

CARDIOVASCULAR CENTER DECISION AID

Estimating Coronary Heart Disease Risk in Individual Patients (Primary Prevention)



MEN

Age	Pts	Total Cholesterol		Smoker?	Pts	Systolic Blood Pressure	Not Treated BP Pts	Treated BP Pts	HDL Cholesterol	Pts	Total Pts	10 Yr Risk %
		Below 160	Above 160									
40-44	0	Below 160	0	N	0	Below 120	0	0	Above 59	-1	0	1
		160-199	3								1	1
45-49	3	200-239	5	Y	5	Below 120	0	0	Above 59	-1	2	1
		240-279	6								3	1
50-54	6	Above 279	8	N	0	120-129	0	1	50-59	0	4	1
		Below 160	0								5	2
55-59	8	160-199	2	Y	3	120-129	0	1	50-59	0	6	2
		200-239	3								7	3
60-64	10	240-279	4	N	0	130-139	1	2	40-49	1	8	4
		Above 279	5								9	5
65-69	11	Below 160	0	Y	1	140-159	1	2	Below 40	2	10	6
		160-199	1								11	8
70-74	12	200-239	3	N	0	140-159	1	2	Below 40	2	12	10
		240-279	2								13	12
75-79	13	Above 280	3	Y	1	Above 159	2	3	Below 40	2	16	25
		Below 160	0								14	16
		160-199	0	N	0	Above 159	2	3	Below 40	2	15	20
		200-239	0								16	25
		240-279	1	Y	1	Above 159	2	3	Below 40	2	17+	30+
		Above 279	1								17+	30+
Total Risk Score												

Find the points (Pts) that correspond to your age. Within your age range, find the points that correspond to your total cholesterol level and smoking status. Next, find the points that correspond to your systolic blood pressure (the higher number). If you are being treated for high blood pressure, use the points in the "treated BP" column; otherwise, use the "not treated BP" column. Finally, find the points that correspond to your HDL level. Total all your points and find the associated percentage risk in the last column.

Reference: Grundy. JAMA, May 16, 1999; 285: No. 19.
Faculty Lead: KA Eagle

REV: 2008; HDR

Estimating Coronary Heart Disease Risk in Individual Patients (Primary Prevention)

WOMEN

Age	Pts	Total Cholesterol		Smoker?	Pts	Systolic Blood Pressure	Not Treated BP Pts	Treated BP Pts	HDL Cholesterol	Pts	Total Pts	10 Yr Risk %
		Below 160	Above 160									
40-44	0	Below 160	0	N	0	Below 120	0	0	Above 59	-1	0	1
		160-199	3								1	1
45-49	3	200-239	5	Y	7	Below 120	0	0	Above 59	-1	2	1
		240-279	6								3	1
50-54	6	Above 279	8	N	0	120-129	1	3	50-59	0	4	1
		Below 160	0								5	2
55-59	8	160-199	2	Y	4	120-129	1	3	50-59	0	6	2
		200-239	4								7	3
60-64	10	240-279	5	N	0	130-139	2	4	40-49	1	8	4
		Above 279	7								9	5
65-69	12	Below 160	0	Y	2	140-159	3	5	Below 40	2	10	6
		160-199	1								11	8
70-74	14	200-239	2	N	0	140-159	3	5	Below 40	2	12	10
		240-279	3								13	12
75-79	16	Above 279	4	Y	1	Above 159	4	6	Below 40	2	16	25
		Below 160	0								14	16
		160-199	1	N	0	Above 159	4	6	Below 40	2	15	20
		200-239	1								16	25
		240-279	2	Y	1	Above 159	4	6	Below 40	2	17+	30+
		Above 279	2								17+	30+
Total Risk Score												

Find the points (Pts) that correspond to your age. Within your age range, find the points that correspond to your total cholesterol level and smoking status. Next, find the points that correspond to your systolic blood pressure (the higher number). If you are being treated for high blood pressure, use the points in the "treated BP" column; otherwise, use the "not treated BP" column. Finally, find the points that correspond to your HDL level. Total all your points and find the associated percentage risk in the last column.

© 2008 University of Michigan Board of Regents. All Rights Reserved



