



# THE HEART TEST

Are you at risk for heart disease? The Heart Test can help you find out. It can tell you what risks you face and, most important, what you can do to reduce controllable cardiovascular risk factors. In other words, it may help save your life.

Heart disease is the leading cause of death in the United States. The real tragedy is that so many of these deaths might have been prevented by early detection and treatment. The Heart Test only takes a few minutes. But those few minutes could make all the difference.

## Risk factors for which a person has no control

Score

AGE:	10 - 20 <i>1 point</i>	21 - 30 <i>2 points</i>	31 - 40 <i>3 points</i>	41-50 <i>4 points</i>	51-60 <i>6 points</i>	61-70 <i>8 points</i>	_____
SEX:	Female Under 40 <i>1 point</i>	Female 40 - 56 <i>2 points</i>	Female after menopause <i>4 points</i>	Male 25 - 44 <i>5 points</i>	Male 45 - 64 <i>6 points</i>	Male 65 & over <i>7 points</i>	_____
HEREDITARY:	No known history of heart disease <i>1 point</i>	1 relative with heart disease after age 60 <i>2 points</i>	2 relatives with heart disease after age 60 <i>3 points</i>	1 relative with heart disease before age 60 <i>4 points</i>	2 relatives with heart disease before age 60 <i>6 points</i>	3 relatives with heart disease before age 60 <i>7 points</i>	_____

## Risk factors which can be controlled

Score

WEIGHT	More than 5 pounds below standard weight <i>0 point</i>	+/- 5 pounds standard weight <i>1 point</i>	6-20 pounds overweigh <i>2 points</i>	21-35 pounds overweight <i>3 points</i>	36-50 pounds overweight <i>5 points</i>	51-65 pounds overweight <i>7 points</i>	_____
TOBACCO SMOKING:	Non-Smoker <i>0 points</i>	Cigar and/or pipe <i>1 point</i>	10 or less cigarettes daily <i>2 points</i>	20 cigarettes daily <i>4 points</i>	30 cigarettes daily <i>6 points</i>	40 cigarettes daily <i>10 points</i>	_____
EXERCISE:	Intensive occupational & recreational exertion <i>1 point</i>	Moderate occupational & recreational exertion <i>2 points</i>	Sedentary work & intense recreational exertion <i>3 points</i>	Sedentary work & moderate recreational exertion <i>5 points</i>	Sedentary work & light recreational exertion <i>6 points</i>	Complete lack of all exercise  <i>8 points</i>	_____

CHOLESTERO L: or fat% in diet	Low blood cholesterol and/or diet excludes saturated fats & eggs <i>1 point</i>	Medium low cholesterol and/or diet excludes saturated fats & eggs <i>2 points</i>	Borderline cholesterol and/or diet contains minimal fats & eggs <i>3 points</i>	Mild elevation cholesterol and/or diet contains moderate fats & eggs <i>4 points</i>	Market elevation cholesterol and/or diet excessive in saturated fats & eggs <i>5 points</i>	Extra elevation cholesterol and/or diet excessive in saturated fats & eggs <i>7 points</i>	_____
BLOOD PRESSURE:	100 upper reading <i>1 point</i>	120 upper reading <i>2 points</i>	140 upper reading <i>3 points</i>	160 upper reading <i>4 points</i>	180 upper reading <i>6 points</i>	200 or over reading <i>8 points</i>	_____
DIABETES:	No personal or family history  <i>1 point</i>	Sibling (brother/sister) or parent with diabetes  <i>2 points</i>	History of elevated blood glucose, border-line diabetes or gestational diabetes  <i>3 points</i>	Diabetes for 5 years or longer  <i>4 points</i>	Diagnosed Diabetes, blood glucose ≤ 140, glycohemoglobin ≤ 8  <i>5 points</i>	Diagnosed Diabetes, blood glucose > 140, glycohemoglobin > 8  <i>6 points</i>	_____
RATING YOUR STRESS:	No identified stress <i>0 points</i>	Easily handled <i>2 points</i>	Manageable <i>3 points</i>	Very difficult <i>4 points</i>	Nearly unmanageable <i>6 points</i>	Overwhelming <i>8 points</i>	_____

**Your Total Score:** \_\_\_\_\_

**IF YOU SCORE...**

7- 14 .....	Risk well below average
15-22.....	Risk below average
23-32.....	Risk generally average
33-42.....	Risk moderate
43-54.....	Risk at a dangerous level. See your doctor.
55-76.....	Danger urgent. See your doctor TODAY!