

CARDIAC RISK SCORECARD

Each box below that applies to you equals one point. Add up your score at the bottom of each column and compare your total with the heart disease risk levels below.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
What is your blood pressure? Today, my blood pressure is _____	Greater than 130/90 or I don't know.	120-129/ less than 80	Less than 120/80
What is your cholesterol level?	Greater than 240 or I don't know.	200-239	Less than 200
Do you have diabetes?	Yes	Borderline	No
Do you smoke?	I am a smoker.	I'm trying to quit.	I am a nonsmoker.
Are you at a healthy weight?	I am overweight.	I am slightly overweight.	My weight is healthy.
Do you exercise?	I exercise rarely.	I exercise sometimes.	I exercise regularly.
Do you have a family history of heart disease in a primary relative (mother, father, sibling)?	Yes	Not sure	No
YOUR RISK SCORE	TOTAL: _____ <i>If this score is 3 or more, please ask your doctor about heart disease prevention right away.</i>	TOTAL: _____ <i>If this score is 4-6, you're off to a good start, but keep working on reducing your risk factors for heart disease.</i>	TOTAL: _____ <i>If this score is 6-8, congratulations! You're controlling your risk for heart disease so far.</i>

FACTORS YOU CAN CONTROL

- **High Blood Pressure:** The American College of Cardiology and the American Heart Association say that high blood pressure should be treated beginning at a reading of 130 for the first number and 80 for the second number.
- **High Cholesterol:** If cholesterol levels get too high, it can build up on the walls of your arteries, leading to blockage. You can improve cholesterol by eating a healthy diet, maintaining a healthy weight and getting regular exercise.
- **Blood Sugar:** Diabetes weakens arteries and veins, including arteries in the heart.
- **Diet:** A heart-healthy diet can help manage high blood pressure, high cholesterol and diabetes. Adopt a diet low in salt, fat and sugar. Emphasize fruits, vegetables, whole grains, poultry and fish.
- **Exercise:** Try to get 30 minutes of exercise, 5 times a week. This can be as simple as walking briskly, playing basketball, dancing, running or swimming.
- **Weight:** Carrying extra weight makes the heart work harder to pump blood through the body. Eating healthy foods and getting regular exercise can help you lose the unhealthy fat around your waist.
- **Smoking:** According to the surgeon general, cigarette smoking causes one of every three deaths from cardiovascular disease. Stop smoking now. Ask your doctor for resources to help you quit.

FACTORS YOU CANNOT CONTROL

Some factors that make a person more likely to have a heart attack are beyond his or her control; those include age, race, gender and family history. Even though you cannot change these factors, it is good to know your risk.

WARNING SIGNS OF A HEART ATTACK

Not all people have the same symptoms. Men often have different symptoms than women do. Common symptoms for both:

MEN

- Chest pain
- Discomfort or tingling in arms, back, neck, shoulder or jaw
- Shortness of breath

WOMEN

- Dizziness
- Heartburn-like feeling
- Cold sweats
- Unusual tiredness
- Nausea or vomiting

IN THE EVENT OF A HEART ATTACK

- Seek care right away; do not wait to see if symptoms go away.
- Do not try to drive yourself to the hospital.
- Call 911 immediately.