



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.