

Knowing Your Risk for Cardiovascular Disease

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Cardiovascular disease is the leading cause of death in the United States, yet many of the risk factors are modifiable. Use this form to compile your personal risk profile and bring it to your next appointment with your healthcare provider. You and your provider can work together to make an individualized plan to reduce your risk for cardiovascular disease.

Date: _____ Patient Name: _____

Biomarker		Reference Range		My Results:	Score 1 point for each matching:
1	Total Cholesterol	Desirable (low)	* < 200 mg/dL		
		Borderline high	200-239 mg/dL		
		High	240 mg/dL and greater		
2	HDL Cholesterol	Desirable (high)	† > 60 mg/dL		
		Acceptable	40-60 mg/dL		
		Low	< 40 mg/dL		
3	LDL Cholesterol	Desirable (low)	< 100 mg/dL		
		Acceptable	100-129 mg/dL		
		Borderline high	130-159 mg/dL		
		High	160-189 mg/dL		
		Very high	190 mg/dL and greater		
4	Triglycerides	Desirable (low)	< 150 mg/dL		
		Borderline high	150-199 mg/dL		
		High	200-499 mg/dL		
		Very high	500 mg/dL and greater		
Additional Risk Factors					Score 1 point for each:
5	Cigarette smoking or other tobacco use				
6	Blood pressure greater than 140/90 mmHg OR on blood pressure medications or supplement				
7	HDL-C <i>greater than</i> 60 mg/dL (protective— <i>subtract</i> one point)				
8	Family history of early heart disease (father/brother < 55 years; mother/sister < 65 years)				
9	Age (men > 44 years; women > 54 years)				
10	Already have coronary heart disease, symptomatic carotid artery disease, peripheral arterial disease, or abdominal aortic aneurysm				
Total Number of Points (1-10):					
If you have more than 2 points, this puts you in the category of high risk and the following additional testing may be indicated:				My Results:	
Lipid Pattern, Size, or Density	Protective	Pattern A			
	Increased risk	Pattern B			
	Indeterminate	A/B			
LDL-P (LDL Particle Number)	Desirable (low)	< or = 1000 nmol/L			
	Intermediate risk	1001-1599 nmol/L			
	High	1600-2000 nmol/L			
	Very high	> 2000 nmol/L			
Lp(a)	No standard reference range				
Lp-PLA₂	High risk	> or = 235 ng/mL			
	Borderline	201-234 ng/mL			
	Low risk	< 200 ng/mL			
Highly Sensitive C-reactive Protein (hsCRP)	High risk	3.0 mg/L			
	Borderline	1.1 – 2.9 mg/L			
	Low risk	< or = 1.0 mg/L			
* < means less than					
† > means greater than					