

ARE YOU AT RISK FOR HEART DISEASE?

Cardiac Risk Assessment

One in four women and men have some form of cardiovascular disease and it is the leading cause of death in the United States.¹ The good news is heart disease can be prevented by controlling your cardiac risk factors. It is important to know what factors in your life put you at higher risk so you can make changes to help yourself.

Answer the questions below to find out your risk for heart disease.

Male Female Age _____

Heart Disease Equivalents

Have you had a heart attack, an angioplasty or stent, or coronary artery bypass surgery?	Yes	No	
Have you had a stroke or been told you have blockages in other arteries in your body such as the carotids, renals or arteries in your legs?	Yes	No	
Do you have diabetes or fasting blood sugars higher than 110 mg./dL?	Yes	No	Don't know

Major Cardiovascular Risk Factors

Are you a male over 45 years old or a female over 55 years old or experienced menopause?	Yes	No	
Do you have family members that developed heart disease at a young age? (Father or brother under 55 years old or mother or sister under 65 years old.)	Yes	No	Don't know
Have you smoked cigarettes in the past 12 months?	Yes	No	

1. American Heart Association. Heart disease and Stroke Statistics-2005 update. Dallas, Texas: American Heart Association, 2004

This risk assessment is for educational purposes only and does not constitute medical advice. The results of the assessment should not be used for diagnosing or treating a health problem or a disease, nor is it a substitute for professional care. Should you have any health-care related questions or suspect you have a health problem, you should consult your health-care provider. If you think you may have a medical emergency, call your doctor or 911 immediately.

Select the numbers that most closely match your last blood pressure (BP) reading.

Is your systolic BP (top number) 140 or above?	Yes	No	Don't know
Is your diastolic BP (bottom number) 90 or above?	Yes	No	Don't know
Are you on medicine to lower blood pressure?	Yes	No	

Select the numbers below that most closely match your last lipid profile.

LDL Cholesterol: ²	Less than 100	100-129	130-160	161-190	over 190	Don't know
HDL Cholesterol:	Less than 40 ³	Between 40 and 60	Greater than 60 ⁴		Don't know	

Contributing Cardiovascular Risk Factors

Is your body mass index (BMI) 25 kg/m ² or greater?	Yes	No
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$$\text{BMI} = \left(\frac{\text{weight in pounds}}{\text{height in inches} \times \text{height in inches}} \right) \times 703$$

Are you exercising less than 30 minutes three times a week?	Yes	No
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Do you frequently have strong feelings of anger/hostility, stress or depression?	Yes	No
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What Can I Do to Prevent Heart Disease?

If you answered “yes” to two or more risk factor questions above (excluding heart disease equivalents), consider scheduling an appointment with your physician to discuss your risks or consider calling the Loyola Cardiac Risk Factor Reduction Program at (708) 216-4485 to schedule an appointment with a registered nurse for assistance in making desired lifestyle changes.

You can start to make lifestyle changes now to lower your risk and prevent cardiovascular disease.

- Quit Smoking if you smoke
- Follow a sensible, well-balanced, low fat diet
- Increase your physical activity
- Learn to manage stress properly
- Lose weight if you are overweight
- Know your BP and cholesterol numbers and work with your doctor to keep them at optimal levels
- Keep other illnesses like diabetes under control
- Take your medicine as prescribed
- See your doctor regularly

2. Count one “yes” response if your LDL is greater than 130 (or greater than 100 if you have heart disease, diabetes or vascular disease.)

3. Count one “yes” response if your HDL is < 40.

4. HDL > 60mg/dL is a protective factor. Subtract one “yes” response. (National Cholesterol Education Program, Adult Treatment Panel III, 2001)