

PRINTABLE FLOW TOOL

Flow Tool 10: My Cardiovascular Risk Snapshot: What I Can Change and What Changes the Goal

PRINTABLE
VERSION

Fill in only the measures that apply to you, and leave the rest blank. Then set priorities with your clinician. This page is not a score or a diagnosis.

1. Blood Pressure

Recent readings: _____

My clinician-set goal: _____

Next step: _____

2. Low-Density Lipoprotein Cholesterol (LDL-C) and Apolipoprotein B (ApoB): Treatable Plaque-Forming Risk

LDL-C or ApoB, if measured: _____

My clinician-set LDL-C goal and ApoB goal, if used: _____

Next step: _____

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3. Blood Sugar and Diabetes Risk

Hemoglobin A1c, an estimate of average blood sugar over about three months, or fasting glucose: _____

My clinician-set goal: _____

Next step: _____

4. Smoking, Tobacco, and Vaping

Where I stand: _____

My quit or stay-quit plan: _____

5. Movement and Functional Fitness

Current activity, mobility, or function: _____

My next safe, repeatable step: _____

Sleep, Stress, and Support

Typical sleep: _____ hours

Sleep-apnea assessment or treatment, if applicable: _____

One practical support: _____

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Context That Can Change the Goal

This tool tracks factors that can be modified, but it is not a complete risk calculator. Also review the medical and family-history context that may change treatment targets:

- ☐ Established coronary artery disease, ischemic stroke or transient ischemic attack, aortic atherosclerosis, or peripheral artery disease
- ☐ Coronary plaque or calcium on imaging
- ☐ Chronic kidney disease
- ☐ Strong family history or familial hypercholesterolemia

Lipoprotein(a), or Lp(a), if measured:

_____ nmol/L or mg/dL

How this result changes my LDL-C or prevention plan:

Lp(a) is mostly inherited and usually does not fall meaningfully with lifestyle change. Its main role is to help determine how intensively LDL-C, ApoB, and other treatable risks should be managed.

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- ☐ Pregnancy complications or menopause before age 40
- ☐ Autoimmune or chronic inflammatory disease
- ☐ Prior chest radiation or cancer treatment that can affect the heart or blood vessels

Use Flow Tool 7, Family Flow Map, for family history and Flow Tool 5, Women's and Pregnancy-Related Cardiovascular History Guide, for sex-specific history.

Work with your clinician to begin with the modifiable risk factor most likely to matter now. Then choose one change you can repeat.