

WOMEN'S HEART RISK Checklist

HHG5
Rev03.11

Are you at risk for heart disease? The way you live each day affects your heart. An unhealthy lifestyle can lead to a heart attack or stroke. Heart attacks often strike without warning. Making lifestyle changes now could save your life. Below is a list of risk factors for heart disease. Place a checkmark in the box to the left of each risk factor that applies to you. Then, add up your score (each checkmark counts as one point).

FAMILY HISTORY

Your father or brother under age 55 or your mother or sister under age 65 has had a heart attack, stroke, angioplasty or bypass surgery.

OLDER AGE

You are over 55 years old. (After age 65, the death rate increases sharply for women.)

SMOKING

Either you smoke or you are exposed to second-hand smoke most every day.

HIGH BLOOD PRESSURE

Your blood pressure is over 135/85 or you have been told that you have high blood pressure. (After age 45, 60% of Caucasian women and 79% of African-American women have high blood pressure.)

PHYSICAL INACTIVITY

You do not exercise for 20-30 minutes at least 3 days every week. (70% of American women do not exercise regularly.)

DIABETES

You have been told that you have diabetes or take medicine to help control your blood sugar. After age 45, diabetes affects many more women than men.

BLOOD CHOLESTEROL LEVELS

(*LIPIDS*) Your HDL (High Density Lipo-protein or "good" cholesterol) is less than 50 mg/dL or your LDL (Low Density Lipo-protein or "bad" cholesterol) is greater than 130 and you have been identified with having risk factors for heart disease. (*An HDL of 60 is considered protective*).

METABOLIC SYNDROME

Having at least three of a cluster of symptoms listed below places you at risk

- Women > 35" waist
- High blood sugar > 110 mg/dL after fasting
- High triglycerides — at least 150 mg/dL
- Low HDL (less than 50 mg/dL in women);
- Blood pressure of 130/85 or higher.

OBESITY

Check your Body Mass Index (BMI). A score of 25-29.9 indicates you are overweight; 30 or greater, obese. Ask your health professional if your BMI places you at risk.

HORMONES & MENOPAUSE

You have had a hysterectomy and have had your ovaries removed or you have completed menopause.

BIRTH CONTROL PILLS,

When combined with regular exposure to cigarette smoke, taking birth control pills *greatly* increases risk of heart attack and stroke, *especially* after age 35.

STRESS

You have a high demand/low control job with sustained high levels of stress. Stress is a normal part of life. How you cope with stress can affect your heart.

EXCESS ALCOHOL INTAKE

A woman should limit her alcohol intake to an occasional drink or to no more than 2 oz. of alcohol per day (2 oz. is equal to one glass of wine, one beer or one cocktail).

Your Heart Risk Score = _____ points

Interpreting Your Score: If you have 2 or more points, consult with your healthcare practitioner and ask for a complete risk assessment. Find out what you can do to reduce your risk of heart disease.

HEALTHY HEARTS PROGRAM

Women's Heart Foundation, PO Box 7827, West Trenton, NJ 08628

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