Coronary Disease Risk Prediction Score Sheet for Women Based on LDL Cholesterol Level

Step 1

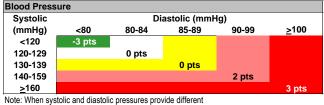
Age	
Years	Points
30-34	-9
35-39	-4
40-44	0
45-49	3
50-54	6
55-59	7
60-64	8
65-69	8
70-74	8

Step 2		
LDL - Chole	LDL - Cholesterol	
(mg/dl)	(mmol/L)	Points
<100	<u><</u> 2.59	-2
100-129	2.60-3.36	0
130-159	3.37-4.14	0
160-189	4.15-4.91	2
<u>≥</u> 190	<u>></u> 4.92	2

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	<u><</u> 0.90	5
35-44	0.91-1.16	2
45-49	1.17-1.29	1
50-59	1.30-1.55	0
<u>></u> 60	<u>></u> 1.56	-2

Step 4



estimates for point scores, use the higher number

Step 5

Sten 6

Points
0
4

Olop o	
Smoker	
	Points
No	0

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	TID TISK HOTTI POITIL TOTAL
Point	10 Yr
Total	CHD Risk
<u><</u> -2	1%
-1	2%
0	2%
1	2%
2	3%
3	3%
4	4%
5	5%
6	6%
7	7%
8	8%
9	9%
10	11%
11	13%
12	15%
13	17%
14	20%
15	24%
16	27%
<u>></u> 17	<u>></u> 32%

Step 9 (compare to women of the same age)

Comparative Risk		
Age	Average	Low*
(years)	10 Yr CHD	10 Yr CHD
	Risk	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, LDL cholesterol 100-129 mg/dL, HDL cholesterol 55 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.