

Cardiovascular Risk Assessment

What is this patient's risk of cardiovascular disease (CVD)?

Patient Name: _____ Date: _____

Current Lipid Values: LDL-C TC HDL-C Apo B

Framingham Table ¹					
RISK FACTOR	RISK POINTS (MEN)		RISK POINTS (WOMEN)		POINTS
Age 30-34 (years)	0		0		
35-39	2		2		
40-44	5		4		
45-49	7		5		
50-54	8		7		
55-59	10		8		
60-64	11		9		
65-69	13		10		
70-74	14		11		
75+	15		12		
HDL-C level (mmol/L)					
>1.6	-2		-2		
1.3-1.6	-1		-1		
1.2-1.3	0		0		
0.9-1.2	1		1		
<0.9	2		2		
Total cholesterol level (mmol/L)					
<4.1	0		0		
4.1-5.2	1		1		
5.2-6.2	2		3		
6.2-7.2	3		4		
>7.2	4		5		
Systolic blood pressure (mmHg)	Untreated	Treated	Untreated	Treated	
<120	-2	0	-3	-1	
120-129	0	2	0	2	
130-139	1	3	1	3	
140-149	2	4	2	5	
150-159	2	4	4	6	
≥160	3	5	5	7	
Smoker					
No	0		0		
Yes	4		3		
Diabetes					
No	0		0		
Yes	3		4		
TOTAL POINTS					

TOTAL RISK POINTS	10-YEAR CVD RISK (%)	
	MEN	WOMEN
-3 or less	<1	<1
-2	1.1	<1
-1	1.4	1.0
0	1.6	1.2
1	1.9	1.5
2	2.3	1.7
3	2.8	2.0
4	3.3	2.4
5	3.9	2.8
6	4.7	3.3
7	5.6	3.9
8	6.7	4.5
9	7.9	5.3
10	9.4	6.3
11	11.2	7.3
12	13.3	8.6
13	15.6	10.0
14	18.4	11.7
15	21.6	13.7
16	25.3	15.9
17	29.4	18.51
18	>30	21.5
19	>30	24.8
20	>30	27.5
21+	>30	>30

10-year CVD risk: ___ %

Is there a positive family history of CVD in a first-degree relative before age 60?

YES (if so, multiply above 10-year CVD risk (%) by 2)

Calculation: 10-year CVD risk ___ % X 2 = ___ %

→ see other side

NO → see other side

Cardiovascular Risk Assessment

2009 Canadian Dyslipidemia Guidelines

Risk Level	Initiate treatment if:	Primary treatment target: LDL-C	Alternate primary target
HIGH (10-year CVD risk $\geq 20\%$)	CAD, PVD, Atherosclerosis*, Most patients with diabetes**	<2.0 mmol/L or 50% \downarrow LDL-C	apo B <0.80 g/L
MODERATE (10-year CVD risk 10-19%)	LDL-C >3.5 mmol/L or TC/HDL-C >5.0 or hsCRP >2 mg/L in men >50 years and women >60 years	<2.0 mmol/L or 50% \downarrow LDL-C	apo B <0.80 g/L
LOW (10-year CVD risk <10%)	LDL-C ≥ 5.0 mmol/L	50% \downarrow LDL-C	

In patients with a family history of CVD in a first-degree relative before age 60, the calculated 10-year CVD risk should be multiplied by 2.

Lipid targets LDL-C: _____ or Apo B: _____

Adapted from Genest J *et al.* In press, 2009.¹

* evidence of atherosclerosis = vascular bruits, ABI <0.9, documented CAD, CVA, (TIA or evidence of carotid disease) or peripheral vascular disease

** in men >45 years, women >50 years with diabetes, as well as some younger people with diabetes who have additional risk as per CDA guidelines

Identification of the METABOLIC SYNDROME^{††}

Central obesity:

- Waist circumference >94 cm[†] in men >80 cm in women

Plus 2 of these factors:

- Triglyceride level >1.7 mmol/L
- HDL-cholesterol <1.03 mmol/L in men <1.3 mmol/L in women
- Blood pressure >130/85 mmHg (or treatment for hypertension)
- Fasting glucose (blood sugar) level >5.6 mmol/L

Consider moving some patients with metabolic syndrome up a risk level based on their 'load' of metabolic risk factors or the 'severity' of their metabolic syndrome.

[†] >90 cm in south Asian, Chinese, Japanese, ethnic south and central American and First Nations men

1. Genest J *et al.* 2009 Canadian Cardiovascular Society/Canadian guidelines for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease in the adult. *Can J Cardiol* 2009;10(25)1-13.



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