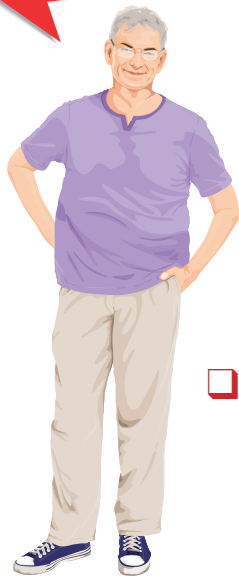


# YOUR CARDIOVASCULAR RISK QUICK LOOK



## EATING & EXERCISE



- Do you follow a healthy eating plan? Do you know how nutrition can help to prevent a heart attack or stroke?**

Certain dietary approaches can lower your risk for heart disease and stroke. Please discuss these options with someone in your clinic.

- Do you get regular exercise? Do you know how much physical activity you should perform each week?**

Thirty minutes of exercise most days of the week can lower your risk for heart disease.

- Do you know your BMI?**

MY BMI \_\_\_\_\_ GOAL BMI \_\_\_\_\_

## HEALTHY BEHAVIORS

- Do you smoke? Are you exposed to secondhand smoke?**

Smoking or smoke exposure increases your risk. If you quit smoking, that will lower your risk immensely!

- Have you had a wellness visit in the last year?**

Most insurance companies cover one preventive visit per year. Use this visit to review your heart health with your health care provider.

- Should you take an aspirin everyday to prevent a heart attack or stroke?**

Discuss the benefits and potential risks of aspirin therapy with your health care provider.



- Have you been told before that you have diabetes or pre-diabetes?**

People with diabetes are at an increased risk for cardiovascular disease. Ask your health care provider if you ought to be tested today!

- Has someone in your family had a heart attack or stroke?**

People with a family history of heart disease or stroke may be at an increased risk.

Family members with heart problems:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## HEALTH HISTORY



## YOUR NUMBERS

- Do you know your cholesterol numbers? Do you know what they mean?**

Everyone ought to be aware of their cholesterol levels and its role in causing a heart attack or stroke.

TOTAL \_\_\_\_\_  
LDL \_\_\_\_\_  
HDL \_\_\_\_\_

What do my cholesterol numbers mean for my overall heart health?

- Do you know your most recent blood pressure? Do you know what it should be? Do you know how often you should check your blood pressure?**

Knowing your numbers is important to preventing a heart attack or stroke. Your goal blood pressure may be different depending on your age and overall health.

MY BP \_\_\_\_\_/\_\_\_\_\_

GOAL BP \_\_\_\_\_/\_\_\_\_\_

How often should I check my BP?

\_\_\_\_\_  
\_\_\_\_\_

**TODAY, I'M GOING TO TALK TO MY HEALTH CARE PROVIDER ABOUT:**

\_\_\_\_\_  
\_\_\_\_\_