

Why is LDL cholesterol important?

In general, the higher your LDL level and the more risk factors you have (other than LDL), the greater your chances of developing heart disease or having a heart attack. Some people are at high risk for a heart attack because they already have heart disease. Other people are at high risk for developing heart disease because they have diabetes (which is a strong risk factor) or a combination of risk factors for heart disease.

Highest Risk, your LDL goal is less than 100 mg/dL. Some patients treated to less than 70 mg/dL. See your physician for a complete cholesterol profile and treatment plan.

Next Highest Risk, your LDL goal is less than 130 mg/dL. Some patients treated to less than 100 mg/dL.

Moderate Risk, your LDL goal is less than 130 mg/dL.

Low-to-Moderate Risk, your LDL goal is less than 160 mg/dL.

Regardless of the risk category you are in, there are several lifestyle habits you should adopt. If you already have cardiovascular disease or diabetes, see your physician about modifying your lifestyle habits.

1. Stop smoking
2. Keep resting blood pressure under 130–140/85–90
3. Exercise 30 minutes, 3–4 times per week
4. Maintain optimal body weight (BMI 18–24)
 - Optimal body weight calculations:
Female = 100 lbs. + 5 lbs./inch over 5 ft.
Male = 106 lbs. + 6 lbs./inch over 5 ft.
 - BMI can be calculated by the following formula:
$$\left(\frac{\text{weight (lbs.)}}{\text{height x height (in.)}} \right) \times 705 = \text{BMI}$$
5. Eat within the following guidelines:
 - Less than 30% of total calories is fat (with emphasis on monounsaturated fats)
 - Less than 7% of calories is saturated fat
 - 50–60% carbohydrate
 - 20–30 grams of fiber per day
 - Less than 200 mg cholesterol per day
 - Less than 2400 mg sodium per day
 - 5 fruit/vegetable servings per day
 - Greater than 2 fish servings per week

Why take this heart risk test?

Cardiovascular disease (CVD), which includes heart disease and stroke, kills more Americans — both women and men — than the next four leading causes of death combined. This simple and fast test lets you determine your own risk of developing heart disease and a heart attack. Today we have the

means to dramatically reduce the risk of developing serious heart disease.

The Mercy Heart Institute, in addition to excelling in the treatment of advanced heart disease, offers classes throughout the community to help you manage the cardiac risk factors that increase your chances of developing heart disease. These classes include: smoking cessation, hypertension (high blood pressure) control, cholesterol management, diabetes education and management, weight control and exercise prescriptions.

Remember, the time to act is BEFORE a heart attack. So take this test and let your doctor and the Mercy Heart Institute help you reduce your risk.

To learn more about the Mercy Heart Institute, visit our Web site at www.mercysacramento.org or call us at 1.877.9HEART9.

This information is based on 2004 National Cholesterol Education Program guidelines.

This test is not intended to be a comprehensive CVD risk factor assessment or to replace the advice of your physician.

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Measuring Your Risk of Heart Attack

**Mercy
Heart
Institute**



Count the number of major risk factors you have from the list below

- Cigarette smoking (any cigarette smoking in past month)
- High blood pressure (140/90 mmHg or higher or on blood pressure medication)
- Low HDL cholesterol (less than 40 mg/dL)
- Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)
- Age (men 45 years or older; women 55 years or older)
- High HDL (if your HDL cholesterol is 60 or higher) subtract 1 from your total count

1. My risk factor total =

Determine your 10-year risk score

If you have 2 or more of the risk factors from No. 1, use the 10-year heart risk test below to find your risk score. (Use 2A for men and 2B for women.) Otherwise continue to step 3.

Risk score refers to your chance of having a heart attack in the next 10 years, given as a percentage. For example, if your 10-year risk percentage is 20, it means 20 out of 100 people in your category will have a heart attack within 10 years.

2. My 10-year risk score = %

Using your risk factor total and 10-year risk score, determine your risk of developing heart disease or having a heart attack in the following table

If You Have	You Are in Category
Heart disease, diabetes, or risk score more than 20%	Highest Risk
2 or more risk factors and risk score 10–20%	Next Highest Risk
2 or more risk factors and risk score less than 10%	Moderate Risk
0 or 1 risk factor	Low-to-Moderate Risk

See “Why is LDL cholesterol important?” on next page →

3. My risk category =

2A. 10-year heart risk test: men

Add up the total number of points for your health history from items A–E, then using this total, refer to item F to determine your 10-year heart risk score.

A. Age estimated 10-year risk for men

Age	Points	Age	Points
20–34	-9	55–59	8
35–39	-4	60–64	10
40–44	0	65–69	11
45–49	3	70–74	12
50–54	6	75–79	13

B. Total cholesterol

Total Cholesterol	Points for Ages				
	20–39	40–49	50–59	60–69	70–79
<160	0	0	0	0	0
160–199	4	3	2	1	0
200–239	7	5	3	1	0
240–279	9	6	4	2	1
>279	11	8	5	3	1

C. HDL “good” cholesterol

HDL (mg/dL)	points
<40	2
40–49	1
50–59	0
≥60	-1

D. Blood pressure

Systolic BP (mmHg)	If Untreated	If Treated
<120	0	0
120–129	0	1
130–139	1	2
140–159	1	2
≥160	2	3

E. Smoking

	Points for Ages				
	20–39	40–49	50–59	60–69	70–79
Nonsmoker	0	0	0	0	0
Smoker	8	5	3	1	1

F. 10-year risk score

Point Total	10-Year Risk %	Point Total	10-Year Risk %
<0	<1	9	5
0	1	10	6
1	1	11	8
2	1	12	10
3	1	13	12
4	1	14	16
5	2	15	20
6	2	16	25
7	3	≥17	≥30
8	4		

2B. 10-year heart risk test: women

Add up the total number of points for your health history from items A–E, then using this total, refer to item F to determine your 10-year heart risk score.

A. Age estimated 10-year risk for women

Age	Points	Age	Points
20–34	-7	55–59	8
35–39	-3	60–64	10
40–44	0	65–69	12
45–49	3	70–74	14
50–54	6	75–79	16

B. Total cholesterol

Total Cholesterol	Points for Ages				
	20–39	40–49	50–59	60–69	70–79
<160	0	0	0	0	0
160–199	4	3	2	1	1
200–239	8	6	4	2	1
240–279	11	8	5	3	2
>279	13	10	7	4	2

C. HDL “good” cholesterol

HDL (mg/dL)	points
<40	2
40–49	1
50–59	0
≥60	-1

D. Blood pressure

Systolic BP (mmHg)	If Untreated	If Treated
<120	0	0
120–129	1	3
130–139	2	4
140–159	3	5
≥160	4	6

E. Smoking

	Points for Ages				
	20–39	40–49	50–59	60–69	70–79
Nonsmoker	0	0	0	0	0
Smoker	9	7	4	2	1

F. 10-year risk score

Point Total	10-Year Risk %	Point Total	10-Year Risk %
<9	<1	17	5
9	1	18	6
10	1	19	8
11	1	20	11
12	1	21	14
13	2	22	17
14	2	23	22
15	3	24	27
16	4	≥25	≥30