

The Heart Test

Are you at risk for heart disease? Heart disease is the leading cause of death in the United States, but many deaths can be prevented with early detection and treatment. Take the Heart Test below to look at what risks you face, and what you can do to reduce controllable cardiovascular risk factors. The Heart Test only takes a few minutes, but those few minutes *could save your life!*

Risk factors for which a person has no control

Age	10-20 <i>1 point</i>	21-30 <i>2 points</i>	31-40 <i>3 points</i>	41-50 <i>4 points</i>	51-60 <i>6 points</i>	61-70 <i>8 points</i>	SCORE _____
Sex	Female Under 40 <i>1 point</i>	Female 40-56 <i>2 points</i>	Female after Menopause <i>4 points</i>	Male 25-44 <i>5 points</i>	Male 45-64 <i>6 points</i>	Male 65 & over <i>7 points</i>	_____
Hereditary	No known history of heart disease <i>1 point</i>	1 relative with heart disease after age 60 <i>2 points</i>	2 relatives with heart disease after age 60 <i>3 points</i>	1 relative with heart disease before age 60 <i>4 points</i>	2 relatives with heart disease before age 60 <i>6 points</i>	3 relatives with heart disease before age 60 <i>7 points</i>	_____

Risk factors which can be controlled

Weight	More than 5 pounds below standard weight <i>0 points</i>	+/- 5 pounds standard weight <i>1 point</i>	6-20 pounds overweight <i>3 points</i>	21-35 pounds overweight <i>4 points</i>	21-35 pounds overweight <i>6 points</i>	36-50 pounds overweight <i>8 points</i>	SCORE _____
Tobacco Smoking	Non-Smoker <i>0 points</i>	Cigar &/or Pipe <i>1 point</i>	10 or less cigarettes daily <i>2 points</i>	20 cigarettes daily <i>4 points</i>	30 cigarettes daily <i>6 points</i>	40 cigarettes daily <i>10 points</i>	_____
Exercise	Intensive occupational & recreational exertion <i>1 point</i>	Moderate occupational & recreational exertion <i>2 points</i>	Sedentary work & intense recreational exertion <i>3 points</i>	Sedentary work & moderate recreational exertion <i>5 points</i>	Sedentary work & light recreational exertion <i>6 points</i>	Complete lack of all exercise <i>8 points</i>	_____
Cholesterol or fat % in diet	Low blood cholesterol &/or diet excludes saturated fats & eggs <i>1 point</i>	Medium low cholesterol &/or diet excludes saturated fats & eggs <i>2 points</i>	Borderline cholesterol &/or diet contains minimal fats & eggs <i>3 points</i>	Mild elevation cholesterol &/or diet contains moderate fats & eggs <i>4 points</i>	Marked elevation cholesterol &/or diet excessive in saturated fats & eggs <i>6 points</i>	Extra elevation cholesterol &/or diet excessive in saturated fats & eggs <i>8 points</i>	_____

Blood Pressure	100 upper reading <i>1 points</i>	120 upper reading <i>2 points</i>	140 upper reading <i>3 points</i>	160 upper reading <i>4 points</i>	180 upper reading <i>6 points</i>	200 or over upper reading <i>8 points</i>	SCORE _____
Diabetes	No personal or family history <i>1 points</i>	Sibling (brother/sister) or parent with diabetes <i>2 points</i>	History of elevated blood glucose, borderline diabetes or gestational diabetes <i>3 points</i>	Diabetes for 5 years or longer <i>4 points</i>	Diagnosed diabetes, blood glucose ≤ 140 , glycohemoglobin ≤ 8 <i>5 points</i>	Diagnosed diabetes, blood glucose >140 , glycohemoglobin > 8 <i>6 points</i>	_____
Rating your Stress	No identified stress <i>0 point</i>	Easily handled <i>2 points</i>	Manageable <i>3 points</i>	Very difficult <i>4 points</i>	Nearly unmanageable <i>6 points</i>	Overwhelming <i>8 points</i>	_____

Your total score: _____

Total Points	Your Risk
7-14	Risk well below average
15-22	Risk below average
23-32	Risk generally average
33-42	Risk moderate
43-54	Risk at a dangerous level. See you doctor.
55-76	Danger urgent. See your doctor TODAY!