

# 10-Year Risk of Having a Heart Attack

## Worksheet for Men

What's your risk of having a heart attack?

Researchers studied a large group of people in Framingham, Massachusetts, over several years to find out what raises the risk of a heart attack. This worksheet is based on that study. It will give your approximate risk of having a heart attack some time in the next ten years.

The risk of having a heart attack is also influenced by your family history, your ethnic background, and your own personal health history. Your doctor can provide you with a more specific, personalized estimate of your risk and help you make a plan to lower your chance of a heart attack and live a longer, healthier life.

If you have diabetes or have already had a heart attack, this worksheet won't be accurate for you. You're already at high risk—so skip the worksheet and talk to your doctor.

Here's what to do: Answer each question and circle the number of points next to your answer. Then add up the points and match the total to your 10-year risk.

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

Total Cholesterol	Points				
	Age 20-39	Age 40-49	Age 50-59	Age 60-69	Age 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
≥280	11	8	5	3	1

	Points				
	Age 20-39	Age 40-49	Age 50-59	Age 60-69	Age 70-79
Nonsmoker	0	0	0	0	0
Smoker	8	5	3	1	1

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

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

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

## 10-Year risk \_\_\_\_\_%



Remember, this worksheet only gives a general idea of your risk of having a heart attack. Talk to your doctor about your own personal risk and about what you can do to keep your heart healthy!