

NOVA · DETAILED REPORT

# Detailed Cardiovascular Risk Assessment

10-year risk: 8.2% · average category

## Brief Summary

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The calculated 10-year risk of a serious cardiovascular event (myocardial infarction, stroke, death from cardiac causes) is **8.2%**. According to the commonly used European scale, this corresponds to an **average risk category**: lower than "high" ( $\geq 10\%$ ) but higher than "low" ( $< 5\%$ ).

**8.2%**

10-YEAR RISK

**avg.**

CATEGORY

**3**

RISK FACTORS

**~5%**

GOAL

## Factors Influencing the Result

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The calculation considers several parameters. Below is how each of them influenced the results. The main "modifiable" factors (those that can be changed through lifestyle) are blood pressure, total cholesterol, and BMI.

### GOOD NEWS

All your risk-enhancing factors are modifiable. This means they depend on lifestyle and can be corrected. With 6 months of targeted effort, achieving a 10-year risk of 5% (the lower limit of the "average" category) is usually a realistic goal.

## Parameters

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Parameter	Value	Reference	Status
Age	48 years	—	<a href="#">info</a>
Gender	male	—	<a href="#">info</a>
Systolic BP	142 mm Hg	$\leq 120$	<span>↑ above</span>

Parameter	Value	Reference	Status
Total Cholesterol	5.9 mmol/L	≤5.2	↑ above
HDL	1.2 mmol/L	1.0–2.0	in range
Smoking	no	—	in range
Diabetes	no	—	in range
BMI overweight	27.4	18.5–24.9	↓ below
10-year risk	8.2%	≤5% (low)	↑ above

#### NEXT STEP

## Questions about this report?

Talk to a personal AI consultant 1-on-1 — answers based only on your specific results, in plain language, with no fluff.

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*This report is for informational purposes only and does not replace an in-person medical consultation. No diagnoses or prescriptions are given here: nothing in this report is a basis for starting, stopping or changing medication on your own. If you have alarming symptoms, sharp deviations, or a worsening condition, see a specialist.*