

# Cardiovascular disease risk

Cardiovascular disease is one of the leading causes of death and disability in Australia.

## Cardiovascular disease (CVD)

CVD refers to a group of conditions affecting the heart or blood vessels, such as heart attacks, strokes or arrhythmias.

### CVD risk factors

There are many risk factors that increase the likelihood of developing CVD or having a serious cardiac event, such as a heart attack.

These include high blood pressure, high cholesterol, obesity and smoking/vaping.

### Why we assess CVD risk

CS Health is responsible for ensuring NSW coal mine workers are screened for health risks associated with their work, and any other health conditions that may affect their ability to work safely. This includes monitoring cardiovascular health and screening for signs of CVD.

People may not have any symptoms prior to a cardiovascular event, so it is essential that overall cardiac risk is assessed and investigated.

### Assessing your CVD risk

Your CVD risk score estimates how likely you are to have a cardiovascular event such as a heart attack or stroke in the next 5 years.

It is calculated using the Australian CVD risk calculator, which has been developed by medical experts. The tool looks at your age, sex, family and medical history, smoking status, blood pressure, cholesterol and any heart-related medications you take to work out your CVD risk score.

CVD risk score	Risk category
< 5%	Low
5% to < 10%	Intermediate
≥ 10%	High

### Other considerations for CVD risk

Other factors can also increase your CVD risk. These include:

- a family history of CVD
- chronic kidney disease
- First Nations, Māori, Pacific Islander or South Asian ethnicity.

Your CVD risk score may be adjusted to take these into account.

### Managing your risk

Your CVD risk category determines how your risk will be managed. If your risk is higher, you may be referred to your GP for further investigation and management. If you are at high risk you may also be referred to a cardiologist.

In most cases you can continue working until you have seen the GP or cardiologist; however, sometimes you may need to stop working temporarily until these further investigations have been completed. You may also require an early review to ensure your cardiovascular risk remains well managed.

### More information

[www.cvdcheck.org.au](http://www.cvdcheck.org.au)