

# Understanding Your ASCVD Risk Score

## CORCAL RESEARCH STUDY

### What is the ASCVD risk score?

The ASCVD (atherosclerotic cardiovascular disease) risk score is a national guideline developed by the American College of Cardiology. It is a calculation of your 10-year risk of having a cardiovascular problem, such as a heart attack or stroke. This risk estimate considers age, sex, race, cholesterol levels, blood pressure, medication use, diabetic status, and smoking status.

### What does my risk score mean?

The ASCVD risk score is given as a percentage. This is your chance of having heart disease or stroke in the next 10 years. There are different treatment recommendations depending on your risk score.

- **Low risk is 0 to 4.9 percent, or an LDL level below 70.** Eating a healthy diet and exercising will help keep your risk low. Medication is not recommended unless your LDL, or “bad” cholesterol, is greater than or equal to 190.
- **Borderline risk is 5 to 7.4 percent.** Use of a statin medication may be recommended if you have certain conditions, or “risk enhancers.” These conditions may increase your risk of a heart disease or stroke. Talk with your primary care provider to see if you have any of the risk enhancers in the list below.
- **Intermediate risk is 7.5 to 20 percent.** It is recommended that you start with moderate-intensity statin therapy.
- **High risk is greater than 20 percent, or an LDL level at or above 190.** It is recommended that you start with high-intensity statin therapy.

### What should I do now?

Talk with your primary care provider to discuss the treatment option that is best for you. If it is recommended that you take a statin, use the **Statins** fact sheet in [English](#) or [Spanish](#) to learn more. Your primary care provider will prescribe this medication if you choose to follow the recommendation.

### ASCVD risk enhancers

Talk with your primary care provider if you have any of the following conditions or risk enhancers:

- Family history of early-onset ASCVD
- Continually elevated LDL greater than or equal to 160 mg/dL ( $\geq 4.1$  mmol/L)
- Chronic kidney disease
- Metabolic syndrome
- Preeclampsia or premature menopause
- Inflammatory diseases such as rheumatoid arthritis, psoriasis, or HIV
- South Asian ancestry
- Continually elevated triglycerides greater than or equal to 175 mg/dL ( $\geq 2.0$  mmol/L)

Additional risk enhancers may be present. Ask your primary care provider for more information.

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