

Cardiac Risk Assessment The Hospitals of Crozer-Keystone Health System

Heart disease is the leading killer of American men – and women.

Are you at risk? Print out and take this quick self-assessment developed by the American Heart Association to find out. You can reduce your risk of heart attack and brain attack (stroke). Start by becoming aware of your risk factors – the personal characteristics and habits that increase your chances of developing heart disease or stroke. Some of them you can't change or control; some you can by making a few changes in your daily habits.

The following factors may increase your risk. Check all statements in the quiz that apply to you.

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___ **AGE** ... You are a man over 45 years old, OR you are a woman over 55 years old, OR you've passed menopause or had your ovaries removed and are not taking estrogen.

___ **FAMILY HISTORY** ... Your father or brother had a heart attack before age 55, OR your mother or sister had one before age 65, OR you have a close blood relative who had a stroke.

___ You **SMOKE** ... OR live or work with people who smoke every day.

___ Your total **CHOLESTEROL** ... is 240 mg/dL or higher, OR you don't know your level.

___ Your **HDL** ("good") cholesterol ... is less than 35 mm/dL, OR you don't know your HDL cholesterol level.

___ Your **BLOOD PRESSURE** ... is 140/90 mmHg or higher, OR you've been told that your blood pressure is too high, OR you don't know what your blood pressure is.

___ You get less than a total of 30 minutes of **PHYSICAL ACTIVITY** ... on most days.

___ You have **DIABETES** ... a fasting blood sugar of 125 mm/dL or higher, OR you need medicine to control your blood sugar.

___ **MEDICAL HISTORY** ... You have coronary heart disease, OR you've had a heart attack.

___ You've been told that you have **carotid artery disease**, OR you've had a **stroke** or TIA, OR you have a disease of the leg arteries, a high red blood cell count or sickle cell anemia.

How To Score Your Cardiac Risk Assessment

*If you checked **2 or more items**, you are encouraged to see a healthcare provider for a complete assessment of your risks. In addition, Crozer-Keystone Health System can send you **health information** about heart disease and ways to control your risk factors. If you would like information mailed to your home, please e-mail marie.gehret@crozer.org, and provide your **name, home address, and telephone number**. Please refer to: **Heart Request** in the subject line of your email. Indicate if you would like a specific type of information related to heart disease (e.g., diabetes, smoking cessation, nutrition), and we will try to fulfill your request. Please allow three to four weeks for processing.*