Women's Heart Disease Risk Factor Assessment

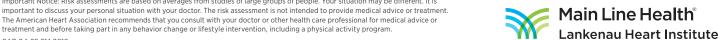
ARE YOU AT RISK FOR HEART DISEASE?

Age:	• Place a check in the circle to the left of each risk factor that applies to you
Zip Code:	Count up your total number of check marks

	Risk Factor	Does This Apply To You?
0	Family History of a Heart Event	• Father or brother under the age of 55 • Mother or sister under the age of 65
0	Age	• 55 or older • Postmenopausal
0	Smoking	Currently smoking
0	Diabetes	You have been told that you have diabetes You are currently taking medication to control your blood sugar
0	Blood Cholesterol	 Total cholesterol = over 200 LDL cholesterol "good" = under 50 Triglycerides = over 150
0	Blood Pressure	Blood pressure higher than 120 over 80You have been told that you have high blood pressure
0	Weight	You are more than 20 pounds overweightWaist measurement of more than 35 inches
0	Stress	Anger easily Overwhelmed
0	Sedentary Lifestyle	You do not exercise for at least 30 minutes on most days
0	Pregnancy History	Preeclampsia Intrauterine growth restriction Gestational diabetes Gestational hypertension
0	Premature Menopause	Early menopause before the age of 40, either natural or through surgery Preterm birth before 37 weeks
0	Cancer Treatment	Chest radiation Chemotherapy drugs such as anthracyclines and trastuzumab
0	Autoimmune Disease	Lupus
0	Vascular Disease	Carotid disease Peripheral disease Blood clots
0	Unhealthy Diet	• Yes • No
	YOUR TOTAL: If you checked 4 or more, co	nsult with your health care physician

If you are thinking about becoming pregnant and you have any of the above, be sure to discuss with your health care physician. Preconception counseling may be recommended. Main Line Health has a team of physicians, such as cardiologists and high-risk obstetricians,

If you want to know more about Women's Heart Initiative, call 484.476.3WHI or email mlhwomensheart@mlhs.org.



with experience in caring for your heart now and in the future.

Women's Heart Disease Risk Quiz is based on the February 2011 AHA Women and Heart Disease guidelines.