

Vascular Nomogram For Men (BVNm)		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 o & Triglycerides o			Systolic BP Δ & BP Goal □	Age □ , BVS Δ & CVD Prevalence ^e	LDL Cholesterol Δ & LDL Goal □	Pulse Pressure o & HDL Cholesterol o				
FBG	oo	TR	BP	Age	□Δ	RISK	LDL	PP	oo	HDL
130	oo	230		76	□Δ			72	oo	24
127	oo	220		73	□Δ			70	oo	26
124	oo	210	Δ	70	□Δ	0.5	Δ	68	oo	28
121	oo	200		67	□Δ			66	oo	30
118	oo	190		64	□Δ	0.4		64	oo	32
115	oo	180	160	61	□Δ		190	62	oo	34
112	oo	170		58	□Δ	0.3		60	oo	36
109	oo	160	Δ	55	□Δ		Δ	58	oo	38
106	oo	150	□ < 150	52	□Δ	0.2	□ < 160	56	oo	40
103	oo	140	Δ	49	□Δ		Δ	54	oo	42
100	oo	130	□ < 140	46	□Δ	0.1	□ < 130	52	oo	44
97	oo	120	Δ	43	□Δ		Δ	50	oo	46
94	oo	110	□ < 130	40	□Δ	0.02	□ < 100	48	oo	48
91	oo	100	Δ	37	□Δ		Δ	46	oo	50
88	oo	90	□ < 120	34	□Δ	0.01	□ < 70	44	oo	52
85	oo	80	Δ	32	□Δ		Δ	42	oo	54
82	oo	70	110	30	□Δ	<0.01	60	40	oo	56
79	oo	60		28	□Δ			38	oo	58
76	oo	50	Δ	26	□Δ		Δ	36	oo	60
73	oo	40		24	□Δ	<<0.01		34	oo	62
70	oo	30		22	□Δ			32	oo	64
67	oo	20		20	□Δ			30	oo	66
FBG	oo	TR	BP	Age	□Δ	RISK	LDL	PP	oo	HDL

To estimate your CVD risk (RISK),^e draw a line from the **o** of FBG (mg/dl) to the **o** of PP (mm Hg) nearest your results. Next, draw a line between the **o**'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 **□** closest to your actual age. The vector linking your actual age to BVS determines the range of your RISK. Connect the **Δ**'s of your BP and LDL to the color-coded **□**'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 ischemia or infarction 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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