2	3	4	5	6	8	11	14	17	22	27	≥30

10-Year Risk \_\_\_\_\_ %

-Taken from "Your Guide to Lowering Your Cholesterol with TLC"