

Women's

Heart Advantage

Are you at increased risk of having a heart attack?

Start with these nine questions:

	Yes	No	Do Not Know
1. Do you smoke?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Is your blood pressure higher than 120/80 mm Hg, OR are you on blood pressure medication?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Has your doctor told you that your total cholesterol level is 200 mg/dL or higher OR one of the following: <ul style="list-style-type: none"> — HDL (good cholesterol) is < 50 mg/dL — LDL (bad cholesterol) is > 100 mg/dL — Triglycerides > 150 mg/dL — Are you on medication to lower your cholesterol? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Has your father or brother had a heart attack before the age of 55 OR has your mother or sister had one before age 65?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Do you have diabetes OR a fasting blood sugar of 126 mg/dL or higher, OR do you need medicine to control your blood sugar?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Are you a woman over 55 years old?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Do you have a body mass index (BMI) score of 25 or more OR waist measurement > 35 inches?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Do you get less than a total of 30 minutes of physical activity on most days?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Has a doctor told you that you have heart disease?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you answered “yes” to one or more of these questions, you should talk to your doctor about your chances for heart disease and what you can do to lower your risk of a heart attack. If you do not know your blood pressure, cholesterol, fasting blood sugar, or body mass index, check with your health care provider.



Sutter Lakeside
Hospital

A Sutter Health Affiliate



Women's HeartAdvantage is an educational program sponsored by the doctors nurses and hospitals of Sutter Health to raise awareness of women's heart disease, risk factors, early detection, and treatment. This information is provided to help you understand how certain factors can affect your chances for heart disease. For more information, visit www.hearts.sutterhealth.org