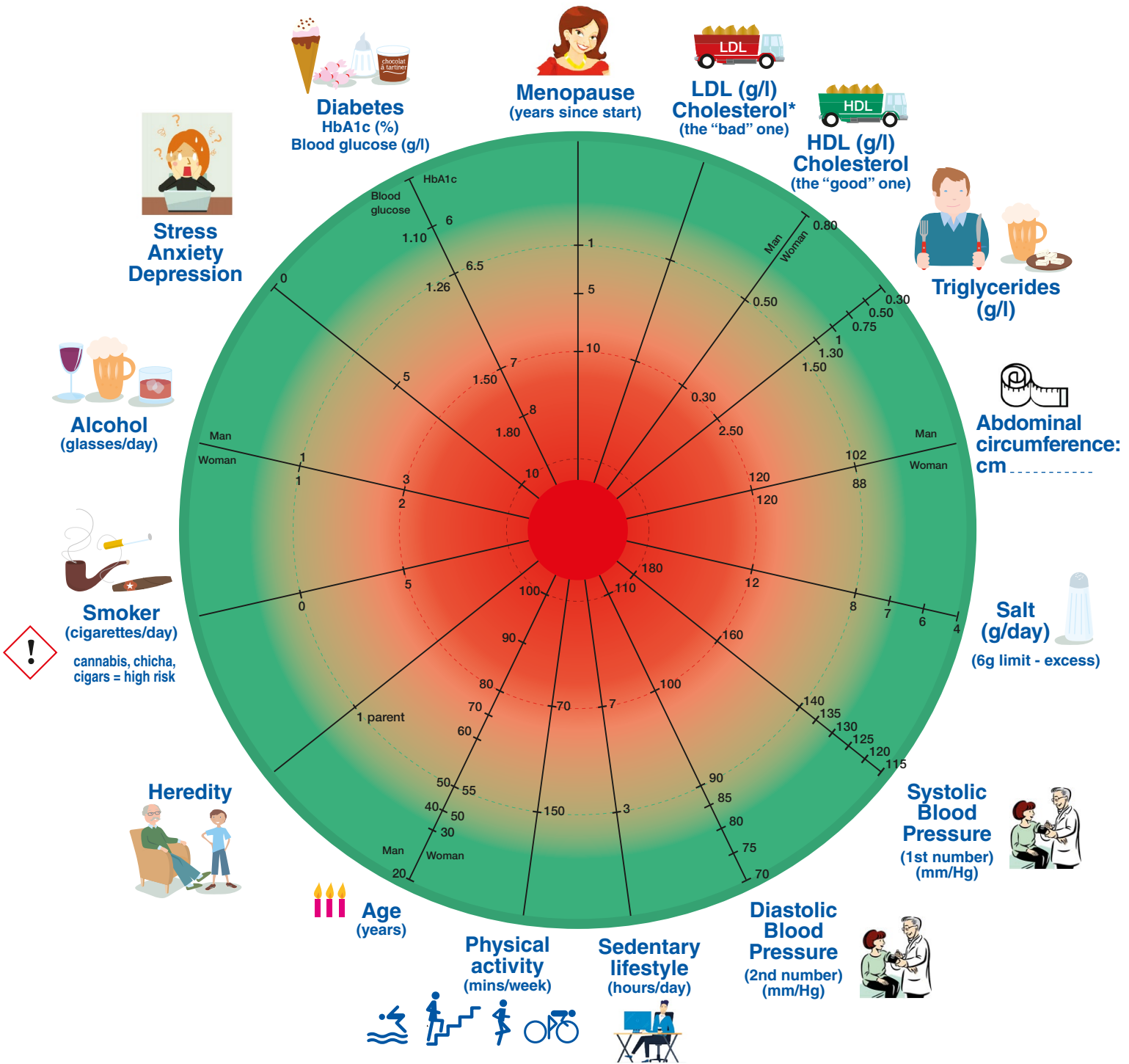


How healthy are my arteries?

Tracking my cardiovascular risk factors



LDL Cholesterol target according to cardiac risk

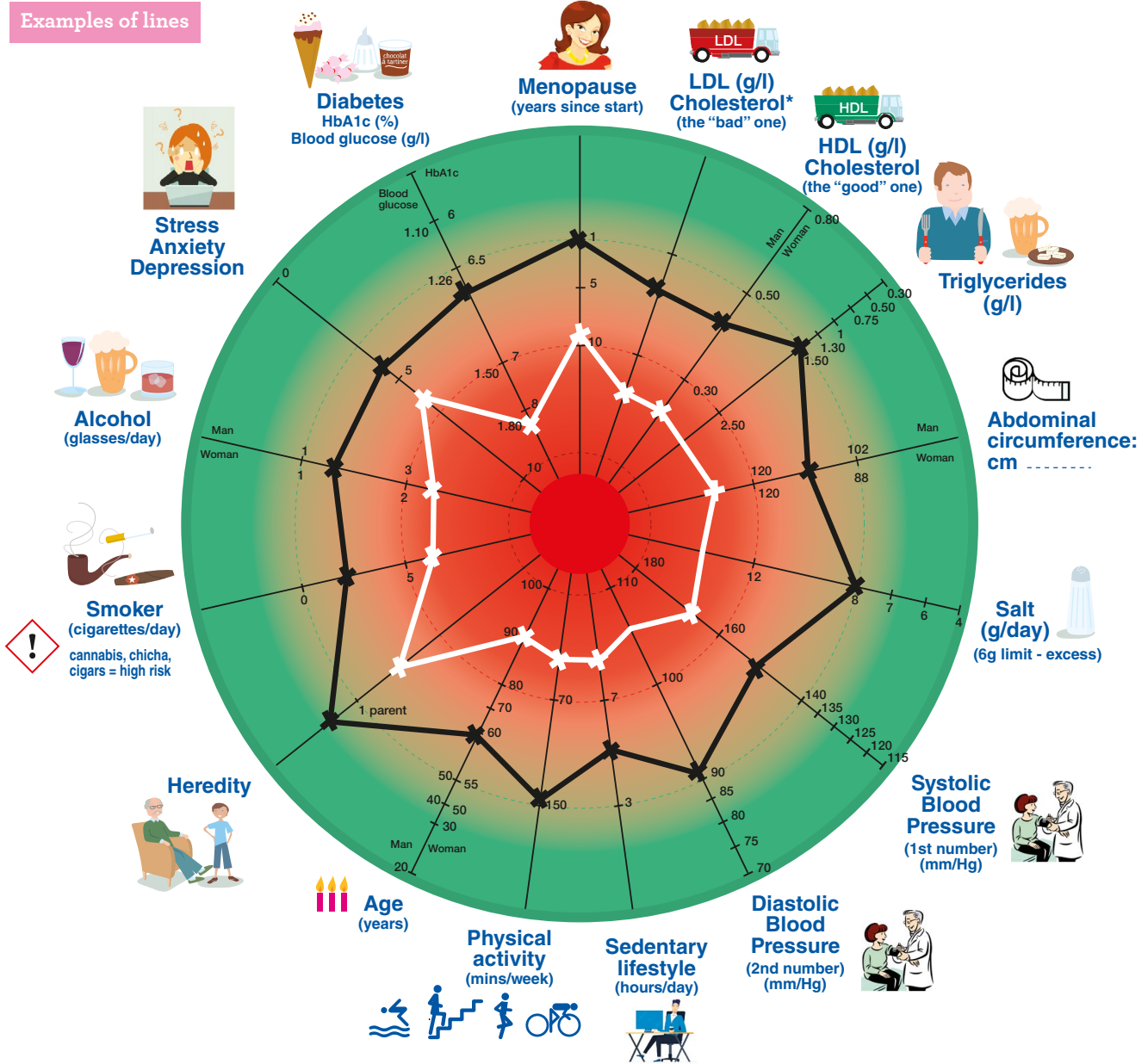
Low risk (no anomalies)	< 1.16 g/L
Moderate risk (known anomaly, presence of risk factors)	< 1 g/L
High risk (has atheroma, primary prevention)	< 0.7 g/L
Very high risk (history of stroke, secondary prevention)	< 0.55 g/L

ESC/EAS recommendations 2019

How healthy are my arteries?

Tracking my cardiovascular risk factors

Each line of this cross-section of an artery represents a cardiovascular risk factor. Put a cross on each line to show where your blood test results and lifestyle assessments are positioned. Now draw a line to join up the crosses. The circle of crosses you have drawn shows the “virtual” condition of your arteries. You should aim for as many of your results as possible to be in the green shaded area.



LDL Cholesterol target according to cardiac risk

Low risk (no anomalies)	< 1.16 g/L
Moderate risk (known anomaly, presence of risk factors)	< 1 g/L
High risk (has atheroma, primary prevention)	< 0.7 g/L
Very high risk (history of stroke, secondary prevention)	< 0.55 g/L

ESC/EAS recommendations 2019



Women’s Cardiovascular Healthcare Foundation