


TIP OF THE WEEK

10-Year Heart Attack Risk Calculator

 **NATIONAL CHOLESTEROL EDUCATION PROGRAM**
 Third Report of the Expert Panel on
 Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)

Risk Assessment Tool for Estimating Your 10-year Risk of Having a Heart Attack

The risk assessment tool below uses information from the Framingham Heart Study to predict a person's chance of having a heart attack in the next 10 years. This tool is designed for adults aged 20 and older who do not have heart disease or diabetes. To find your risk score, enter your information in the calculator below.

Age: years

Gender: Female Male

Total Cholesterol: mg/dL

HDL Cholesterol: mg/dL

Smoker: No Yes

Systolic Blood Pressure: mm/Hg

Are you currently on any medication to treat high blood pressure. No Yes

- **Total cholesterol** - Total cholesterol is the sum of all the cholesterol in your blood. The higher your total cholesterol, the greater your risk for heart disease.
- **HDL cholesterol** - High-density lipoproteins (HDL) is the 'good' cholesterol. HDL carry cholesterol in the blood from other parts of the body back to the liver, which leads to its removal from the body. So HDL help keep cholesterol from building up in the walls of the arteries.
- **Systolic blood pressure** - Systolic blood pressure is the first number of your blood pressure reading. For example, if your reading is 120/80 (120 over 80), your systolic blood pressure is 120.

For additional Health Assessment Tools from National Heart Lung and Blood Institute, visit www.nhlbi.nih.gov