

**Harvard Medical School Department of
Continuing Education and the Cardiovascular
Division of the Department of Medicine,
Brigham and Women's Hospital**



Cardiology Rounds
January 2004

**Prediction of Coronary Heart Disease Events
Part 1: The role of traditional risk factors**

By Peter W. F. Wilson, M.D.

Objectives:

In this issue of *Cardiology Rounds*, Dr. Peter Wilson, who served as Director of Laboratories at the Framingham Heart Study for 20 years, provides his overview of risk factor assessment for coronary heart disease (CHD). Part 1 focuses on the role of traditional risk factors. The reader should obtain a better understanding of the multi-factorial aspects of individual risk factor assessment.

TEST:

1. Traditional risk factors for CHD include all of the following except:
 - a. cholesterol
 - b. blood pressure
 - c. hyperglycemia
 - d. cigarette smoking

2. Compared to men, women generally have lower risk of CHD than men at the following ages:
 - a. premenopausal
 - b. postmenopausal
 - c. all ages

3. Relative to standard cigarettes, low tar and nicotine cigarettes provide an advantage relative to cardiovascular risk.
True False

4. Passive smoke (exposure to environmental smoke) may augment cardiovascular risk by 30%.
True False

5. More aggressive (lower) LDL and blood pressure targets have recently been recommended for individuals with diabetes mellitus.
True False
6. Multivariate risk assessment algorithms may exhibit regional variations due to genetic and other population differences that affect overall CHD event rates.
True False
7. Even within the "normal" blood pressure range, those with a systolic blood pressure >130 mm Hg have a greater risk for CHD events than those with lower pressure.
True False

To receive AMA category 1 credit, you must correctly answer 60% of the test questions.

Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Harvard Medical School designates this educational activity for a maximum of 1 category 1 credit toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the educational activity.

This program was issued in January 2004. All tests must be returned by June 30, 2004.

Please send the completed test and a check for \$25 US. (Check made payable to: Harvard Medical School) to: Harvard Medical School/Department of Continuing Education, Box 825, Boston, MA 02117-825.

We will return your corrected test and a certificate upon successful completion.

Name _____

Address _____

Phone _____

Email _____

Fax _____