

*Listen to
your body.*

INCREASING AGE

HEREDITY

GENDER

MENOPAUSE

SMOKING

HIGH BLOOD PRESSURE

HIGH BLOOD CHOLESTEROL

PHYSICAL INACTIVITY

OBESITY

DIABETES

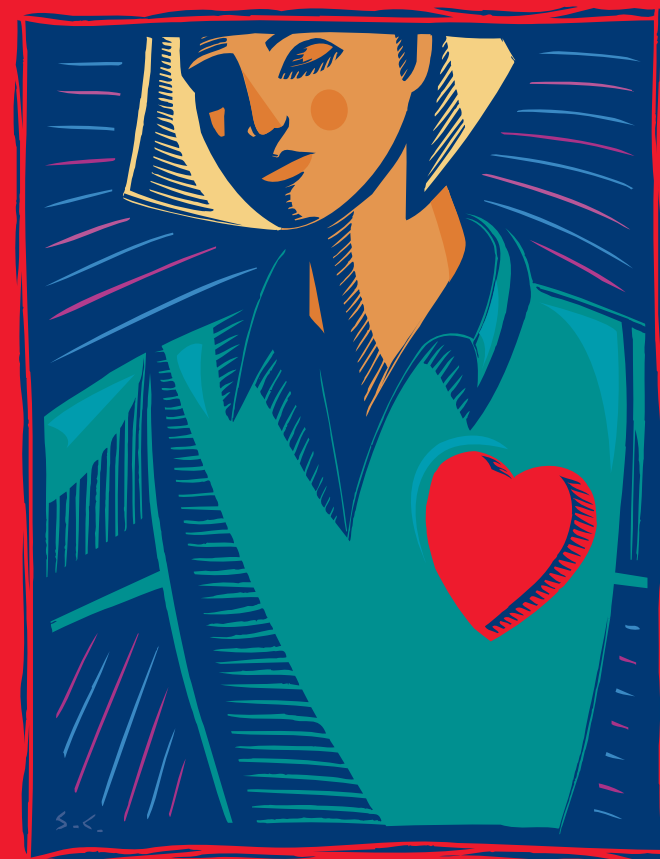
STRESS

SUBSTANCE ABUSE

*Keep your heart
beating strong.*

This brochure lists the most prevalent risk factors for heart disease. There are many other factors, like depression, poor nutrition, vitamin deficiencies and infections, that can also put you at risk for heart problems.

So, be kind to your heart. Talk to your doctor about how to minimize your risk factors.



*Are you
at risk?*

Riverview
Heart Care Center



Women's HeartAdvantage
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Any of the risk factors listed here can increase your risk of heart problems. Some factors can be changed, treated or controlled, and some can't. But the more risk factors you have, the more danger your heart is in.

Heart disease risk factors

Major risk factors that can't be changed:

Increasing Age—80% of people who die of heart attacks are over 65. And older women are twice as likely as men to die within a few weeks of a heart attack.

Heredity (including race)—If your family has a strong history of heart disease, you are more likely to develop it yourself. Your race can be an important contributor as well.

Gender—Men are more likely to suffer heart attacks than women, and have attacks earlier in life.

Menopause—If you are a post-menopausal woman, your chances of developing, and dying from, heart disease increase significantly.

Major risk factors that can be changed:

Smoking—If you smoke, you are twice as likely to have a heart attack. Smoking also acts with other risk factors to increase your chance for coronary heart disease.

High Blood Pressure—High blood pressure forces your heart to work harder, causing it to enlarge and weaken over time. It also increases your risk of stroke, heart attack, kidney failure and congestive heart failure.

High Blood Cholesterol—As these levels rise, so does your risk of coronary artery disease. And if you have other factors (such as high blood pressure and smoking), your risk increases even more.

Physical Inactivity—An inactive lifestyle can lead to heart disease. By exercising regularly, you can help control your weight, blood cholesterol, risk for diabetes and, in some cases, lower your blood pressure.

Obesity—Excess weight increases the strain on your heart. If you have an excessive amount of body fat, you're more likely to develop heart disease, even if you don't have any other risk factors.

Diabetes—Diabetes seriously increases your risk of heart disease and stroke. About two-thirds of people with diabetes die of some form of heart or blood vessel disease.

Factors that contribute to heart disease risk:

Stress—Your response to stress may be detrimental to the health of your heart. For example, if you are under stress, you may overeat, start smoking or smoke more than normal.

Substance/Alcohol Abuse—If you have a history of substance abuse, particularly cocaine and alcohol abuse, you are at greater risk for heart disease, suicide and serious accidents.

FIRST HEART ATTACK RISK TEST

This test will help you figure your risk of a first heart attack. Fill in your points for each risk factor. Then total them to find out your risk.

AGE (IN YEARS): MEN

- 0 pts. Less than 35
- 1 pt. 35 to 39
- 2 pts. 40 to 48
- 3 pts. 49 to 53
- 4 pts. 54+

AGE (IN YEARS): WOMEN

- 0 pts. Less than 42
- 1 pt. 42 to 44
- 2 pts. 45 to 54
- 3 pts. 55 to 73
- 4 pts. 74+

FAMILY HISTORY

- 2 pts. My family has a history of heart disease or heart attacks before the age of 60.

INACTIVE LIFESTYLE

- 1 pt. I rarely exercise or do anything physically demanding.

WEIGHT

- 1 pt. I'm more than 20 lbs. over my ideal weight.

SMOKING

- 1 pt. I'm a smoker.

RISK TEST, CONT'D.

DIABETIC

- 1 pt. Male Diabetic
- 2 pts. Female Diabetic

TOTAL CHOLESTEROL LEVEL

- 0 pts. Less than 240 mg/dL
- 1 pt. 240 to 315 mg/dL
- 2 pts. More than 315 mg/dL

HDL LEVEL (GOOD CHOLESTEROL)

- 0 pts. 39 to 59 mg/dL
- 1 pt. 30 to 38 mg/dL
- 2 pts. Under 30 mg/dL
- 1 pt. Over 60 mg/dL

BLOOD PRESSURE

I don't take blood pressure medication; my blood pressure is:

(Use your top or higher blood pressure number)

- 0 pts. Less than 140 mmHg
- 1 pt. 140-170 mmHg
- 2 pts. Greater than 170 mmHg
(or)
- 1 pt. I am currently taking blood pressure medication.

_____ **TOTAL POINTS**

If you scored 4 points or more, you could be at above average risk of a first heart attack compared to the general adult population. The more points you score, the higher your risk.

Use this test as a general guide. If you have already had a heart attack or have heart disease, your heart attack risk is significantly higher. Only your doctor can evaluate your risk and recommend treatment plans to reduce your risk. If you don't know your cholesterol level or blood pressure, ask your doctor if your levels should be checked.