



DEUTSCHLAND  
BESTIMMT DAS

*Herzalter*



**ASSMANN**

Stiftung für Prävention

BE OUR PARTNER WITH  
**HEART!**

**WWW.HERZALTER-BESTIMMEN.DE**

an initiative of the Assmann Foundation for  
Prevention



## ABOUT THE ASSMANN FOUNDATION FOR PREVENTION

The purpose of the Assmann Foundation for Prevention, founded in 2003 by Univ.-Prof. Dr. med. Gerd Assmann and his wife, is the promotion of science, research and public health in the field of prevention. The Foundation's work concentrates on the prevention of cardiovascular diseases. Saving lives through research and information is the principal goal of the Foundation.

[www.assmann-stiftung.de](http://www.assmann-stiftung.de)



# PROCAM ALGORITHMS

## THE PROCAM STUDY

The PROCAM study (**P**rospective **C**ardiovascular **M**uenster Study) is one of the world's largest long-term observational studies on morbidity and mortality (focus on cardiovascular diseases).

The study was initiated in 1978 at the Institute of Atherosclerosis Research, University of Muenster, by Univ.-Prof. Dr. med. G. Assmann and included 50.000 people in longterm follow-up.

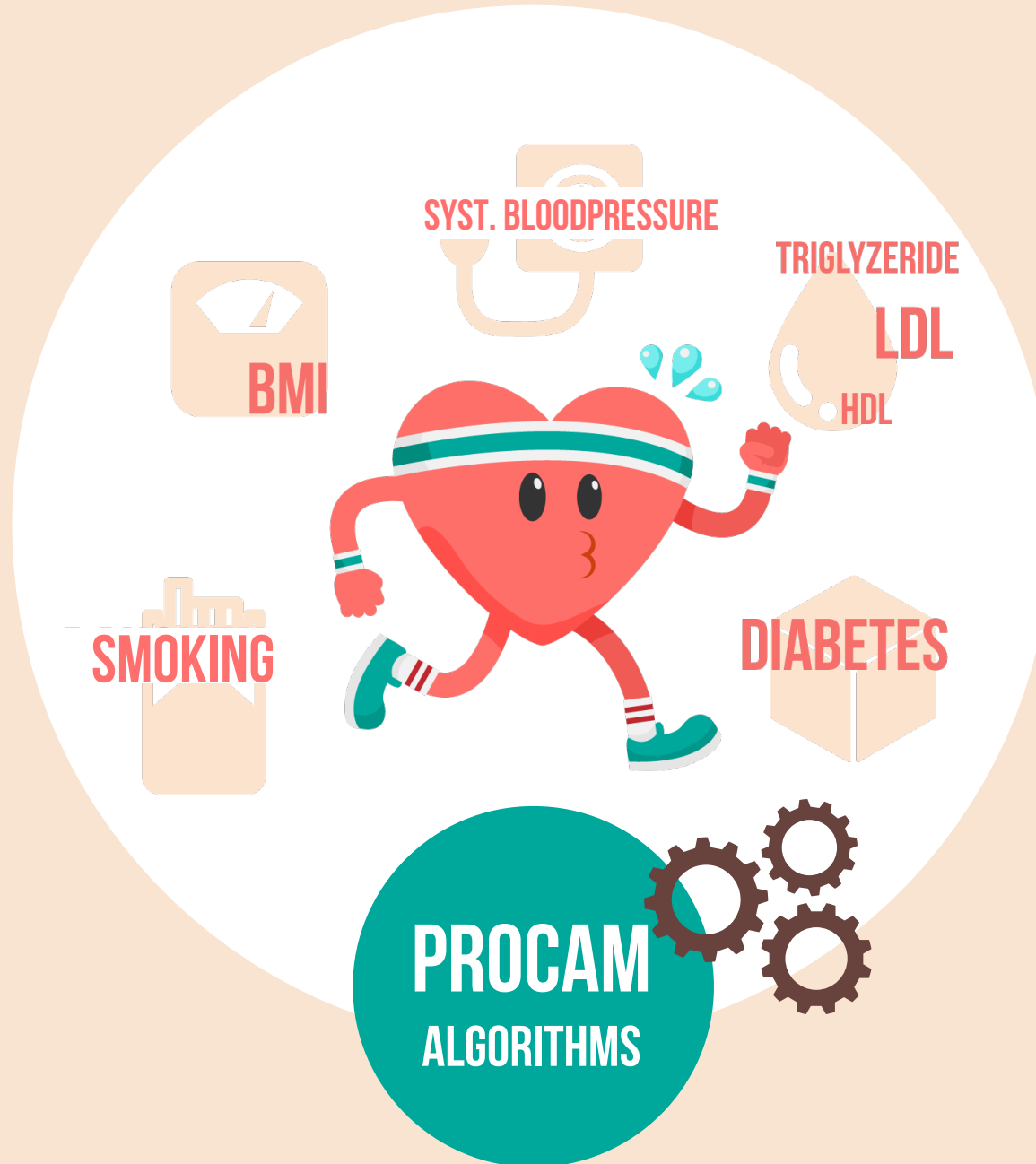
Based on the PROCAM original study data, the PROCAM algorithms were developed. The algorithms estimate the risk of a person to suffer from a myocardial infarction, a sudden cardiac death or a stroke within the next 10 years.



## THE HEART AGE-CHECK

The age of your heart- and your actual age can vary greatly!

The HEART AGE-CHECK calculates the **age of your heart** and **your risk of a fatal or non-fatal myocardial infarction**. The calculation is based on the **PROCAM study data**. It takes into account your individual **risk factors**.



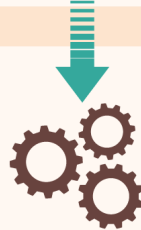
By using the **PROCAM algorithms**, it is **anonymously** possible to calculate the age of your heart in a simple online test. A significantly higher age of your heart than your actual age is often associated with a high risk of myocardial infarction.



## STEP 1

### Input of individual values

- age: **50 years**
- gender: **male**
- systol. blood pressure: **160 mmHg**
- diabetes: **no**
- smoking: **yes**
- family history of heart attack: **no**
- LDL-Cholesterol: **174 mg/dL**
- HDL-Cholesterol: **44 mg/dL**
- Triglycerides: **100 mg/dL**



**Calculation of the risk for a heart attack  
based on the PROCAM-Healthcheck**

### Result:


Risk for suffering a heart attack in the  
next 10 years:

**17,16 % in 10 years**

## STEP 2

### Calculating the heart age

The risk for heart attack of a person is associated and  
compared with the myocardial infarction risk of other  
PROCAM subjects.

age	avg. risk for heart attack (male, % in 10 years)
...	
49	7,72
 <b>50</b>	8,38
51	9,06
52	9,78
53	10,53
54	11,31
55	12,13
56	12,98
57	13,86
58	14,77
59	15,72
<b>60</b>	<b>16,69</b>
61	17,70
62	18,74
...	

The calculated risk  
(17.16%) is similar to  
the risk of the age group  
60 years (male  
PROCAM subjects).

**17,16 %**

The calculated heart age is:

**60 years**





# THE INITIATIVE

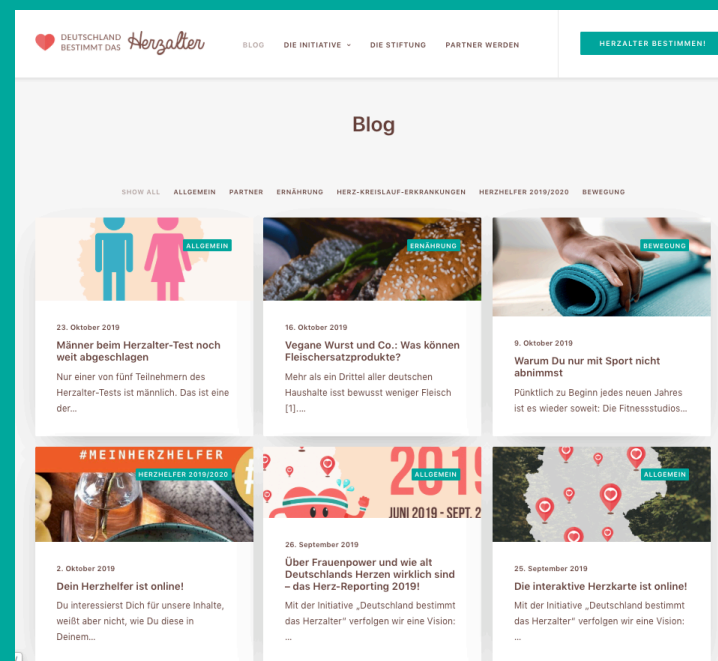
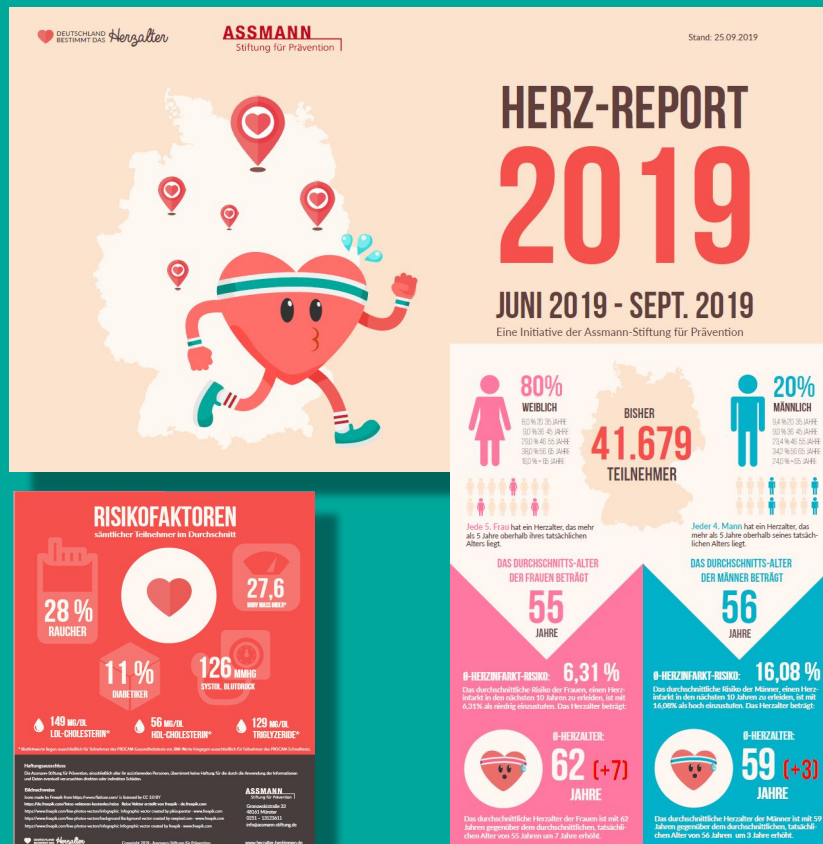
- **cost-free and anonymous calculation of your age of heart**
- **results** are being documented on a „Heart Map“ for germany
- **annual evaluation („Heart Report“)** at September 29th: World Heart Day
- **regular information** about heart health issues (blog, Herzhelfer)
- **„Growing old healthy“**: It is the goal of the foundation to assist people achieving a **healthy lifestyle** and **reducing both their heart age and their risk for a myocardial infarction**



**MORE THAN  
60.000  
PARTICIPANTS**

From June till October 2019

# WHAT YOU GET



# HEART REPORT

annual evaluation report of the respective initiative (here: 2019)

# BLOG

weekly articles on heart health

# HEART SUPPORT

monthly free online magazine on heart health (2019/2020: heart healthy nutrition)



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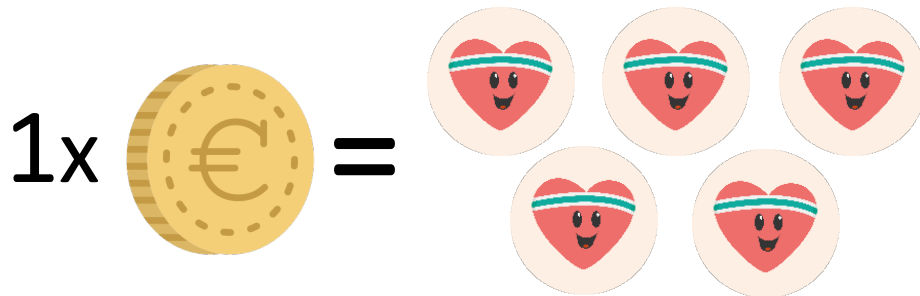
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# HELP US...

Become a „Partner With Heart“

## ... WITH YOUR DONATION!

Support our social media campaigns and our online coverage:



Do something good for 5 hearts with only 1 EURO!



## ... RAISING AWARENESS!

Link the heart age-check in your digital asset in only a few steps:

[www.herzalter-bestimmen.de](http://www.herzalter-bestimmen.de)



Do something good for many hearts with only few clicks!

Help us to spread the initiative „Deutschland bestimmt das Herzalter!“. Let us promote public awareness to the subject of heart health! Thereby, we can reduce the risk of cardiovascular diseases in individuals and the population.

Please find more details on the following page:

<https://www.herzalter-bestimmen.de/unterstuetzen/>

# INTERESTED IN LAUNCHING YOUR **OWN HEALTHY HEART** **CAMPAIGN** IN YOUR COUNTRY?

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**ADJUSTMENT  
FACTORS  
AVAILABLE**

for use outside  
of Germany