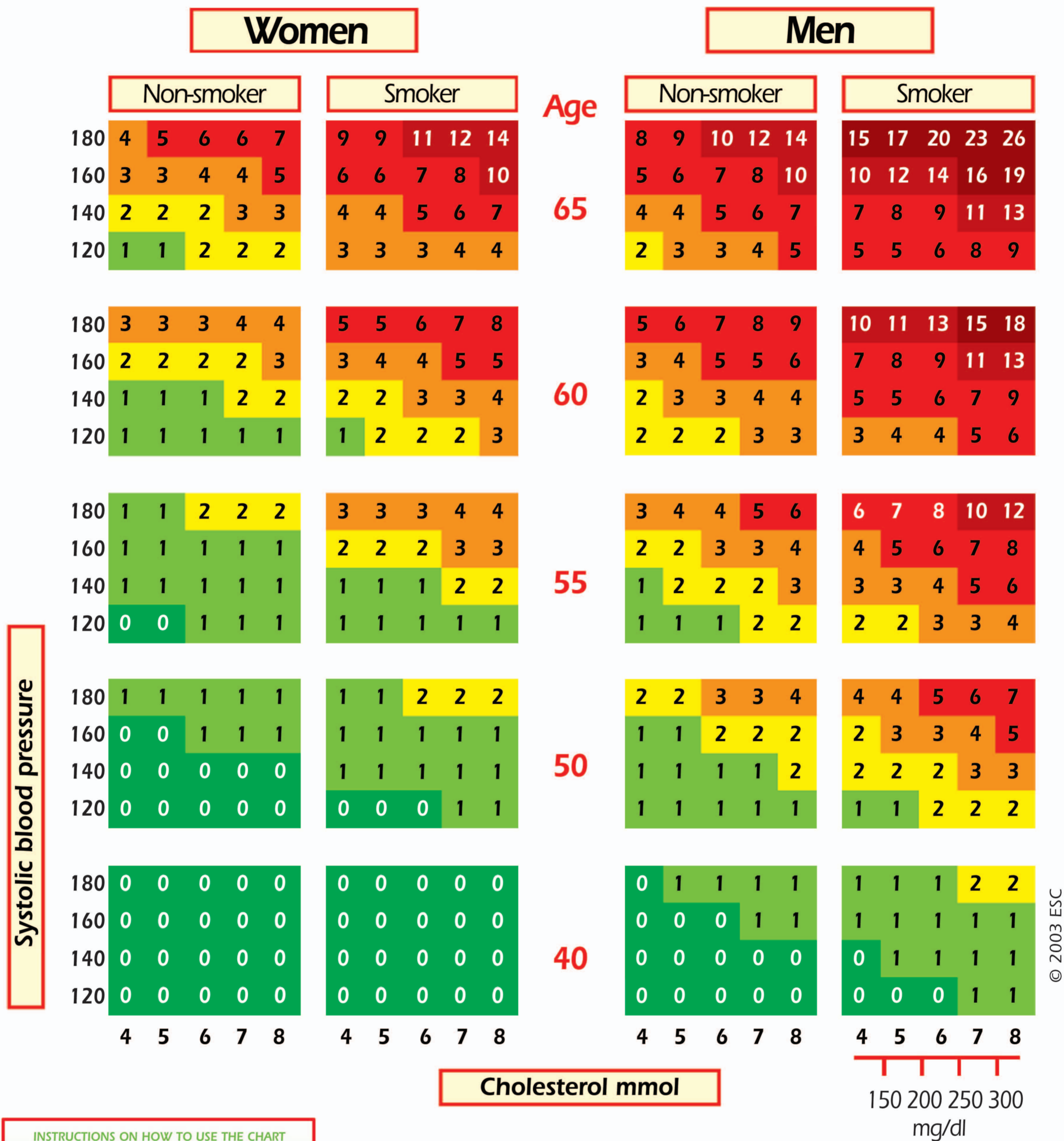


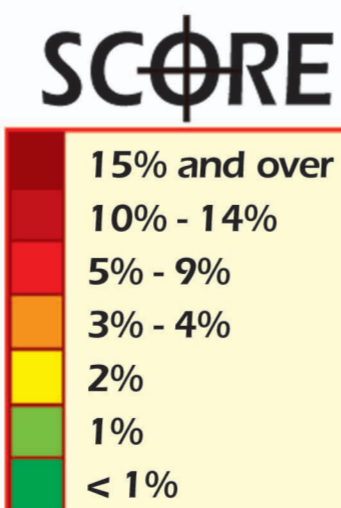
SCORE - European Low Risk Chart

10 year risk of fatal CVD in low risk regions of Europe by gender, age, systolic blood pressure, total cholesterol and smoking status



INSTRUCTIONS ON HOW TO USE THE CHART

- The low risk chart should be used in Belgium, France, Greece, Italy, Luxembourg, Spain, Switzerland and Portugal; the high risk chart should be used in all other countries of Europe.
- To estimate a person's total ten year risk of CVD death, find the table for their gender, smoking status and age. Within the table find the cell nearest to the person's systolic blood pressure (mmHg) and total cholesterol (mmol/l or mg/dl).
- The effect of lifetime exposure to risk factors can be seen by following the table upwards. This can be used when advising younger people.
- Low risk individuals should be offered advice to maintain their low risk status. Those who are at 5% risk or higher or will reach this level in middle age should be given maximal attention.
- To define a person's relative risk, compare their risk category with that of a non-smoking person of the same age and gender, blood pressure <140/90 mmHg and total cholesterol <5 mmol/l (190 mg/dl).
- The chart can be used to give some indications of the effect of changes from one risk category to another, for example when the subject stops smoking or reduces other risk factors.

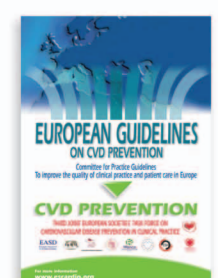


10-year risk of fatal CVD in populations at low CVD risk

QUALIFIERS:

Note that total CVD risk may be higher than indicated in the chart:

- as the person approaches the next age category
- in asymptomatic subjects with pre-clinical evidence of atherosclerosis (e.g. CT scan, ultrasonography)
- in subjects with a strong family history of premature CVD
- in subjects with low HDL cholesterol levels, with raised triglyceride levels, with impaired glucose tolerance, and with raised levels of C-reactive protein, fibrinogen, homocysteine, apolipoprotein B or Lp[a]
- in obese and sedentary subjects



www.escardio.org/Prevention

"European Guidelines on CVD Prevention: Third Joint European Societies' Task Force on Cardiovascular Disease Prevention in Clinical Practice De Backer G., Ambrosioni E., Borch-Johnsen K., et al. Eur J Cardiovasc Prev Rehabil 2003; 10(Suppl 1): S1-S78

