



# APPENDICES

## APPENDIX A: FRAMINGHAM RISK SCORE FOR TOTAL CVD<sup>38</sup>

The Framingham Risk Score for Total CVD assesses the 10-year risk of developing overall CVD. These sex-specific tables require inputs of blood pressure, cholesterol levels, diabetes, and smoking. Thus, not only is the overall risk quantified, but the source of the risk can be identified for treatment.

### CVD POINTS FOR WOMEN (D'Agostino R et al. Circulation 2008;117:743-753)

| POINTS                 | Age (years) | HDL-C (mmol/L) | Total Cholesterol (mmol/L) | SBP Not Treated (mmHg) | SBP Treated (mmHg) | Smoker | Diabetic |                     |
|------------------------|-------------|----------------|----------------------------|------------------------|--------------------|--------|----------|---------------------|
| -3                     |             |                |                            | <120                   |                    |        |          |                     |
| -2                     |             | >1.6           |                            |                        |                    |        |          |                     |
| -1                     |             | 1.3-1.6        |                            |                        | <120               |        |          |                     |
| 0                      | 30-34       | 1.2-1.3        | <4.1                       | 120-129                |                    | NO     | NO       |                     |
| 1                      |             | 0.9-1.2        | 4.1-5.2                    | 130-139                |                    |        |          |                     |
| 2                      | 35-39       | <0.9           |                            | 140-149                | 120-129            |        |          |                     |
| 3                      |             |                | 5.2-6.2                    |                        | 130-139            | YES    |          |                     |
| 4                      | 40-44       |                | 6.2-7.2                    | 150-159                |                    |        | YES      |                     |
| 5                      | 45-49       |                | >7.2                       | >160                   | 140-149            |        |          |                     |
| 6                      |             |                |                            |                        | 150-159            |        |          |                     |
| 7                      | 50-54       |                |                            |                        | 160+               |        |          |                     |
| 8                      | 55-59       |                |                            |                        |                    |        |          |                     |
| 9                      | 60-64       |                |                            |                        |                    |        |          |                     |
| 10                     | 65-69       |                |                            |                        |                    |        |          |                     |
| 11                     | 70-74       |                |                            |                        |                    |        |          |                     |
| 12                     | 75+         |                |                            |                        |                    |        |          | <b>TOTAL POINTS</b> |
| <b>Points Allotted</b> |             |                |                            |                        |                    |        |          |                     |

### CVD RISK FOR WOMEN

| POINTS     | RISK | POINTS | RISK  | POINTS | RISK  |
|------------|------|--------|-------|--------|-------|
| -2 or less | < 1% | 6      | 3.3%  | 14     | 11.7% |
| -1         | 1.0% | 7      | 3.9%  | 15     | 13.7% |
| 0          | 1.2% | 8      | 4.5%  | 16     | 15.9% |
| 1          | 1.5% | 9      | 5.3%  | 17     | 18.5% |
| 2          | 1.7% | 10     | 6.3%  | 18     | 21.5% |
| 3          | 2.0% | 11     | 7.3%  | 19     | 24.8% |
| 4          | 2.4% | 12     | 8.6%  | 20     | 28.5% |
| 5          | 2.8% | 13     | 10.0% | 21+    | > 30% |

#### Risk Modifiers

Family history of cardiovascular disease: multiply calculated 10-year risk (%) by 2.0



**CVD POINTS FOR MEN** (D'Agostino R et al. Circulation 2008;117:743-753)

| POINTS                 | Age (years) | HDL-C (mmol/L) | Total Cholesterol (mmol/L) | SBP Not Treated (mmHg) | SBP Treated (mmHg) | 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+         |                |                            |                        |                    |        |          | <b>TOTAL POINTS</b> |
| <b>Points Allotted</b> |             |                |                            |                        |                    |        |          |                     |

**CVD RISK FOR MEN**

| POINTS            | RISK | POINTS    | RISK  | POINTS     | RISK  |
|-------------------|------|-----------|-------|------------|-------|
| <b>-3 or less</b> | <1%  | <b>5</b>  | 3.9%  | <b>13</b>  | 15.6% |
| <b>-2</b>         | 1.1% | <b>6</b>  | 4.7%  | <b>14</b>  | 18.4% |
| <b>-1</b>         | 1.4% | <b>7</b>  | 5.6%  | <b>15</b>  | 21.6% |
| <b>0</b>          | 1.6% | <b>8</b>  | 6.7%  | <b>16</b>  | 25.3% |
| <b>1</b>          | 1.9% | <b>9</b>  | 7.9%  | <b>17</b>  | 29.4% |
| <b>2</b>          | 2.3% | <b>10</b> | 9.4%  | <b>18+</b> | > 30% |
| <b>3</b>          | 2.8% | <b>11</b> | 11.2% |            |       |
| <b>4</b>          | 3.3% | <b>12</b> | 13.2% |            |       |

**Risk Modifiers**

Family history of cardiovascular disease: multiply calculated 10-year risk (%) by 2.0