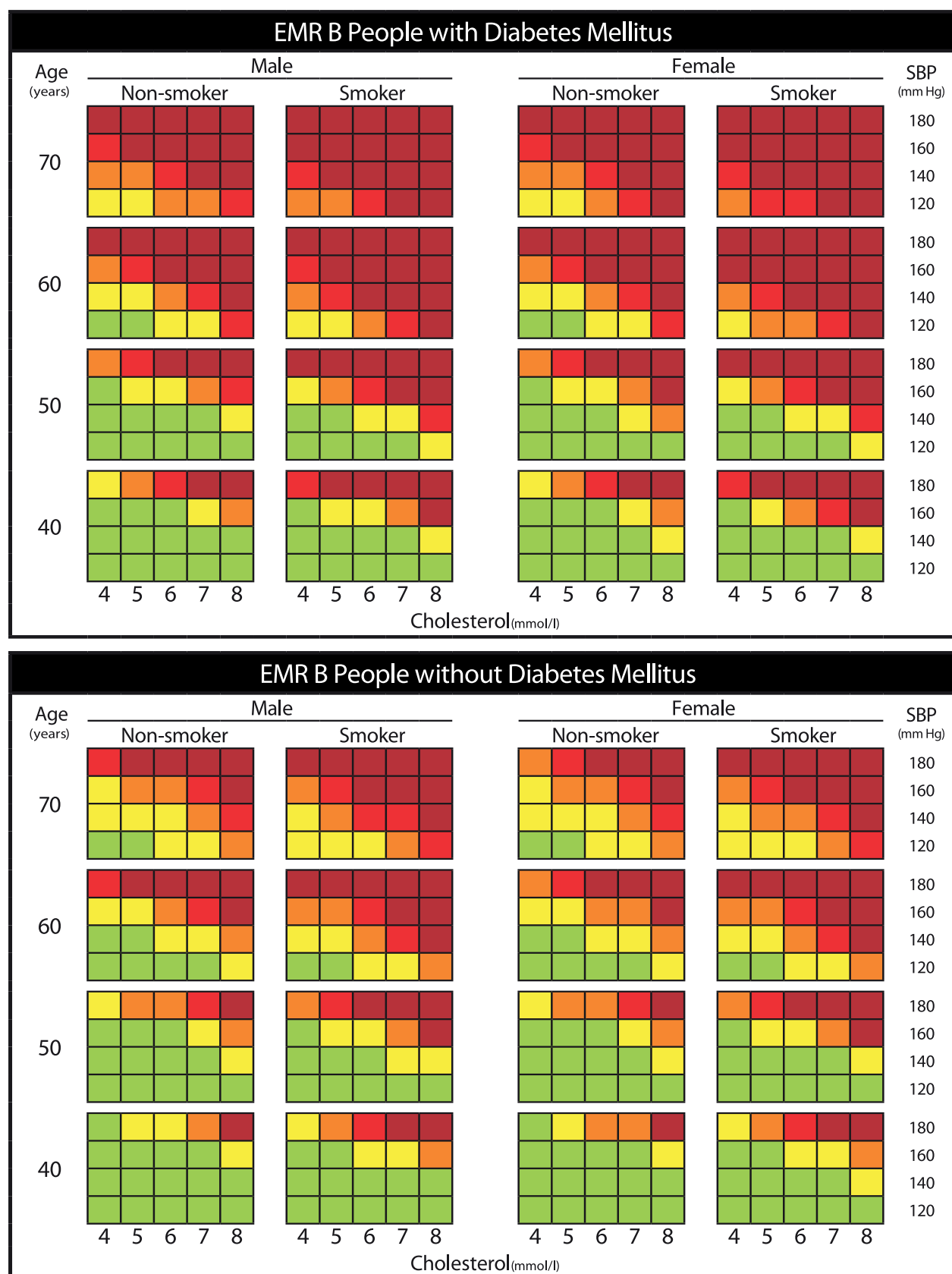


Figure 11. WHO/ISH risk prediction chart for EMR B. 10-year risk of a fatal or non-fatal cardiovascular event, age, systolic blood pressure, total blood cholesterol, smoking status and presence or absence of diabetes mellitus.

Risk Level ■ <10% ■ 10% to <20% ■ 20% to <30% ■ 30% to <40% ■ ≥40%



This chart can only be used for countries of the WHO Region of Eastern Mediterranean, sub-region B, in settings where blood cholesterol can be measured (Bahrain, Iran (Islamic Republic of), Jordan, Kuwait, Lebanon, Libyan Arab Jamahiriya, Oman, Qatar, Saudi Arabia, Syrian Arab Republic, Tunisia, United Arab Emirates).

Instructions on how to use WHO/ISH risk prediction charts

Make sure that you select the appropriate charts using the following information:






- Presence or absence of diabetes mellitus. This is defined as someone taking insulin or oral hypoglycemic drugs, or with a fasting plasma glucose concentration above 7.0 mmol/l (126 mg/dl) or postprandial plasma glucose concentration above 11.0 mmol/l (200 mg/l) on two separate occasions.
- Gender
- Smoker or non-smoker. All current smokers and those who quit smoking less than 1 year before the assessment are considered smokers for this assessment.
- Age (if age is 50-59 years select 50, if 60-69 years select 60 etc).
- Systolic blood pressure (the mean of two readings on each of two occasions).
- Total blood cholesterol (if in mg/dl divide by 38 to convert to mmol/l).

Please note that CVD risk may be higher than indicated by the charts in the presence of the following:

- already on antihypertensive therapy;
- premature menopause;
- approaching the next age category or systolic blood pressure category;
- obesity (including central obesity);
- sedentary lifestyle;
- family history of premature coronary heart disease (CHD) or stroke in first degree relative (male < 55 years, female < 65 years);
- raised triglyceride level (>2.0 mmol/l or 180 mg/dl);
- low HDL (high density lipoprotein) cholesterol level (< 1 mmol/l or 40 mg/dl in males, < 1.3 mmol/l or 50 mg/dl in females);
- raised levels of C-reactive protein, fibrinogen, homocysteine, apolipoprotein B or Lp(a), or fasting glycaemia, or impaired glucose tolerance;
- microalbuminuria (increases the 5-year risk of diabetics by about 5%);
- raised pulse rate.
- socioeconomic deprivation

Risk levels

The color of the cell indicates the 10-year risk of combined myocardial infarction and stroke risk (fatal and non-fatal) as shown below:

 Green <10%	 Yellow 10% to <20%	 Orange 20% to <30%
 Red 30% to <40%	 Deep Red > 40%	

PS. Please note that persons with already established cardiovascular diseases are at high cardiovascular risk, and they should belong to the high risk category.