

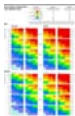




APPENDIX 4. TOOLS FOR ESTIMATING INDIVIDUAL CARDIOVASCULAR RISK

Several medical organizations and studies have developed charts/tools to facilitate the process of *estimating* cardiovascular risk, based on Framingham data. Below is a sample of different formats available for possible use in practice and for discussion with patients.

FORMAT	LINK
<p>Calculations Online FREE</p> 	<p>www.bhsoc.org/Cardiovascular_Risk_Charts_and_Calculators.htm# Joint British Societies calculators AND coloured risk charts</p>
<p>PDA Tool FREE</p> 	<p>www.statcoder.com/cholesterol.htm Calculates coronary heart disease risk</p>
<p>Printed, colourful graphic tables, no calculation required FREE</p> 	<p>www.nzgg.org.nz/guidelines/0035/CVD_Risk_Chart.pdf Updated New Zealand cardiovascular disease risk prediction charts³ Single set of charts for cardiovascular disease. May save time and facilitate discussion with the patient during a scheduled office visit.</p>
<p>Calculation Chart FREE</p> 	<p>www.healthyheartkit.com (see physician's guide, then click on Introduction section, scroll to pages 19-21)</p>
<p>Online Patient Self-Assessment FREE</p> 	<p>www.heartandstroke.ca* Heart and Stroke Foundation of Canada www.americanheart.org American Heart Association</p> <p>www.chiprehab.com Cardiovascular Health Improvement Program</p> <p>Encourage <i>individuals</i> to do their own personal risk assessment, and then provides information related to specific risk factors. * Provides personalized patient follow-up support by email, promoting healthy lifestyle</p>
<p>NOTE: Tools are continuously being improved and updated. However, it is <i>not clear</i> whether one tool is more sound than another, as few studies have compared various risk assessment tools for accuracy and ease of use.</p>	

Sources: 1. Wang TJ, Massaro JM, Levy D, Vasan RS, Wolf PA, D'Agostino RB, Larson MG, Kannel WB, Benjamin EJ. A Risk Score for Predicting Stroke or Death for Individuals with New-Onset Atrial Fibrillation in the Community: The Framingham Heart Study. *JAMA* 2003;290:1049-1056. 2. Gage BF, Waterman AD, Shannon W, Boehle M, Rich MW, Radford MJ. Validation of clinical classification schemes for predicting stroke: results from the National Registry of Atrial Fibrillation. *JAMA* 2001;285(22):2864-70. 3. Jackson, R. Updated New Zealand cardiovascular disease risk-benefit prediction guide. *BMJ* 2000;320:709-710. 4. D'Agostino RB, Wolf PA, Belanger AJ, Kannel WB. Stroke risk profile: adjustment for antihypertensive medication—the Framingham Study. *Stroke* 1994;25:40-43.

