

South Jersey Heart Group Coronary Heart Disease Calculator

Men
Women

1. Age		
Age	Points	
20-34	-9	-7
35-39	-4	-3
40-44	0	0
45-49	3	3
50-54	6	6
55-59	8	8
60-64	10	10
65-69	11	12
70-74	12	14
75-79	13	16

2. Systolic Blood Pressure				
Systolic BP	Treated		Untreated	
Under 120	0	0	0	0
120-129	1	3	0	1
130-139	2	4	1	2
140-159	2	5	1	3
>160	3	6	2	4

3. HDL-C Level		
HDL	Points	
60 or more	-1	-1
50-59	0	0
40-49	1	1
Less than 40	2	2

4. Tobacco Use				
Age	Smoker		Non-smoker	
20-39	8	9	0	0
40-49	5	7	0	0
50-59	3	4	0	0
60-69	1	2	0	0
70-79	1	1	0	0

5. Total Cholesterol Level										
AGE	Under 160		160-199		200-239		240-279		280 or more	
20-39	0	0	4	4	7	8	9	11	11	13
40-49	0	0	3	3	5	6	6	8	8	10
50-59	0	0	2	2	3	4	4	5	5	7
60-69	0	0	1	1	1	2	2	3	3	4
70-79	0	0	0	1	0	1	1	2	1	2

- 1. Age points _____
- 2. Systolic BP points _____
- 3. HDL-C points _____
- 4. Tobacco points _____
- 5. Total Cholesterol points _____

(Adding 1 thru 5) **Total Points** = _____*

Chances of developing CHD in the next 10 years:
(Using the point total (1-5) from above)

Men		Women		Treatment
Total pts	Risk	Total pts	Risk	
< 0	< 1%	< 9	< 1%	No treatment necessary
0-4	1%	9-12	1%	
5-6	2%	13-14	2%	
7	3%	15	3%	
8	4%	16	4%	
9	5%	17	5%	
10	6%	18	6%	
11	8%	19	8%	
12	10%	20	11%	Diet and/or Drug treatment
13	12%	21	14%	
14	16%	22	17%	Start Drug Treatment
15	20%	23	22%	
16	25%	24	27%	
≥17	≥30%	≥25	≥30%	

Success of treatment is measured in part by the level of LDL-C achieved. Patients with >20% 10 year risk and diabetics are CHD risk equivalents and these patients along with those with known CVD (coronary, carotid, cerebral or peripheral) and AAA are all high-risk—Goal LDL-C<100mg/dL...the **new** guidelines give an additional *option to lower LDL-C to <70mg/dL in the very high-risk (those with known dx. plus diabetes, persistent tobacco dependence, uncontrolled BP, MetS or recent MI or ACS.*

For risk of 10-20%, the goal LDL-C is <130mg/dL. For those with LDL-C levels between 100-129mg/dL and multiple risk factors or modifiers (FH, ↑ Lp(a), ↑ hs-CRP, inactivity, overweight or MetS), a new option is to lower LDL-C to < 100mg/dL. For risk <10%, the goal LDL-C remains <160mg/dL.

Modified for easier use from NCEP ATP III Updated Guidelines Report. Circulation July 13 2004; 110: 227-239.