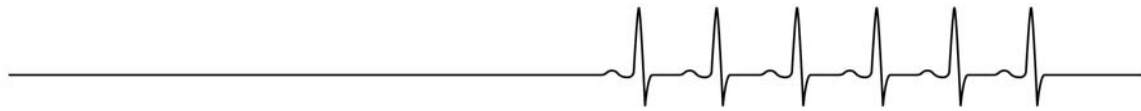


# WOMEN: DO YOU KNOW IF YOU ARE RISK FOR HEART DISEASE?



Do you know what risk factors you have for heart disease? *Please circle all answers that apply.*

## AGE

- 56 years and older 5
- 35 – 55 2
- 34 and under 0

## HEREDITY

- Your father or brother had a heart attack before age 55 **OR** your mother or sister had one before 65. 5
- Never occurred or you don't know 0

## MEDICAL HISTORY

- You have had a heart attack or if you have **not** had a heart attack, but you have had a stroke, bypass surgery, angioplasty or blood vessel surgery. 20
- Never had any of the above 0

## HORMONE

- If you have undergone natural menopause, or if you have a hysterectomy and your age is:
  - 41 or older 1
  - 40 or younger 0
- If you are still menstruating -1

## CIGARETTE & TOBACCO USE

- 1-1/2 packs per day or more 10
- 1 pack per day 5
- 1/2 pack per day 2
- Quit smoking more than 2 years ago 1
- Never smoked 0

## DIABETES Are you:

- On insulin and had diabetes before age 35 6
- On insulin or pills and had diabetes after 40 3
- Controlling diabetes by diet or exercise 2
- Not diabetic 0

## STRESS

- How well do the following words describe you?  
Competitive, bossy, easily angered, pressed for time*
- Very well 6
  - Fairly well 3
  - Not at all 0

## TOTAL CHOLESTEROL & HDL

- Over 200 mg/dl 6
- Under 200 mg/dl 0
- If your HDL is greater than 50 mg/dl -1

## BLOOD PRESSURE

- What is your blood pressure?*
- Stage 2: Either or both readings above 160/100 mmHg 6
  - Stage 1: between 140/90 and 159- 99 mmHg 3
  - Prehypertension: between 120/80 and 139/89 mmHg 2
  - Normal: Below 120/80 mmHg 0
  - Don't know 3

## WEIGHT

- Determine your BMI on the reverse side.*
- Your BMI is greater than 30 6
  - Your BM is greater 25 4
  - Your BMI is between 20 – 25 0

## EXERCISE

- Do you participate in any activities such as brisk walking, bicycling or swimming for 30 – 60 minutes?*
- Less than once per week 4
  - One or two times per week 2
  - More than three times per week -1

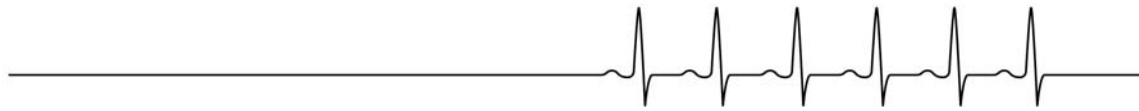
Are you at risk for developing heart disease?

ADD UP YOUR SCORE \_\_\_\_\_

<b>Low Risk:</b>	<b>0 - 12 points</b>
<b>Moderate Risk</b>	<b>13 - 24 points</b>
<b>High Risk</b>	<b>25 or more points</b>

If your score is in the moderate to high-risk category, you should discuss with your family physician or contact The Care Group for more information at (317) 338-6666 or toll free at 1-800-243-7322.

# WOMEN'S CARDIAC RISK FACTOR QUIZ



## BMI Chart for Obesity and Overweight

$$BMI = \left\{ \frac{\text{WEIGHT (pounds)}}{\text{HEIGHT (inches)}^2} \right\} \times 703$$

		Weight in Pounds													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet and Inches	4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
	6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
	6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
	6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Healthy Weight
  Overweight
  Obese

### Directions:

1. Look down the left column to find your height.
2. Look across the top row to the weight nearest your own.
3. The number in the column is your BMI.

My BMI is \_\_\_\_\_.

### What Your BMI Score Means

<b>Under 20</b>	May indicate malnutrition.
<b>20-25</b>	Healthy weight range for most people
<b>25 - 30</b>	Increased risks for heart disease, diabetes, high blood pressure, osteoarthritis, sleep apnea and some cancers.
<b>Over 31</b>	At risk for above disease