

For Women:
Are you at increased risk of having a heart attack?

Nine questions to answer:

	Yes	No
Age: Are you a woman over age 55?	<input type="checkbox"/>	<input type="checkbox"/>
Weight: Are you more than 20 pounds overweight, OR do you have a waist measurement greater than 35 inches OR a “body mass index” (BMI) greater than 25?	<input type="checkbox"/>	<input type="checkbox"/>
Blood Pressure: Is your blood pressure higher than 120/80 OR Have you been told your blood pressure is too high?	<input type="checkbox"/>	<input type="checkbox"/>
Cholesterol: Is your <u>total</u> cholesterol 200 or higher OR Your LDL cholesterol higher than 100 OR Your HDL cholesterol lower than 50 OR Your triglycerides higher than 150?	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes: Do you have diabetes or a high blood sugar OR do you take medicine to control your blood sugar?	<input type="checkbox"/>	<input type="checkbox"/>
History of heart disease: Has a doctor told you that you have angina (chest pain from your heart) OR have you had a heart attack?	<input type="checkbox"/>	<input type="checkbox"/>
Exercise: Do you exercise fewer than 30 minutes on most days?	<input type="checkbox"/>	<input type="checkbox"/>
Smoking: Do you smoke?	<input type="checkbox"/>	<input type="checkbox"/>
Family History: Has your father or brother had a heart attack before age 55 OR Your mother or sister had a heart attack before age 65?	<input type="checkbox"/>	<input type="checkbox"/>

If you answer “yes” to any of these questions, you are at higher risk of having a heart attack. Please discuss with your health care provider. If you don’t know the answers to any of these questions, check with your health care provider.

You may also estimate your risk of having a heart attack in the next 10 years by using an web-based self assessment tool at: www.chd-taskforce.com