

Women’s Heart Disease Risk Factor Assessment

ARE YOU AT RISK FOR HEART DISEASE?

- Place a check in the circle to the left of each risk factor that applies to you
- Count up your total number of check marks

	Risk Factor	Does This Apply To You?
<input type="checkbox"/>	Family History of a Heart Event	<ul style="list-style-type: none"> • Father or brother under the age of 55 • Mother or sister under the age of 65
<input type="checkbox"/>	Age	<ul style="list-style-type: none"> • 55 or older • Post menopausal
<input type="checkbox"/>	Smoking	<ul style="list-style-type: none"> • Currently smoking • Exposed to second-hand smoke
<input type="checkbox"/>	Diabetes	<ul style="list-style-type: none"> • You have been told that you have diabetes • You are currently taking medication to control your blood sugar
<input type="checkbox"/>	Blood Cholesterol	<ul style="list-style-type: none"> • Total cholesterol = over 200 • HDL cholesterol “good” = under 50 • LDL cholesterol “bad” = over 130 • Triglycerides = over 150
<input type="checkbox"/>	Blood Pressure	<ul style="list-style-type: none"> • Blood pressure higher than 120 over 80 • You have been told that you have high blood pressure
<input type="checkbox"/>	Weight	<ul style="list-style-type: none"> • You are more than 20 pounds overweight • Waist measurement of more than 35 inches
<input type="checkbox"/>	Stress	<ul style="list-style-type: none"> • Anger easily • Depressed • Overwhelmed • Socially isolated
<input type="checkbox"/>	Sedentary Lifestyle	<ul style="list-style-type: none"> • You do not exercise for at least 30 minutes on most days
<input type="checkbox"/>	Pregnancy History	<ul style="list-style-type: none"> • Preeclampsia • Intrauterine growth restriction • Gestational diabetes • Gestational hypertension
<input type="checkbox"/>	Premature Menopause	<ul style="list-style-type: none"> • Early menopause before the age of 40, either natural or through surgery
<input type="checkbox"/>	Cancer Treatment	<ul style="list-style-type: none"> • Chest radiation • Chemotherapy drugs such as anthracyclines and trastuzumab
<input type="checkbox"/>	Autoimmune Disease	<ul style="list-style-type: none"> • Lupus • Rheumatoid arthritis
<input type="checkbox"/>	Vascular Disease	<ul style="list-style-type: none"> • Carotid disease • Peripheral disease • Blood clots
<input type="checkbox"/>	Unhealthy Diet	<ul style="list-style-type: none"> • A diet that does NOT consist of mostly fruits and vegetables
	YOUR TOTAL: If you checked 4 or more, consult 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, with experience in caring for your heart now and in the future.

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

Women’s Heart Disease Risk Quiz is based on the February 2011 AHA Women and Heart Disease guidelines.
 Important Notice: Risk assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your doctor. The risk assessment is not intended to provide medical advice or treatment. The American Heart Association recommends that you consult with your doctor or other health care professional for medical advice or treatment and before taking part in any behavior change or lifestyle intervention, including a physical activity program.