

Routine Cardiovascular Risk Assessment

Cardiovascular Risk Factors (CVRF) (per ESC)

1. Dyslipidaemia (note 1)
2. Hypertension
3. Smoking (regular smoker)
4. Diabetes Mellitus
5. Premature familial CVD
 - o Father, brother, or son before 55
 - o Mother, sister, or daughter before 65
6. Familial hypercholesterolaemia
(Hx of dyslipidaemia since childhood/youth)
7. BMI ≥ 30
8. Comorbs: cardiovascular or cerebrovascular disease, peripheral arterial disease, AF, chronic kidney disease, obstructive sleep apnoea, other significant multimorbidity

NOTES

- (1) Lipid Parameter Threshold for Dyslipidaemia
- Total Cholesterol ≥ 5.0 mmol/L (≥ 190 mg/dL)
 - LDL ≥ 3.0 mmol/L (≥ 116 mg/dL)
 - HDL (Men) < 1.0 mmol/L (< 40 mg/dL)
 - HDL (Women) < 1.2 mmol/L (< 46 mg/dL)
 - Triglycerides ≥ 1.7 mmol/L (≥ 150 mg/dL)
- (2) For non-europeans profiles select appropriate risk group the from Non-European Countries SCORE2 Equivalent profile Risk Chart.
- (3) Percentage per year

