

What's Your Heart Risk IQ?

National Women's Health Week

Now is the time for women to engage their primary healthcare providers in a dialogue about heart health.

Answer the following questions **before** you visit your healthcare provider.

1. **Have you been told by a doctor or another health professional that you have any of the conditions listed below?**

- Cardiovascular or heart disease
- Diabetes
- High cholesterol
- High blood pressure
- Overweight/Obesity

2. Have you ever had a heart attack?

3. Have you ever had a stroke?

4. Do you currently smoke or use tobacco products?

5. Has anyone in your immediate family (mother, father, brother sister) had:

- A heart attack, heart bypass surgery or coronary angioplasty/stent
- A stroke
- High Cholesterol
- High blood pressure
- Overweight/Obesity

Discuss the remaining questions with your healthcare provider:

6. What is my risk for heart disease?

7. What are my cholesterol numbers? My total cholesterol, LDL, HDL and triglyceride levels?

<u>Type</u>	<u>Target Numbers</u>	<u>My Numbers</u>
Total cholesterol	<u>Less than 200mg/dL</u>	_____
LDL cholesterol	<u>Less than 100mg/dL</u>	_____
<i>After a heart event</i>	<i><u>Less than 70mg/dL</u></i>	_____
HDL cholesterol	<u>Greater than 50mg/dL</u>	_____
Triglycerides	<u>Less than 150 mg/dL</u>	_____

8. If my LDL is not normal, what can I do to lower it?
9. If my HDL is not normal, what can I do to raise it?
10. If my triglycerides are not normal, what can I do to lower them?
11. What is my blood Pressure?

Target Numbers

Systolic: less than 120 mmHg
 Diastolic: less than 80 mmHg

My Numbers

12. What steps can I take to lower my blood pressure?
13. What are my body mass index and waist measurements?

Target Numbers

Body Mass Index 18.5 to 24.9
 Waist measurement less than 35 inches

My Numbers

14. What is my blood sugar level?

Target Number – Less than 100mg/dL

My Number

15. Am I at risk for developing diabetes?
16. What other screening tests for heart disease do I need?
17. How often should I have heart health checkups?

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