

Heart Disease & Stroke Risk Assessment

By completing the information below with a check mark by all that applies to you, you can determine your cardio-vascular risk of disease. We recommend consulting with your healthcare provider if you have checked two or more check marks to learn how to lower your risk of **Heart Disease** and **Stroke**.

Age

You are a man over 45 or a woman over 55 years old

Family History

Your father or brother had a heart attack before age 55 or your mother or sister had one before age 65

Medical History

You have coronary artery disease, or you have had a heart attack

You had a stroke

You have an abnormal heartbeat

Tobacco Use

You smoke/smoked or live, work with people who smoke every day

You use or have used chewing tobacco

Diabetes

You have diabetes or take medicine to control your blood sugar

Physical Inactivity

You don't accumulate at least 30 minutes of physical activity on most days of the week

Total Cholesterol and HDL Cholesterol

Your total cholesterol level is 240 mg/dl or higher

Your HDL ("Happy") cholesterol level is less than 40 mg/dl if you're a man or less than 50 mg/dl if you are a woman

You don't know your total cholesterol or HDL levels

Blood Pressure

Your blood pressure is 140/90 mm hg or higher or you've been told that your blood pressure is too high

You don't know what your blood pressure is

Excess Body Weight

You are 20 pounds or more overweight



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