

Know your numbers

Blood pressure, cholesterol, risk score and calcium score

Draft — under clinical review. General information only; not a substitute for advice from your doctor. To be finalised by ACF clinical advisers before publication.

Blood pressure

Usually no symptoms, but a major cause of heart attack and stroke. Check it regularly and treat if raised.

Cholesterol (including LDL)

LDL (“bad”) cholesterol builds up in artery walls. Lower LDL generally means lower risk. Targets are lower if you already have heart disease or diabetes.

Your 5-year heart-disease risk

5-year risk	Category
Less than 5%	Low
5% to under 10%	Intermediate
10% or higher	High

Coronary artery calcium (CAC) score

Score	Suggests
0	Very low
1–99	Mild
100–399	Moderate
400+	High

Mainly useful at low-to-intermediate/intermediate risk where it would change management. **Not** for people with symptoms or known heart disease. Generally **not Medicare-rebated** for prevention — usually an out-of-pocket cost. Discuss with your doctor.