

2007 Northwestern Memorial Hospital What Your Test Results Mean

Northwestern Memorial's 30-Minute Cardiac Risk Assessment can provide you and your physician with an accurate assessment of your individual risk for heart disease. The following general guide has been created to help you interpret the results from your Cardiac Risk Assessment.

Your age, gender, weight, cholesterol levels, level of exercise, personal and family health histories and whether or not you smoke or are diabetic, all play significant roles in your cardiovascular health. Your individual risk depends not on the result of any single test but on the combination of these factors, although any test result indicating high risk should be addressed. Therefore, we strongly recommend that you review your results with a physician.

<i>Cholesterol</i>	
Total Cholesterol	
Less than 200	desirable cholesterol level
200 to 239	borderline high cholesterol level; moderate risk
240 or higher	high cholesterol level; increased risk
LDL Cholesterol (the "bad" cholesterol)	
Less than 130	desirable LDL cholesterol level
130 to 159	borderline high risk of heart disease
160 or higher	high risk of heart disease
HDL Cholesterol (the "good" cholesterol)	
60 and above	desirable HDL cholesterol level; decreased risk of heart disease
35 to 59	average risk of heart disease
below 35	increased risk of heart disease
<i>Triglycerides</i>	
Less than 200	normal level of triglycerides
200 to 400	borderline high level of triglycerides
400 to 1,000	high level of triglycerides; possible risk of vascular disease or pancreatitis
1,000 or higher	very high level of triglycerides; high risk of pancreatitis

Fasting Blood Glucose

Less than 110	normal blood glucose level
110 or higher	elevated blood glucose level
126 or higher	tested on two different days (may indicate diabetes)
200 or higher	may be diabetes, but needs to be confirmed with a fasting test on another day.

Blood Pressure (systolic over diastolic, read "120 over 80")

Systolic Pressure (when heart is beating)	
Less than 120	normal systolic blood pressure
120 to 139	elevated systolic blood pressure, should be monitored closely
140 or higher	high systolic blood pressure, may indicate need for treatment
Diastolic Pressure (when heart is at rest)	
Less than 80	normal diastolic blood pressure
80 to 89	elevated diastolic blood pressure, should be monitored closely
90 or higher	high diastolic blood pressure, may indicate need for treatment

Coronary Calcium Score

Cardiac CT reveals the extent of calcification in the heart's coronary arteries, which indicates the presence of atherosclerosis, or hardening of the arteries. Determining the extent of cardiac risk requires interpretation of the calcium score in combination with other tests and risk factors, particularly age and gender.

Coronary Artery Calcium Level (determined by Cardiac CT)

0	no apparent evidence of coronary atherosclerosis
1-10	slight evidence of coronary atherosclerosis
11-100	mild evidence of coronary atherosclerosis
101-400	moderate evidence of coronary atherosclerosis
400 or higher	extensive evidence of coronary atherosclerosis