




Mission Possible

HEART ATTACK ONLINE HEALTH RISK ASSESSMENT INSTRUCTIONS

Step 1

Go to:

<http://hp2010.nhlbihin.net/atpiii/calculator.asp?usertype=pub>

 NATIONAL CHOLESTEROL EDUCATION PROGRAM
Third Report of the Expert Panel on
Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)

Risk Assessment Tool for Estimating Your 10-year Risk of Having a Heart Attack

The risk assessment tool below uses information from the Framingham Heart Study to predict a person's chance of having a heart attack in the next 10 years. This tool is designed for adults aged 20 and older who do not have heart disease or diabetes. To find your risk score, enter your information in the calculator below.

Age: years

Gender: Female Male

[Total Cholesterol:](#) mg/dL

[HDL Cholesterol:](#) mg/dL

[Smoker:](#) No Yes

[Systolic Blood Pressure:](#) mm/Hg


Are you currently on any medication to treat high blood pressure. No Yes

Step 2

Fill in all these blanks with your health information

Step 3

Hit the "Calculate" button

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Information about your risk score:

Age:	50
Gender:	female
Total Cholesterol:	170 mg/dL
HDL Cholesterol:	45 mg/dL
Smoker:	No
Systolic Blood Pressure:	120 mm/Hg
On medication for HBP:	Yes
Risk Score*	1%

Means 1 of 100 people with this level of risk will have a heart attack in the next 10 years.

* Your risk score was calculated using an equation. Other NCEP products, such as printed ATP III materials, use a point system to determine a risk score that is close to the equation score.

To find out what your risk score means and how to lower your risk for a heart attack, go to "[High Blood Cholesterol—What You Need to Know](#)" and visit the "[Live Healthier. Live Longer](#)" Web site.

Step 4

Your report will appear in the next window.

Step 5

Click on these links to find out what your risk score means.