



CARDIOLOGY OF SPRINGFIELD

### Risk Factors for Cardiovascular Disease

- High-level risk factors and conditions
  - Parent/grandparent history of cardiovascular disease under 55 years in males or 65 years in females, including coronary atherosclerosis, peripheral vascular disease or cerebrovascular disease
  - Body mass index (BMI) > 97<sup>th</sup> percentile (>95<sup>th</sup> percentile is moderate risk)
  - Diabetes mellitus, type 1 or type 2
  - Hypertension (high blood pressure)
  - Current smoker
  - Chronic renal disease/end-stage renal disease
  - Post-surgery solid organ transplant
  - History of Kawasaki's disease with coronary aneurysms (regressed aneurysms are still a risk)
- Moderate-level risk factors and conditions
  - Pre-diabetes
    - Impaired fasting glucose  $\geq 100$
    - Impaired glucose tolerance 2 hr  $\geq 14$
  - Polycystic ovarian syndrome
  - Chronic inflammatory disease (SLE or JRA)
  - HIV infection
  - Nephrotic syndrome
- Consider as potential risk factors and conditions
  - History of cancer or congenital heart disease
  - Passive smoker
  - Unknown family history