

# 10-Year Risk of Having a Heart Attack

## Worksheet for Women

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

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	1
200-239	8	6	4	2	1
240-279	11	8	5	3	2
≥280	13	10	7	4	2

	Points				
	Age 20-39	Age 40-49	Age 50-59	Age 60-69	Age 70-79
Nonsmoker	0	0	0	0	0
Smoker	9	7	4	2	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	1	3
130-139	2	4
140-159	3	5
≥160	4	6

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