## Cardiovascular disease (CVD) risk: diagnosis

## CVD risk is the chance of having a heart attack or stroke over the next 10 years

CVD risk1:

> 30%

20-30%

10-20%

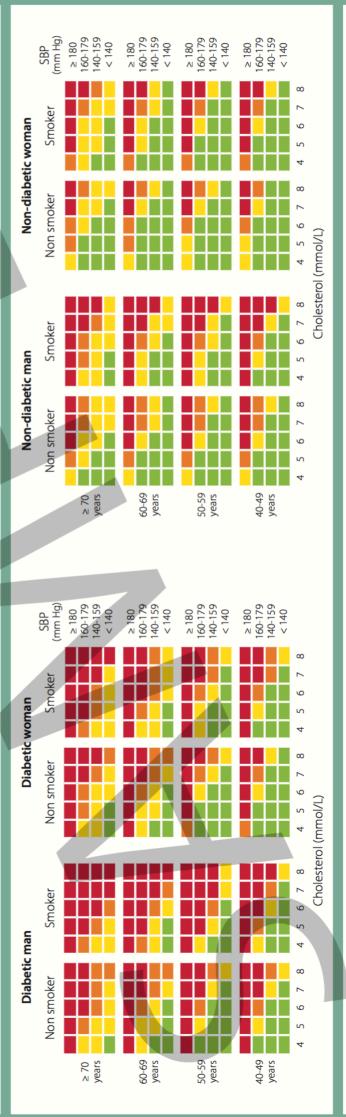
< 10%

## dentify if the patient has established CVD:

- Patient known with any of: previous heart attack, angina or heart failure, previous stroke or TIA or peripheral vascular disease.
  - If patient has or has had chest pain, especially on exertion and relieved by rest, screen for ischaemic heart disease → 18.
- · If patient has or has had leg pain, especially on walking and relieved by rest, screen for peripheral vascular disease →38.
- If new sudden onset of asymmetric weakness or numbness of face, arm or leg; difficulty speaking or visual disturbance: consider stroke or TIA  $\rightarrow$ 76. Look for CVD risk factors:
  - Ask about smoking: consider the patient who quit smoking in the past year a smoker for CVD risk assessment.
- Ask about family history: a parent or sibling with premature CVD (man < 55 years or woman < 65 years) is a risk factor.</li>
  - Calculate **Body Mass Index** (BMI): weight (kg)  $\div$  height (m)  $\div$  height (m). A BMI > 25 is a risk factor.
- · Measure waist circumference over no/light clothing, at the end of a normal breath out, midway between lowest rib and top of illac crest. More than 80cm (woman) or 94 cm (man) is a risk factor.
  - Look for **hypertension**: check BP **⇒**73.
- . Check random total **cholesterol**. If unavailable, use cholesterol of 5.2mmol/L to calculate CVD risk Look for diabetes: check glucose →70.

## Calculate the patient's CVD risk:

- Plot patient's risk on charts¹ below using diabetes status, age, sex, systolic BP (SBP), cholesterol and smoking status. Show the patient what his/her risk of heart attack or stroke might be over next 10 years. Do not use these charts to decide treatment if patient has established CVD or kidney disease. Treat as if the patient has a CVD risk > 30%.



- Manage the CVD risk in the patient with CVD risk factors or CVD risk ≥ 10% or established CVD →69.
  - Reassess CVD risk after 5 years in the patient with CVD risk < 10% and no CVD risk factors.</li>

Adapted from WHO/ISH Cardiovascular Risk Prediction Chart for WHO epidemiological sub-regions AFR E. From: Prevention of Cardiovascular Disease. Pocket Guidelines for Assessment and Management of Cardiovascular Risk. World Health Organization.