# Heart NIAGARA

www.heartniagara.com

# Male Cardiovascular Risk Assessment

Allied Health Centre 5673 North Street, First Floor, Niagara Falls, ON L2G 1J4 Tel: 905-358-5552 Fax: 905-358-6033 Email: info@heartniagara.com

## Estimation of 10 year Risk of Total Cardiovascular Disease

(Framingham Heart Study - 2009 CCS Guidelines)

*In signing this consent, you understand the following: That all participation is voluntary and can be stopped at any time. That all data collected and used for research purposes will be used to study trends and no individual data will appear in reports, only aggregate, anonymous, and summary data to respect the anonymity of the participants. That all information provided will be handled in a confidential manner and stored in a secure and private location. That involvement poses minimal risk to participants. That the results will be used: to educate you regarding a healthy heart lifestyle; for assessment, diagnosis and treatment awareness purposes; and for research purposes. That you can contact Heart Niagara at 905-358-5552 to ask any additional questions. That it is suggested you keep a copy of this signed consent for your files, and, that I understand that I can withdraw this authorization at any time by notifying Heart Niagara Inc. in writing.*

Date of Birth: D D M M Y Y Y Y Name: FIRST LAST

has my consent to participate in a finger prick cholesterol test on D D M M Y Y Y Y Health Card #: VERSON CODE

Signature: _____ Phone: _____

Age: _____ Family Doctor: FIRST LAST

| Metabolic Syndrome (+ if 3 or more) | Male | |
|---|---|---|
| Europids, Sub-Saharan Africans Eastern Mediterranean and Middle East (Arabic) | ≥94 cm ≥37 in | |
| South Asians, Chinese, Japanese, Ethnic South and Central Americans, First Nations | ≥90 cm ≥35.4 in | |
| Plasma triglycerides (fasting) | >1.7 mmol/L | |
| High-density lipoprotein cholesterol | <1.03 mmol/L | |
| Blood pressure ( with or without treatment) | >130/85 mmHg | |
| Fasting plasma glucose | >5.6 mmol/L | |

Waist Circumference: _____ BMI: _____

Weight: _____ Height: _____

| Points | Age | HDL | TC | SBP | SBP Rx | Smoker | Diabetic |
|---|---|---|---|---|---|---|---|
| -2 | | > 1.6 | | < 120 | | | |
| -1 | | 1.3-1.6 | | | | | |
| 0 | 30-34 | 1.2-1.3 | < 4.1 | 120-129 | < 120 | No | No |
| 1 | | 0.9-1.2 | 4.1-5.2 | 130-139 | | | |
| 2 | 35-39 | < 0.9 | 5.2-6.2 | 140-159 | 120-129 | | |
| 3 | | | 6.2-7.2 | 160+ | 130-139 | | Yes |
| 4 | | | > 7.2 | | 140-159 | Yes | |
| 5 | 40-44 | | | | 160+ | | |
| 6 | | | | | | | |
| 7 | 45-49 | | | | | | |
| 8 | 50-54 | | | | | | |
| 9 | | | | | | | |
| 10 | 55-59 | | | | | | |
| 11 | 60-64 | | | | | | |
| 12 | | | | | | | |
| 13 | 65-69 | | | | | | |
| 14 | 70-74 | | | | | | |
| 15 | 75+ | | | | | | |
| Points | | | | | | | |

BP

/

Total -

| Points | Risk% |
|---|---|
| Low | |
| ≤-2 | ≤1.1 |
| -1 | 1.4 |
| 0 | 1.6 |
| 1 | 1.9 |
| 2 | 2.3 |
| 3 | 2.8 |
| 4 | 3.3 |
| 5 | 3.9 |
| 6 | 4.7 |
| 7 | 5.6 |
| 8 | 6.7 |
| 9 | 7.9 |
| 10 | 9.4 |
| Moderate | |
| 11 | 11.2 |
| 12 | 13.3 |
| 13 | 15.6 |
| 14 | 18.4 |
| High | |
| 15 | 21.6 |
| 16 | 25.3 |
| 17 | 29.4 |
| 18+ | > 30 |
| fhx risk% x 2 | |

| Family History - Less than 60 years | | |
|---|---|---|
| Relative (First degree only) | Atherosclerosis related MI, stroke or PVD? | |
| Father | Y | N |
| Mother | Y | N |
| Brother(s) | Y | N |
| Sister(s) | Y | N |
| Son(s) | Y | N |
| Daughter(s) | Y | N |
| **Current Health History** | | |
| History of diabetes? | Y | N |
| History of atherosclerosis? | Y | N |