

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 Cholesterol | | |
|-------------------|-----------|--------|
| (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 |

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

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 |

Step 4

| Blood Pressure | | | | | |
|-----------------|------------------|-------|-------|-------|-------|
| Systolic (mmHg) | Diastolic (mmHg) | | | | |
| | <80 | 80-84 | 85-89 | 90-99 | ≥100 |
| <120 | -3 pts | | | | |
| 120-129 | | 0 pts | | | |
| 130-139 | | | 0 pt | | |
| 140-159 | | | | 2 pts | |
| ≥160 | | | | | 3 pts |

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

Step 5

| Diabetes | |
|----------|--------|
| | Points |
| No | 0 |
| Yes | 4 |

Step 6

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

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