



Are You at Risk for Heart Disease?

Look at the list of risk factors below.

Check all the risk factors you have. If you are not sure, ask your doctor.

Risk factors that you can do something about:

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Lack of physical activity | |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Cigarette smoking | |

Risk factors that you cannot change:

- Age
 - 45 years or older for men
 - 55 years or older for women
- Family history
 - Father or brother with heart disease before age 55
 - Mother or sister with heart disease before age 65

The more risk factors you have, the greater your chances of developing heart disease.