

# PATIENT RISK SHEET

## Do You Know Your Risk for Heart Disease?

Risk factors are habits or behaviors that may increase your chances of having a heart attack or stroke. Some risk factors, like your age and family history, you are not able to change. There are many risk factors that you can change and do something about.

The risk factors that you can make the most changes with are:

- Tobacco use
- Lack of exercise
- High blood pressure
- Obesity
- High fat diet
- Diabetes

The more risk factors you can change or eliminate the better your chances are of having a healthy heart. It isn't always easy to change some of these risk factors, but it is rewarding.

## Check for your risk for heart disease

Please mark Yes or No for each question	Yes	No
Are you a man over 45 years old?		
Are you a woman over 55 years old, OR have you passed menopause OR had your ovaries removed and do not take estrogen?		
Did your father or brother have a heart attack before age 55, OR did your mother or sister have a heart attack before age 65 OR do you have a close blood relative who had a stroke?		
Is your resting blood pressure more than 120/80?		
Is your total cholesterol level more than 200? (If you don't know, mark YES)		
Is your good cholesterol (HDL) less than 40? (If you don't know, mark YES)		
Is your bad cholesterol (LDL) more than 100? (If you don't know, mark YES)		
Do you smoke OR live with someone who does where you are exposed to second hand smoke?		
Do you get less than 30 minutes of physical activity on most days?		
Are you 20 pounds or more overweight?		
Do you have diabetes OR do you need medicine to control your blood sugar?		

If you checked **two or more boxes YES**, you have an increased risk for developing heart disease.

The more **“yes”** boxes you have checked, the higher your risk is for having a heart attack or stroke. Take charge of your health and make some healthy changes now.

See a healthcare provider for complete assessment of your heart health.

See back of this paper for Making Healthy Choices.



# Making Healthy Choices for a Healthier Life

## - Don't smoke or use tobacco products.

- Avoid second hand smoke.
- If you smoke, QUIT NOW!

## - Eat right.

- A healthy eating plan includes a wide variety of foods.
- Choose healthy fats, such as vegetable oils, low fat margarine and nuts. Limit saturated fat (those found in palm or coconut oil, high fat dairy products or high fat meats). Avoid trans fatty acids.
- Eat at least 5 or 6 servings of fruits or vegetables each day.
- Choose high fiber foods each day, such as whole grain breads and cereals.
- Watch your serving size at home and when eating out.
- Limit your use of salt when preparing foods.
- Be a food label reader when shopping for your foods.

## - Be active most days of the week

- Participate in hobbies, activities that you enjoy.
- Use stairs instead of elevators.
- Park further away in parking lots and walk to your destination.

## - Do some aerobic exercise such as walking, biking or swimming for at least 30 minutes and at least 4 to 5 days per week.

## - Maintain an optimal body weight. If you want to lose weight, a slow, gradual weight loss of 1 to 2 pounds per week is recommended.

## - If you take medication for blood pressure, cholesterol or blood sugar, be compliant and take them as prescribed.

## - Know your numbers!

- Have regular check-ups with your doctor.
- Have your blood pressure checked at least every year.
- Have your cholesterol checked at least every 5 years. Every year if you have abnormal levels and more frequently if you take medications for cholesterol.
- Have a blood glucose test every 3 years after age 45. More frequently, or sooner than age 45 if you have risk factors or family history of diabetes. Talk to your doctor about it.