

690 **Table I: American College of Cardiology/American Heart Association Guidelines for**
 691 **Assessing Cardiovascular Disease Risk Factors⁹**

Age	Recommendation	Frequency	Level of Evidence
20-79	Check traditional risk factors*	Every 4-6 years	IB
40-79	Estimate 10-year risk for Atherosclerotic Cardiovascular Disease** using Pooled Cohort Equations***	Every 4-6 years	IB

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693 *Age, sex, total and high density lipoprotein cholesterol, systolic blood pressure, use of
 694 antihypertensive therapy, diabetes, and current smoking.

695 **Defined as nonfatal myocardial infarction, coronary heart disease death, nonfatal and fatal
 696 stroke.

697 ***Pooled cohort equation for estimating risk takes the following variables into account: sex,
 698 race, age, treated or untreated systolic blood pressure, total cholesterol, high density lipoprotein
 699 cholesterol, current smoking status, and history of diabetes.

700 Level of evidence definitions: IA, evidence from meta-analysis of randomized controlled trials;
 701 IB, evidence from at least one randomized controlled trial; IIA, evidence from at least one
 702 controlled study without randomization; IIB, evidence from at least one other type of
 703 experimental study; III, evidence from nonexperimental descriptive studies, such as comparative

704 studies, correlation studies, and case-control studies; IV, evidence from expert committee reports
705 or opinions or clinical experience of respected authorities, or both.