



Saint Luke's Northland
Center for Women's Care
Heart Health

Cigarette and tobacco smoke increases your risk for heart disease.

- Do you smoke?..... Yes No I used to, but I quit!
- Do you live or work with people who smoke everyday?..... Yes No

High blood pressure (BP) may increase your risk for heart disease.

- Is your BP over 120/80 mm/Hg (pre-hypertension)? Yes No Controlled w/ meds
- Is your BP 140/90 mm/Hg or higher (hypertension)? Yes No Controlled w/ meds

Poor blood lipid/cholesterol levels may increase your risk for heart disease.

- Is your total cholesterol level greater than 190 mg/dl? Yes No Unsure
- Is your triglyceride level greater than 150 mg/dl? Yes No Unsure
- Is your HDL "good cholesterol" less than 60 mg/dl?..... Yes No Unsure
- Is your LDL "bad cholesterol" greater than 100 mg/dl?..... Yes No Unsure

Diabetes increases your risk for heart disease.

- Is your fasting blood sugar of 100 mg/dl or greater?..... Yes No Unsure
- Do you need medicine to control your blood sugar? Yes No

Excess body weight may increase your risk for heart disease.

- Is your waist circumference greater than 35 inches?..... Yes No
- Is your body mass index greater than 25?..... Yes No Unsure

Physical Inactivity may increase your risk for heart disease.

- Do you get less than 2.5 hours of exercise per week?..... Yes No

Menopause may increase your risk for heart disease.

- Did you experience premature menopause (before 50 years of age)? Yes No I had a total hysterectomy before 50 years of age
- If you are menopausal, do you take hormone replacement therapy?.. Yes No In the past
- Your family history may increase your risk for heart disease.
Did your father or brother have a heart attack before the age of 55? . Yes No Unsure
- Did your mother or sister have a heart attack before the age of 62?... Yes No Unsure

Personal history of heart or circulatory problems may increase your risk for heart disease.

- Are you currently concerned about your heart health?..... Yes No
- Have you already been diagnosed with a medical problem?..... Yes No

The more items that you checked on this questionnaire, the greater risk you have for developing heart disease.

Patient Label: