

SEE THIS...



D

Diabetes

O

Obesity

T

Tobacco Use

H

Hypertension

A

Age*

T

Troubles*



RISK FACTORS

CARDIOVASCULAR RISK ASSESSMENT

* Refer to back of card

* Age refers to men 40 years and older, women 50 years and older or postmenopausal, and adults of any age if other risk factors exist.

* Troubles refer to troubling diseases such as Rheumatoid Arthritis, Systemic Lupus Erythematosus, Psoriatic Arthritis, Ankylosing Spondylitis, Inflammatory Bowel Disease, Chronic Obstructive Pulmonary Disease, Chronic Kidney Disease, Erectile Dysfunction, Abdominal Aortic Aneurysm, HIV infection

How?

Use the existing Cardiovascular Risk Assessment calculator within your electronic medical record or use one of the following recommended tools located at www.albertahealthservices.ca/10585.asp:

- On-line - The University of Edinburgh: Cardiovascular Risk Calculator
- iPhone/iPad App - CV risk calculator within the CCS lipid Guidelines
- Paper - Updated Framingham Risk Score worksheet

What is the Treatment for Cardiovascular Risk?

- All those with vascular risk should be encouraged to implement **Healthy Living** behaviors such as eating well (eat more vegetables and fruit), being active (recommend 150 minutes aerobic activity a week) and becoming tobacco-free.
- All those at **High** vascular risk should be treated with a **statin**.
- All those with known **Vascular Disease** should be treated with a **statin**.

For additional resources, visit:

www.albertahealthservices.ca/10585.asp

www.myhealth.alberta.ca