

Know Your Vascular Disease Risk

This assessment, based on current guidelines and expert recommendations, is to help you determine your risk for vascular disease. Use this form to talk with your primary care provider about your risk and whether you could benefit from vascular disease screening.

Patient Name: _____

Date of Birth: _____ Date of Assessment: _____

Section 1: Risk Factors Checklist

If you are 65 or older...	add 2 points:	
If you are male, age 60-75...	add 2 points:	
If you have a family history of an abdominal aortic aneurysm (AAA)...	add 2 points:	
If you have a family history of stroke or carotid artery disease (CAD)...	add 2 points:	
If you have a family history of peripheral artery disease (PAD)...	add 2 points:	
If you have high blood pressure...	add 2 points:	
If you have high cholesterol...	add 1 point:	
If you have diabetes mellitus...	add 2 points:	
If you have coronary artery disease...	add 2 points:	
If you are a current or former smoker...	add 2 points:	
If you have obesity (a BMI equal or greater to 30)...	add 1 point:	

If you have had a stroke or transient ischemic attack (TIA)...	add 3 points:	
If you have leg pain while walking (claudication)...	add 2 points:	
If you have non-healing wounds or ulcers on your feet/legs...	add 2 points:	
If you have erectile dysfunction...	add 1 point:	
If you have dizziness, vision changes or slurred speech...	add 2 points:	
If you experience pulsating near your belly button...	add 2 points:	
If you have coldness or numbness in your legs or feet...	add 2 points:	
	TOTAL POINTS:	

Section 2: Your Risk Level

- **If your total number of points equals 0 to 5, you likely have a low risk.**
No immediate vascular testing is recommended unless you are experiencing symptoms. Discuss lifestyle changes and routine monitoring with your primary care provider.
- **If your total number of points is 6 to 10, you likely have a moderate risk.**
Please consult your primary care provider to discuss appropriate screening and follow-up. Testing may be appropriate based on your symptoms or your provider's clinical judgment.
- **If your total number is 11 or higher, you likely have a high risk.**
Please consult your primary care provider to discuss appropriate screening and follow-up. Strongly consider vascular testing, based on the following recommendations:
 - **Carotid ultrasound:** If you have history of stroke/TIA, dizziness, slurred speech or multiple cardiovascular risk factors.
 - **AAA ultrasound:** If you are a male age 65-75 with a smoking history or family history of AAA.
 - **ABI test:** If you have leg pain with walking, non-healing wounds, diabetes or signs of PAD.