## CORONARY DISEASE RISK PREDICTION SCORE SHEET FOR MEN BASED ON TOTAL CHOLESTEROL LEVEL



Step 1

| Age   |        |
|-------|--------|
| Years | Points |
| 30-34 | -1     |
| 35-39 | 0      |
| 40-44 | 1      |
| 45-49 | 2      |
| 50-54 | 3      |
| 55-59 | 4      |
| 60-64 | 5      |
| 65-69 | 6      |
| 70-74 | 7      |

Step 2

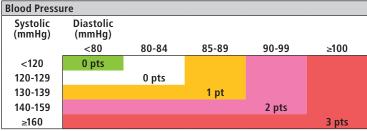
| step 2                 |           |        |
|------------------------|-----------|--------|
| <b>Total Cholester</b> | ol        |        |
| (mg/dl)                | (mmol/L)  | Points |
| <160                   | ≤4.14     | -3     |
| 160-199                | 4.15-5.17 | 0      |
| 200-239                | 5.18-6.21 | 1      |
| 240-279                | 6.22-7.24 | 2      |
| ≥280                   | ≥7.25     | 3      |

| Key    |           |  |
|--------|-----------|--|
| Color  | Risk      |  |
| green  | Very low  |  |
| white  | Low       |  |
| yellow | Moderate  |  |
| rose   | High      |  |
| red    | Very high |  |

Step 3

| HDL - Cholest | erol      |        |
|---------------|-----------|--------|
| (mg/dl)       | (mmol/L)  | Points |
| <35           | ≤0.90     | 2      |
| 35-44         | 0.91-1.16 | 1      |
| 45-49         | 1.17-1.29 | 0      |
| 50-59         | 1.30-1.55 | 0      |
| ≥60           | ≥1.56     | -2     |

Step 4



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

Step 5

| Step 5   |        |
|----------|--------|
| Diabetes |        |
|          | Points |
| No       | 0      |
| Yes      | 2      |

Step 6

| step o |        |
|--------|--------|
| Smoker |        |
|        | Points |
| No     | 0      |
| Yes    | 2      |

Risk estimates were derived from the experience of the NHLBI's Framingham Heart Study, a predominantly Caucasian population in Massachusetts, USA.

Step 7 (sum from steps 1-6)

| Adding up the points | s |
|----------------------|---|
| Age                  |   |
| Total Cholesterol    |   |
| HDL Cholesterol      |   |
| Blood Pressure       |   |
| Diabetes             |   |
| Smoker               |   |
| Point Total          |   |

Step 8 (determine CHD risk from point total)

| CHD Risk    |                |  |
|-------------|----------------|--|
| Point Total | 10 Yr CHD Risk |  |
| ⊴-1         | 2%             |  |
| 0           | 3%             |  |
| 1           | 3%             |  |
| 2           | 4%             |  |
| 3           | 5%             |  |
| 4           | 7%             |  |
| 5           | 8%             |  |
| 6           | 10%            |  |
| 7           | 13%            |  |
| 8           | 16%            |  |
| 9           | 20%            |  |
| 10          | 25%            |  |
| 11          | 31%            |  |
| 12          | 37%            |  |
| 13          | 45%            |  |
| ≥14         | ≥53%           |  |

Step 9 (compare to men of the same age)

| Comparative Risk |                              |                           |
|------------------|------------------------------|---------------------------|
| Age (years)      | Average<br>10 Yr CHD<br>Risk | Low*<br>10 Yr CHD<br>Risk |
| 30-34            | 3%                           | 2%                        |
| 35-39            | 5%                           | 3%                        |
| 40-44            | 7%                           | 4%                        |
| 45-49            | 11%                          | 4%                        |
| 50-54            | 14%                          | 6%                        |
| 55-59            | 16%                          | 7%                        |
| 60-64            | 21%                          | 9%                        |
| 65-69            | 25%                          | 11%                       |
| 70-74            | 30%                          | 14%                       |

\*Low risk was calculated for a man the same age, normal blood pressure, total cholesterol 160-199 mg/dL, HDL cholesterol 45 mg/dL, nonsmoker, no diabetes.

