

Vascular Nomogram for Women (BVNf)		Birth Date	Height
Last Name	First Name		

The Bliman Vascular Nomogram is a vascular risk assessment tool that combines fasting blood glucose (FBG), triglycerides (TR), high-density lipoproteins (HDL), and pulse pressure (PP),^a as well as tobacco's vascular toll (TVT)^b to give a composite index of cardiometabolic age (BVS) and disease (CVD).^c Comparing your age to your BVS may help you set appropriate goals for blood pressure and cholesterol,^d but it should not substitute for the judgment of your clinician.

Fasting Blood Glucose \circ & Triglycerides \circ			Systolic BP Δ & BP Goal \square	Age \square , BVS Δ & CVD Prevalence ^e			LDL Cholesterol Δ & LDL Goal \square	Pulse Pressure \circ & HDL Cholesterol \circ		
FBG	oo	TR	BP	Age	$\square\Delta$	RISK	LDL	PP	oo	HDL
130	oo	230		87	$\square\Delta$			72	oo	34
127	oo	220		84	$\square\Delta$			70	oo	36
124	oo	210	Δ	81	$\square\Delta$	0.5	Δ	68	oo	38
121	oo	200		78	$\square\Delta$			66	oo	40
118	oo	190		75	$\square\Delta$	0.4		64	oo	42
115	oo	180	160	72	$\square\Delta$		190	62	oo	44
112	oo	170		69	$\square\Delta$	0.3		60	oo	46
109	oo	160	Δ	66	$\square\Delta$		Δ	58	oo	48
106	oo	150	$\square < 150$	63	$\square\Delta$	0.2	$\square < 160$	56	oo	50
103	oo	140	Δ	60	$\square\Delta$		Δ	54	oo	52
100	oo	130	$\square < 140$	57	$\square\Delta$	0.1	$\square < 130$	52	oo	54
97	oo	120	Δ	54	$\square\Delta$		Δ	50	oo	56
94	oo	110	$\square < 130$	51	$\square\Delta$	0.02	$\square < 100$	48	oo	58
91	oo	100	Δ	48	$\square\Delta$		Δ	46	oo	60
88	oo	90	$\square < 120$	45	$\square\Delta$	0.01	$\square < 70$	44	oo	62
85	oo	80	Δ	42	$\square\Delta$		Δ	42	oo	64
82	oo	70	110	39	$\square\Delta$	<0.01	60	40	oo	66
79	oo	60		36	$\square\Delta$			38	oo	68
76	oo	50	Δ	33	$\square\Delta$			36	oo	70
73	oo	40		30	$\square\Delta$	<<0.01	Δ	34	oo	72
70	oo	30		27	$\square\Delta$			32	oo	74
67	oo	20		24	$\square\Delta$			30	oo	76
FBG	oo	TR	BP	Age	$\square\Delta$	RISK	LDL	PP	oo	HDL

To estimate your CVD risk (RISK),^e draw a line from the \circ of FBG (mg/dl) to the \circ of PP (mm Hg) nearest your results. Next, draw a line between the \circ 's of TR (mg/dl) and HDL (mg/dl) nearest your results. Find your vascular age (BVS) midway between the two lines intersecting the midline, add the TVT (in years), fill in the nearest Δ (rounding up or down toward the flatter line), and connect the Δ of your BVS to the \square closest to your actual age. The vector linking your actual age to your BVS determines the range of your RISK. Connect the Δ 's of your BP and LDL to the color-coded \square 's matching your RISK. Print a copy of this BVN grid to plot your test results and find out how to reduce your RISK.

#	Date	BP	WT	LDL	TVT	Cardiometabolic Medication	Outcomes
1							
2							
3							
4							
5							

- a. PP = systolic blood pressure minus diastolic blood pressure, measured in the right arm lying down
- b. TVT = pack-years smoked divided by (smoke-free decades plus three)
- c. CVD = image-based evidence of infarction or ischemia in heart or brain tissue
- d. Based on the 2004 Update of the National Cholesterol Education Program Adult Treatment Panel III
- e. From the 2002 NHANES Survey of the United States

CATH
ECHO
MIBI
CAC
IMT
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