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



Step 1

Age	
Years	Points
30-34	-9
35-39	-4
40-44	0
45-49	3
50-54	6
55-59	7
60-64	8
65-69	8
70-74	8

Step 2

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

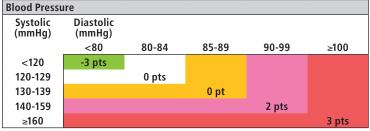
Step 3

HDL - Cholesterol		
(mg/dl)	(mmol/L)	Points
<35	≤0.90	5
35-44	0.91-1.16	2
45-49	1.17-1.29	1
50-59	1.30-1.55	0
≥60	≥1.56	-3

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

Key

Step 4



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

Step 5

Points
0
4

Points
0
2

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

HDL cholesterol 55 mg/dL, nonsmoker, no diabetes.

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Step 7 (sum from steps 1-6)

Adding up the points	
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
≤-2	1%
-1	2%
0	2%
1	2%
2	3%
3	3%
4	4%
5	4%
6	5%
7	6%
8	7%
9	8%
10	10%
11	11%
12	13%
13	15%
14	18%
15	20%
16	24%
≥17	≥27%

Step 9 (compare to women of the same age)

Comparative Risk		
Age (years)	Average 10 Yr CHD Risk	Low* 10 Yr CHD Risk
30-34	<1%	<1%
35-39	1%	<1%
40-44	2%	2%
45-49	5%	3%
50-54	8%	5%
55-59	12%	7%
60-64	12%	8%
65-69	13%	8%
70-74	14%	8%

*Low risk was calculated for a woman the same age, normal blood pressure, total cholesterol 160-199 mg/dL,