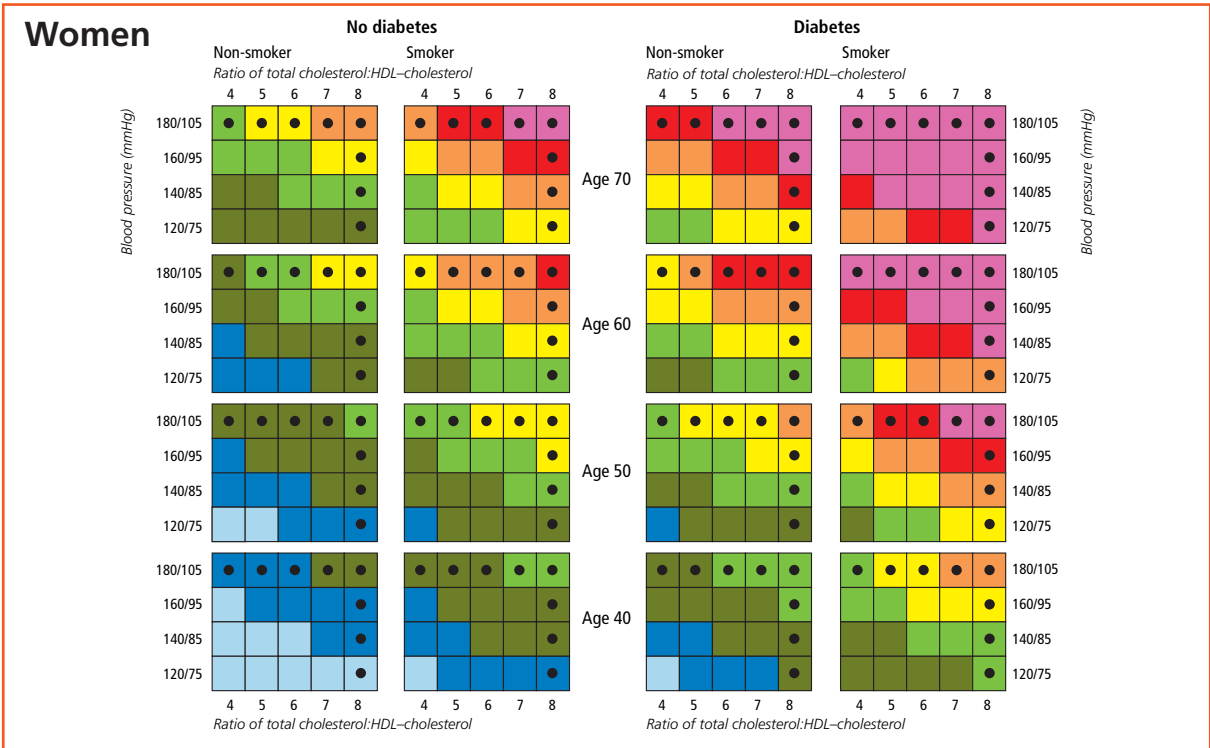
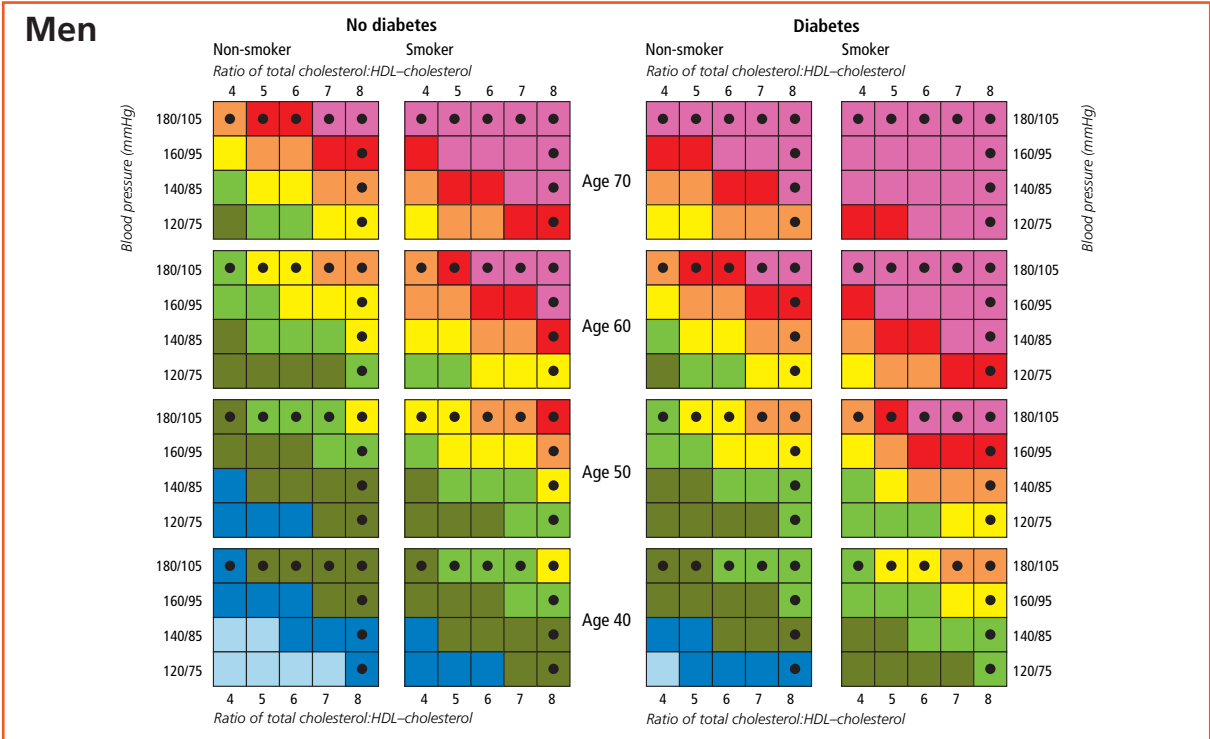
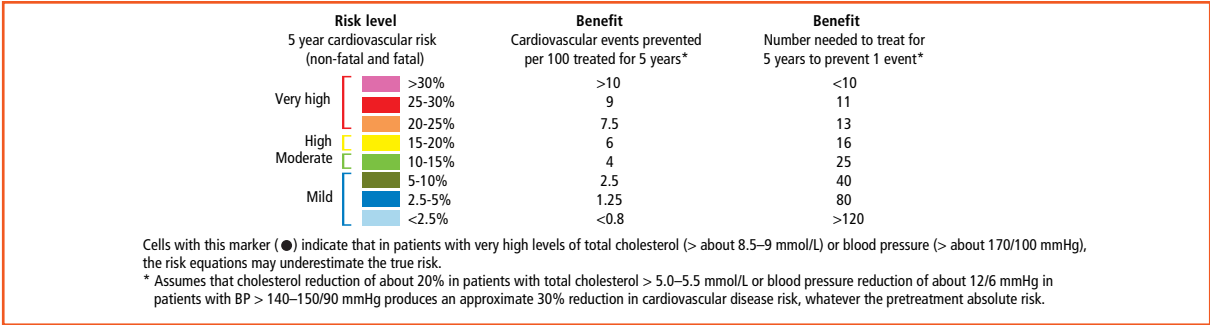


New Zealand Cardiovascular Risk Calculator

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New Zealand Cardiovascular Risk Calculator

Assessment of absolute risk of a cardiovascular event

How to use the risk calculator

Find the colour block which best describes your patient's:

- gender
- age (mean for that category, e.g. age 60 represents 55–64 years)
- smoking status (i.e. regular daily cigarette smoking or having stopped in the previous 12 months)
- diabetes status (i.e. on insulin, oral antidiabetic drugs or with a laboratory measurement of fasting plasma glucose > 8.0 mmol/L)
- blood pressure (mean of two readings on two occasions)
- total cholesterol/high-density lipoprotein cholesterol (HDL-C) ratio.

Cell colour estimates a patient's absolute five-year risk of a cardiovascular event:

- newly diagnosed angina
- myocardial infarction
- coronary heart disease death
- stroke
- transient ischaemic attack.

For more information on the New Zealand Guidelines Group, visit their website at www.nzgg.org.nz

Notes

1. For age > 75 years, the absolute risk of cardiovascular disease (CVD) is > 15% in nearly all individuals.
2. The estimated risk of CVD is not precise and is presented as a range with interpolation required between categories.
3. Very high risk patients
All patients with symptomatic cardiovascular disease* or electrocardiogram diagnosed left ventricular hypertrophy are assumed to have a cardiovascular disease risk of greater than 20% in five years.
* Symptomatic cardiovascular disease includes angina, myocardial infarction, congestive heart failure, stroke, transient ischaemic attack and peripheral vascular disease.

Where risk is underestimated

4. Patients with a strong family history of CVD (i.e. first-degree relatives: males with CVD before 55 years, females with CVD before 65 years) are likely to be at greater risk than the tables indicate:
 - consider increasing one colour category.
5. Obese patients with a BMI of 30 kg/m² or more are likely to be at greater risk than the tables indicate:
 - consider increasing one colour category.
6. In patients with very high levels of total cholesterol (> about 8.5–9 mmol/L) or blood pressure (> about 170/100 mmHg) the risk equations may underestimate the true risk.



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