

No Heart Left Behind



ASSESS YOUR RISK FOR HEART DISEASE

Heart Disease Risk Factors That Can Be Changed “Modifiable Risks”	Ideal Level	Your Value	Individual Risk Factor? (Yes/No)
High blood pressure	<120/80		
High total cholesterol	<200 mg/dl		
Low HDL (good cholesterol) level	>50		
Elevated blood sugar level	<100 (fasting)		
BMI –	<25		
Waist circumference –	<35 inches		
Cigarette Smoking	None		
Physical Inactivity	30 minutes on most days		
You feel unable to manage sustained levels of stress.	Not applicable		

Heart Disease Risk Factors That You Can’t Control	Risk Factor?
Race: You are an African-American woman.	
Family History: Close relatives have heart disease.	
Diabetes: You have been told that you have diabetes or take medicine to control blood sugar.	
Early Menopause: Either natural or through surgery, before age 40.	
Age: You are 55 years or older.	

Together, review the modifiable risk factors marked “yes” and discuss what changes might reduce your risk.



CHRISTIANA CARE
HEALTH SYSTEM

Center for Heart & Vascular Health



Delaware Center
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