Your Cardiac Marker Profile

The first step is to take all the information you've gained about yourself in relation to the 10 controllable heart-health markers and create your own risk profile. Individually and in concert, these markers wield considerable influence over your cardiac destiny.

Recommended marker values (identified by asterisks) reflect the optimal levels, representing the lowest cardiac risk. It's important to understand that these values are not hard-and-fast. We cannot say that people with a total cholesterol of 240 will definitely have a heart attack any more than we can label people with a cholesterol of 199 as "home free." But cardiac risk *is* greater for the individual with the higher cholesterol number. And that's why your cardiac marker profile is so significant—it can help you evaluate your own risks.

1. CHOLESTEROL AND OTHER LIPIDS/LIPOPROTEINS

TOTAL CHOLESTEROL	RISK
Below 200 mg/dl*	Desirable
200 to 239 mg/dl	Borderline high
240 mg/dl and above	High
Your number: _____	Your risk: _____

LDL CHOLESTEROL	RISK
Below 100 mg/dl*	Optimal
100 to 129 mg/dl*	Near optimal
130 to 159 mg/dl	Borderline high
160 to 189 mg/dl	High
190 mg/dl and above	Very High
Your number: _____	Your risk: _____

HDL CHOLESTEROL	RISK
60 mg/dl and above*	Low
40 to 59 mg/dl	Moderate
Below 40 mg/dl	High
Your number: _____	Your risk: _____

TRIGLYCERIDES	RISK
Below 150 mg/dl*	Desirable
150 to 199 mg/dl	Borderline high
200 to 499 mg/dl	High
500 mg/dl and above	Very high
Your number: _____	Your risk: _____

2. CORONARY INFLAMMATION

C-REACTIVE PROTEIN	RISK
Below 0.70 mg/dl*	Lowest
0.70 to 1.1 mg/dl	Low
1.2 to 1.9 mg/dl	Average
2.0 to 3.8 mg/dl	Higher
3.9 to 15.0 mg/dl	Highest
Your number: _____	Your risk: _____

PLAC	RISK
Below 160*	Very low
160 to 199 ng/ml	Low
200 to 235 ng/ml	Moderate
Above 235 ng/ml	High
Your number:	Your risk:

3. BLOOD CLOTTING

FIBRINOGEN	RISK
Below 200 mg/dl*	Desirable
200 to 400 mg/dl	Borderline high
Above 400 mg/dl	High
Your number:	Your risk:

4. WEIGHT

BODY MASS INDEX	RISK
19 to 24.9	Desirable
25 to 29.9	Borderline high
30 to 39.9	High
40 or more	Very high
Your number:	Your risk:

WAIST CIRCUMFERENCE	RISK
Men Less than 40 inches*	Lower
40 inches or more	Higher
Women Less than 35 inches*	Lower
35 inches or more	Higher

Your number: _____   Your risk: _____

5. BLOOD PRESSURE

SYSTOLIC	DIASTOLIC	RISK
Below 120 mm Hg*	Below 80 mm Hg*	Normal
120 to 139 mm Hg*	80 to 89 mm Hg*	Prehypertensive
140 to 159 mm Hg	90 to 99 mm Hg	Stage 1 hypertension
160 mm Hg and above	100 mm Hg and above	Stage 2 hypertension

Your number: _____   Your risk: _____

6. DIABETES

FASTING GLUCOSE	RISK
Below 100 mg/dl*	Desirable
100 to 125 mg/dl	Borderline high
126 mg/dl and above	Confirmed diabetes

Your number: _____   Your risk: _____

7. METABOLIC SYNDROME

FACTORS

Is your HDL number below 40 (men)
or below 50 (women)?   Yes _____   No _____

FACTORS

Is your triglyceride number over 150?	Yes _____	No _____
Is your waist size 35 inches and above (women) or 40 inches and above (men)?	Yes _____	No _____
Is your blood pressure consistently 130/85 or higher?	Yes _____	No _____
Are you a diabetic or prediabetic (a fasting glucose of 100 or higher)?	Yes _____	No _____

"YES" ANSWERS	RISK
None*	Desirable
1 to 2	Borderline high
3 to 5	Confirmed metabolic syndrome

Your number: _____   Your risk: _____

8. AEROBIC CAPACITY

MET LEVEL	RISK
(Treadmill testing or calculated from the Duke Activity Status Index)	
4 METs or less	High
5 to 7 METs	Average
8 METs or higher*	Low

Your number: _____   Your risk: _____

9. SMOKING

CATEGORY	RISK
Non-tobacco user*	Optimal
Former tobacco user* (at least 4 months tobacco-free)	Lower
Cigar and/or pipe smoker or 1 to 10 cigarettes daily	Moderate
11 to 39 cigarettes daily	Higher
40 or more cigarettes daily	Extremely high
Your number:	Your risk:

10. PERSONALITY

TYPE A PROFILE TEST SCORE	PERSONALITY TYPE
100 to 150	Type A
76 to 99*	Type A/B
30 to 75	Type B
Your number:	Your personality:

There is presently insufficient data to categorically link heart disease with a specific personality type. Not all Type A's have heart attacks; not all Type B's are free of heart disease.

However, the consensus is that people with Type A personality (especially certain components, e.g., anger/hostility) are at increased risk and should be considered as such for the purposes of this assessment.

ANGER PROFILE TEST SCORE	LEVEL OF ANGER
18 or less*	Desirable
19 to 27	Average
28 to 35	High
36 and above	Severe
Your number: _____	Your anger level: _____

As with Type A personality, there is insufficient data to link numeric results from the anger profile test to incidence of heart disease. However, some experts believe that high and severe levels of anger demonstrate increased cardiovascular risk, and that is how you should evaluate your score for the purposes of this assessment.

DEPRESSION TEST SCORE (HANDS QUESTIONNAIRE)	RISK
Below 4*	Average
4 or higher	Elevated
Your number: _____	Your risk: _____

NOTE: Another assessment, using several of these markers, for calculating the risk of developing heart disease over the next 10 years can be obtained using estimates of the Framingham Risk Score. It is available on the NHLBI website (www.nhlbi.nih.gov) and has been validated in white and black men and women without known heart disease.

YOUR ASSESSMENT SUMMARY

	Is this a risk for you?	
CRITICAL MARKERS	YES	NO
Total cholesterol		
LDL cholesterol		
HDL cholesterol		
Triglycerides		
C-reactive protein		
PLAC		
Fibrinogen		
Body mass index (BMI)		
Waist circumference		
Blood pressure		
Diabetes		
Metabolic syndrome		
Aerobic capacity		
Smoking		
Type A personality		
Anger		
Depression		