CardioDetect

Clinical Risk Assessment Report

Report Generated: December 13, 2025 at 15:47

■ PATIENT INFORMATION

Age	62 years	**Sex**	Male
Blood Pressure	155/92 mmHg	**Heart Rate**	78 bpm
Total Cholesterol	245 mg/dL	**HDL Cholesterol**	42 mg/dL
Diabetes	Yes	**Smoker**	No
BMI	28.5	**On BP Medication**	Yes

■■ RISK ASSESSMENT

10-Year CVD Risk: 28.5%

Risk Category: ■ HIGH
Interpretation: Intensive intervention recommended. Schedule cardiology consultation.

■ CLINICAL RECOMMENDATIONS

Urgency: ■■ URGENT - See doctor within 24-48 hours

1. Blood Pressure Management

Action	Initiate or intensify antihypertensive therapy
Evidence	ACC/AHA 2017 Hypertension Guideline (Class I)
Urgency	Urgent

Details	Target: <130/80 mmHg. Consider ACE inhibitor or ARB given diabetes.

2. Statin Therapy

Action	High-Intensity Statin recommended
Evidence	ACC/AHA 2018 Cholesterol Guideline (Class I)
Urgency	Soon
Details	Atorvastatin 40-80mg or Rosuvastatin 20-40mg daily.

3. Physical Activity

Action	Aerobic: 150 min/week moderate; Strength: 2+ days/week
Evidence	WHO 2020 Physical Activity Guidelines (Class I)
Urgency	Routine
Details	Consult healthcare provider before starting exercise program.

4. Dietary Pattern

Action	DASH or Mediterranean diet
Evidence	ACC/AHA 2019 Primary Prevention Guideline (Class I)
Urgency	Routine
Details	Sodium <2300 mg/day; emphasize fruits, vegetables, whole grains.

■ GUIDELINE REFERENCES

• ACC/AHA 2017 - Hypertension Management
• ACC/AHA 2018 - Cholesterol & Statin Therapy
• ACC/AHA 2019 - Primary Prevention
• WHO 2020 - Physical Activity Guidelines