

# WHAT'S *your* RISK FOR HEART ATTACK?

Here is a quick quiz to find out your risk of a heart attack. If you don't know some of the answers, check with your health care provider.

	Yes	No	Don't Know
<i>Do you smoke?</i>			
<i>Is your blood pressure 140/90 mm Hg or higher, OR you have been told by your doctor that your blood pressure is too high?</i>			
<i>Has your doctor told you that your total cholesterol level is 200 mg/dL or higher or your HDL (good cholesterol) is less than 40 mg/dL?</i>			
<i>Has your father or brother had a heart attack before age 55 OR has your mother or sister had one before age 65?</i>			
<i>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?</i>			
<i>Are you over 55 years old?</i>			
<i>Do you have a body mass index (BMI) score of 25 or more? (To find out, see page __.)</i>			
<i>Do you get less than a total of 30 minutes of physical activity on most days?</i>			
<i>Has a doctor told you that you have angina (chest pains), or have you had a heart attack?</i>			

***If you answered "yes" to any of these boxes, you're at an increased risk of having a heart attack. Read on to learn what you can do to lower your risk.***