

New Tool Can Calculate Your Heart's True Age

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Is your heart older than you? Well, scientists in the United Kingdom have developed a new cardiovascular disease risk calculator that can help even young people estimate the amount of time they have left before falling victim to a deadly heart attack or stroke, [the BBC reports](#).

According to updated guidelines issued by the Joint British Societies, doctors in the U.K. will now use a new algorithm, called JBS3, to calculate the “true” age of a patient’s heart (rather than using his or her biological age). This true age will better determine which patients are most at risk for developing cardiovascular disease.

The change is important, experts said, because currently, doctors only look about 10 years down the line to judge who should be treated for a risk of heart-related illnesses.

Instead, the JBS3 calculation factors in a patient’s familial risk for heart disease. Then the test looks at the person’s current blood pressure, cholesterol levels and medical conditions. Last, and most important, the calculation reviews lifestyle factors such as smoking and obesity that might contribute to someone’s future cardiovascular issues.

The tool can also show the number of years patients can add to their lives by making simple changes, such as eating a healthier diet or exercising more often. In that way, the JBS3 calculation works as both a predictive and a preventive tool.

“By only using short-term risk estimates, which are heavily dependent on age and gender, younger people and women tend to be overlooked,” said Iain Simpson, MD, a cardiologist who is president of the British Cardiovascular Society. By looking into heart disease earlier and more in depth, the calculator would allow truly at-risk patients to take steps to turn back the clock on their aging hearts.

For more information on how to determine your heart disease risk, [click here](#).
