HEART ATTACK
RISK FACTOR CALCULATOR

Your Age: _______________
Your Gender: _______________
Your Total Cholesterol: _______________
Your HDL Cholesterol: _______________
Are You a Smoker: _______________
Your Systolic Blood Pressure: _______________
Are you currently on medication to treat high blood pressure? _______________

Now, visit http://cvdrisk.nhlbi.nih.gov/ to calculate your personalized 10 year risk.

My Score: [Heart symbol]

Modifiable Risk Factors\(^1,2\):
- High blood cholesterol and triglyceride levels
- High blood pressure
- Type 2 diabetes
- Obesity
- Smoking
- Lack of physical exercise
- Diet
- Stress, including emotional stress
- Ingestion of certain medications (contraceptives, hormone replacement therapy)

Things to You Can Do to Reduce Your Risk\(^1,2\):
- Follow a healthy diet (low in saturated and trans fat, high in fiber, low in salt and sugar)
- Be physically active (at least 150 min hours of moderate-intensity aerobic activity or 75 min of vigorous-intensity aerobic activity each week)
- Maintain a healthy BMI
- Quit smoking
- Manage stress
- Limit alcohol consumption

Helpful Resources:
http://www.heart.org/HEARTORG/
http://www.nhlbi.nih.gov/health/health-topics/topics/hd
http://www.womenheart.org/?page=support_amihaving
http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease/art-20046167

\(^1\)Cardiovascular Disease (10-year risk), Framingham Heart Study
\(^2\)Cardiovascular Disease Risk Factors, World Heart Federation
Warning Signs and Symptoms of an Impending Acute Myocardial Infarction in Women:

Symptoms experienced range from weeks, to 6 months, to 1 year

Common Non-Specific Signs and Symptoms:

- Unusual fatigue*
- Sleep disturbance*
- Shortness of breath*
- Chest discomfort
- Anxiety*
- Indigestion
- Possible headaches that increase in discomfort and severity
- Shoulder discomfort
- Dizziness
- Vision difficulties
- Flu-like symptoms

*Denotes most commonly reported

What YOU can do if you suspect you are having a heart attack:

- Call 9-1-1 immediately!
- Make sure you *do not* drive yourself
- Stay calm

Acute myocardial infarction is a life-threatening situation. An acute MI can vary in severity, but the earlier it is recognized, the better the outcome. Always present to your PCP following an ER visit for further evaluation and treatment. **KNOW the signs and symptoms!**

Signs and Symptoms of an Acute Myocardial Infarction in Women:

- Chest pain or chest discomfort
- Accompanying and/or radiating pain in back, neck, arms, or especially jaw unrelated to injury
- Shortness of breath
- Lightheadedness that is unexplained (no known cause)
- Upset stomach, nausea, or indigestion
- Unusual fatigue with or without insomnia and unexplained sweating
- Feeling of impending doom

**Do you have…?**

- Chest pain or discomfort

**+**

*Any ONE of these symptoms…?*

- Pain in jaw/neck/arms/neck
- Shortness of breath
- Lightheadedness
- Nausea or upset stomach
- Unusual tiredness
- Insomnia
- Unexplained sweating

**CALL 9-1-1**

Present to your nearest emergency department immediately!