



Understanding Your Heart Risk Conversation Card™

Use these questions to understand what your risk estimate means
and how it may shape your next step.



A cardiovascular risk estimate is one decision-support tool. It combines selected health information to estimate the chance of a future event, but it cannot predict exactly what will happen to one person.

My Current Estimate, If Discussed

Type of estimate: _____

10-year risk: _____ % 30-year risk: _____ %

Date calculated: _____ By: _____

1

Understand the Estimate



- ☐ What outcome and time period does this estimate cover?
- ☐ Which information was used to calculate it?
- ☐ What does this percentage mean in everyday language?
- ☐ Is this estimate appropriate for my age and health history?

2

Add What the Calculator May Miss



- ☐ Does my family history change the picture?
- ☐ Do early menopause or pregnancy complications matter?
- ☐ Should kidney, inflammatory or autoimmune conditions be considered?
- ☐ Are my symptoms relevant even if they do not change the score?

3

Ask About Additional Information



- ☐ Would ApoB or Lp(a) add useful context?
- ☐ Would another measurement or test change our decision?
- ☐ What would a coronary artery calcium scan add in my situation?
- ☐ Could any result create testing without changing the plan?

4

Connect Risk to a Plan



- ☐ Which risk factor is most important to address first?
- ☐ What are the benefits and tradeoffs of my options?
- ☐ What can daily habits reasonably change?
- ☐ When should we review my risk again?

Risk Percentage Is Not the Whole Story

Short-Term Risk

May appear low in younger women even when important risk factors are present.

Longer-Term Risk

May add perspective when years of exposure to blood pressure, cholesterol or blood sugar matter.

Risk Enhancers

Personal history and selected markers may add context beyond a calculator.



What We Decided

The factor we will focus on first: _____
The next step and why: _____
What could change the plan: _____
Follow-up date or timing: _____



Before I Decide

- ☐ I understand my options
- ☐ I understand the possible benefits
- ☐ I understand the limitations or tradeoffs
- ☐ My questions were answered



Gentle Reminder

A low estimate does not mean zero risk,
and a higher estimate does not mean
an event is certain.



Martine's Midlife Wellness Tip

Ask what information would actually change the plan.
More testing is most useful when the answer could
guide a meaningful decision.