



Estimate Your Risk

Use these risk tables by starting with 0 and adding or subtracting the numbers. Then look in the last table to arrive at your percentage risk of having a heart attack in the next 10 years.

Age	Male	Female
20 – 34	- 5	- 9
35 - 39	- 2	- 4
40 – 44	1	- 1
45 - 49	4	2
50 - 54	8	4

Age	Male	Female
55 - 59	11	5
60 - 64	13	7
65 - 69	15	9
70 - 74	17	11
75 - 79	19	11

Total Cholesterol	Age 20 -39	Age 40 - 49	Age 50 - 59	Age 60 - 69	Age 70 +
< 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

	Age 20 -39	Age 40 - 49	Age 50 –59	Age 60 –69	Age 70 +
Non Smoker	0	0	0	0	0
Smoker	9	7	4	2	1

HDL	Points
60 +	- 1
50 – 59	0

HDL	Points
40 – 49	1
< 40	2

Systolic Blood Pressure (top #)	If Treated	If Untreated
< 120	0	0
120– 129	1	3
130- 139	2	4

Systolic Blood Pressure	If Treated	If Untreated
140– 159	3	5
160 +	4	6

Points	% Risk
< 9	< 1
9	1
10	1
11	1
12	1
13	2

Points	% Risk
14	2
15	3
16	4
17	5
18	6
19	8

Points	% Risk
20	11
21	14
22	17
23	22
24	27
25 +	30+

From the Framingham Heart Study Point Scores. Gender Adjustment from Framingham 30 year follow up study.

Other Risk Factors for Heart Attacks are: Family History (father or brother having heart attack before age 55 or mother or sister having one before age 65), diabetes, Body Mass Index and sedentary lifestyle.