

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.

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"