

## Are you at risk?

Using a tool called the Framingham Risk Score can help to estimate your risk for heart disease.

To use it find your age (box A), total and high-density lipoprotein (HDL) (box B and D), smoking status (box C) and blood pressure (box E). Total your points and then refer to box F for your 10-year risk of developing heart disease. Your risk can be interpreted as the likelihood that you are at risk of developing heart disease in the next 10 years. If you have diabetes, you are automatically at high risk. Being overweight will also increase your risk.

Carry your card with you and each time you visit your doctor, have him or her help continue assessing your risk.

You may also visit [www.americanheart.org](http://www.americanheart.org) to complete the heart health risk management assessment. Click **Healthy Lifestyle > Health Tools > Risk Assessment** to learn your score today.

A	
Age, years	Points
20 to 34	-7 points
35 to 39	-3 points
40 to 44	0 points
45 to 49	3 points
50 to 54	6 points
55 to 59	8 points
60 to 64	10 points
65 to 69	12 points
70 to 74	14 points
75 to 79	16 points

B					
Total Cholesterol, mg/dL	Age, years				
	20 to 39	40 to 49	50 to 59	60 to 69	70 to 79
Less than 160	0 points	0 points	0 points	0 points	0 points
160 to 199	4 points	3 points	2 points	1 point	1 point
200 to 239	8 points	6 points	4 points	2 points	1 point
240 to 279	11 points	8 points	5 points	3 points	2 points
280 or more	13 points	10 points	7 points	4 points	2 points

C					
Smoking Status	Age, years				
	20 to 39	40 to 49	50 to 59	60 to 69	70 to 79
Nonsmoker	0 points	0 points	0 points	0 points	0 points
Smoker	9 points	7 points	4 points	2 points	1 point

D	
High-Density Lipoprotein Cholesterol, mg/dL	Points
60 or more	-1 point
50 to 59	0 points
40 to 49	1 point
Less than 40	2 points

E		
Systolic Blood Pressure, mm Hg	Untreated	Treated
Less than 120	0 points	0 points
120 to 129	1 point	3 points
130 to 139	2 points	4 points
140 to 159	3 points	5 points
160 or more	4 points	6 points

## F RESULTS

Points Total	10-Year Risk of Developing Coronary Heart Disease
Less than 9	Low
9 to 12	Low
13 to 14	Medium
15	Medium
16	Medium
17	Medium
18	Medium
19	Medium
20	High
21	High
22	High
23	High
24	High
25 or more	High

Date	Total Cholesterol	HDL Cholesterol	Blood Pressure	Risk Score

Keep track of your score.

## Simple lifestyle changes can help reduce risk of heart disease.

If you smoke, your chances of having a heart attack doubles. **If you stop smoking, your risk of a heart attack drops by 50%.<sup>2</sup>**

**Being physically active can reduce your risk.** In a recent study, women who walked briskly for at least two to three hours per week, cut their risk of coronary heart disease by 30% to 40%.<sup>2</sup>

**Maintaining a healthy body weight can reduce your risk.** Losing just 5% to 10% of your body weight favorably affects cholesterol, blood pressure, blood sugar and other risk factors for heart disease.<sup>2</sup>

**Knowledge is the key to helping decrease your risk.**

There are several lifestyle changes you can make to reduce your risk of heart disease. Talk to your doctor today to learn more.

This information is not a substitute for medical care. If you have any questions or concerns, consult your doctor or healthcare provider.

1. American Heart Association. Women and Cardiovascular Disease – Statistics (Revised) – 2005 Update. Available at [www.americanheart.org](http://www.americanheart.org).
2. Johnson PA, Manson JE. How to make sure the beat goes on. Protecting a woman's heart. *Circulation*. 2005;111:e28–e33.

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Heart disease is the leading cause of death in women, claiming the lives of approximately 500,000 each year.<sup>1</sup>

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