Coronary Disease Risk Prediction Score Sheet for Men Based on LDL 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

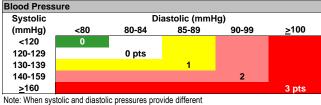
Step 2

LDL - Cholesterol		
(mmol/L)	Points	
<u><</u> 2.59	-3	
2.60-3.36	0	
3.37-4.14	0	
4.15-4.91	1	
<u>></u> 4.92	2	
	(mmol/L) ≤2.59 2.60-3.36 3.37-4.14 4.15-4.91	

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

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

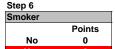
Step 4



estimates for point scores, use the higher number

Step 5

Diabetes	
	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	
LDL Cholesterol	
HDL Cholesterol	
Blood Pressure	
Diabetes	
Smoker	
Point Total	

Step 8 (determine CHD risk from point total)

CHD Risk	
Point	10 Yr
Total	CHD Risk
<u><</u> -3	1%
-2	2%
-1	2%
0	3%
1	4%
2	4%
3	6%
4	7%
5	9%
6	11%
7	14%
8	18%
9	22%
10	27%
11	33%
12	40%
13	47%
<u>></u> 14	<u>></u> 56%

Step 9 (compare to man of the same age)

	Comparative Risk		
Age	Average	Low*	
(years)	10 Yr CHD	10 Yr CHD	
	Risk	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, LDL cholesterol 100-129 mg/dL, HDL cholesterol 45 mg/dL, non-smoker, no diabetes

DIRECTIONS FOR USE

- Record your points from Steps 1-6 in the table provided in Step 7.
 Steps 8 & 9 display the % of CHD risk.