

HEART ATTACK RISK FACTOR CALCULATOR¹



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:



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/hdw>
http://www.womenheart.org/?page=support_amihaving
<http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease/art-20046167>

¹Cardiovascular Disease (10-year risk), Framingham Heart Study

²Cardiovascular 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!