

Estimating 5 year treatment benefits: Number Needed to Treat

Risk level: 5-year CV risk (fatal and non-fatal)	Benefits: NNT for 5 years to prevent one event (CVD events prevented per 100 people treated for 5 years)		
	1 intervention (25% risk reduction)	2 interventions (45% risk reduction)	3 interventions (55% risk reduction)
>30%	13 (7.5 per 100)	7 (14 per 100)	6 (16 per 100)
25-30%	20 (5 per 100)	11 (9 per 100)	9 (11 per 100)
20-25%	27 (4 per 100)	15 (7 per 100)	12 (8 per 100)
15-20%	40 (2.5 per 100)	22 (4.5 per 100)	18 (5.5 per 100)
10-15%	80 (1.25 per 100)	44 (2.25 per 100)	36 (3 per 100)

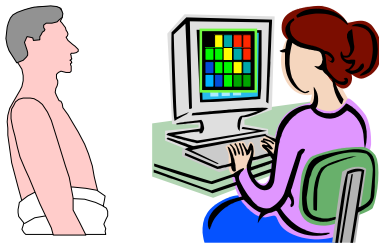
Based on the conservative estimate that each intervention: aspirin, blood pressure treatment (lowering systolic blood pressure by 10 mmHg) or lipid modification (lowering LDL-C by 20%) reduces cardiovascular risk by about 25% over 5 years.

2003 NZ CVD risk guidelines (www.nzgg.org)

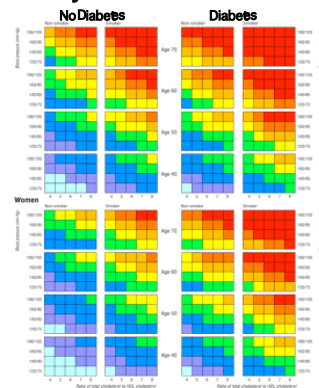


Communicating risk is difficult

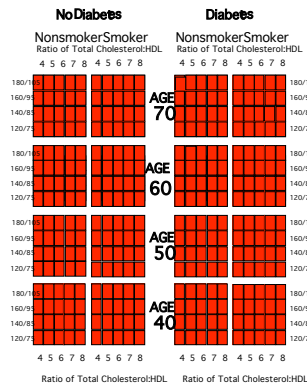
a 40 year old male smoker with SBP of 145mmHg, TC/HDL of 7 has a 5 year CVD risk of only 8.5%!



5 year CVD risk chart



Life-time CVD risk chart



Introduction Step 1

www.yourheartforecast.org.nz

Heart Foundation
The Heart of Our Nation

THE UNIVERSITY OF AUCKLAND
FACULTY OF MEDICAL AND HEALTH SCIENCES
School of Population Health

Your Heart Forecast
Showing your risk of a heart attack, stroke or other major problems with your arteries as you get older...

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CVD Risk Factors Step 2

Introduction Step 1

CVD Risk Factors Step 2

Gender: male female

Age: years

Do you belong to any of these ethnic groups? yes no
The following ethnic groups may be at higher risk: New Zealand Māori, Samoan, Cook Island Māori, Tongan, Niuean, Tokelauan, Fijian, Other Pacific Islands, Indian, Sri Lankan, Pakistani, Bangladeshi, Afghan, Nepalese & Tibetan.

Average BP: / mmHg

TCHDL Ratio: mmol/L

Are you a current smoker or have you recently quit? yes no
Recently quit is any time within the last 12 months.

Do you have diabetes?: yes no
Either Type 1, Type 2 or Type unknown diabetes. Not Gestational diabetes.

Family history of early heart attack or stroke?: yes no
A brother or father below 45 years old or a sister or mother below 55 years old.

Diagnosed with a Metabolic Syndrome?: yes no

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CVD Risk Projection Step 3

