**Cholesterol, a family history, high blood pressure…   
how worried should I be?**

Scientists talk about the RISK of heart attack or stroke.

The risk depends on many factors; some factors have greater influence than others.

Doctors often use a special “calculator” to estimate the risk of a person at a particular time in their lives.

<https://heartuk.org.uk/healthcare-professionals/resources-and-publications/risk-calculators>

[www.telegraph.co.uk/news/health/news/11457774/Official-NHS-calculator-predicts-when-you-will-have-a-heart-attack.html](http://www.telegraph.co.uk/news/health/news/11457774/Official-NHS-calculator-predicts-when-you-will-have-a-heart-attack.html)

One such calculator built into the GP computer system is QRisk. You can check your risk score yourself:

<https://qrisk.org/2016/>

Generally speaking,  
A Cardiovascular risk of 20% and above will benefit from medical treatment.

A risk score of 10%-19% may also deserve treatment.