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## **Cardiovascular Disease Risk Factors Unique to Women**

Having 3 or more is roughly equivalent to having a coronary calcium score of at least 100 and has a number of important implications:

- 10-year atherosclerotic cardiovascular disease (ASCVD) risk  $\geq 7.5\%$
- Increased benefit for initiation of statin therapy
- Blood pressure antihypertensive therapy should be started once systolic BP  $\geq 130$  mmHg or diastolic BP  $\geq 80$  mmHg

<b>Age</b>	<b>Not Applicable</b>	<b>Questions</b>
		How old were you when you had your first period?
		At what age did you experience menopause?

### **Have you used hormone treatments?**

	<b>Oral Contraceptive</b>	<b>Menopause Treatment</b>
<b>Estrogen</b>	<input type="checkbox"/> yes, <input type="checkbox"/> no	<input type="checkbox"/> yes, <input type="checkbox"/> no Age when started medicine _____
<b>Progesterone</b>	<input type="checkbox"/> yes, <input type="checkbox"/> no	<input type="checkbox"/> yes, <input type="checkbox"/> no Age when started medicine _____

<b>Yes</b>	<b>No</b>	<b>Unknown</b>	
			Have you had diabetes while pregnant?
			Have you had infertility (>12 months without successful pregnancy)?

### **Have you had high blood pressure with pregnancy (see types below)**

		Gestational hypertension ( $\geq 140/90$ mmHg after 20 weeks without proteinuria)?
		Preeclampsia/Eclampsia ( $\geq 140/90$ mmHg after 20 weeks with proteinuria, with or without seizures)?
		Have you had a miscarriage?
		Do you have polycystic ovarian syndrome?
		Have you had premature ovarian insufficiency (<40 years old)?
		Have you experienced premature delivery of any pregnancy (<37 weeks)?
		Have you delivered any babies considered small for gestational age (<10 <sup>th</sup> percentile)?