

Are You at Risk for Heart Disease?

Name: _____

Risk factors are traits or habits that make a person more likely to develop heart disease. Read this list of risk factors for heart disease. Check the ones you have.

Heart disease risk factors you can do something about:

✓ Check the ones you have:

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Not being physically active | |
| <input type="checkbox"/> Cigarette smoking | |



Heart disease risk factors you cannot control:

✓ Check the ones that you have:

- Age (45 years or older for men and 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 checked, the greater your risk for heart disease. Talk to your doctor about your risk.