Is your heart at risk?

Stanford HEALTH CARE

ARE YOU A...

MAN / WOMAN

FACT
Chest pain or pressure is the most common symptom of a heart attack in men.
shc.is/heartattackmen

FACT
Women often report feeling "off"—short of breath, nauseated, fatigue, or pain throughout the body as symptoms of a heart attack.
shc.is/heartattackwomen

DO YOU HAVE A FAMILY HISTORY OF HEART DISEASE?

YES

FACT
Your risk increases if your father or brother had a heart attack before age 55, or if your mother or sister had one before age 65.
shc.is/familyheart

NO

ARE YOU OVERWEIGHT?

YES / NO

NOT SURE?
Visit **shc.is/BMI** to find out your BMI

BMI Ranges

UNDERWEIGHT	<18.5
NORMAL WEIGHT	18.5-24.9
OVERWEIGHT	25-29.9
OBESITY	30+

DO YOU SMOKE?

NO / YES

FACT
Within three years of quitting, the risk of heart attack for former smokers is the same as it is for lifetime non-smokers.
shc.is/stopsmoking

DO YOU HAVE BORDERLINE OR HIGH BLOOD PRESSURE?

YES / NOT SURE / NO

Normal	Borderline	High
<120 —AND— <80	120–139 —OR— 80–89	140+ —OR— 90+

FACT
High blood pressure puts added force against the artery walls, increasing the risk for coronary artery disease.
shc.is/cad

DO YOU HAVE BORDERLINE OR HIGH CHOLESTEROL?

NOT SURE / YES / NO

FACT
The higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack.
shc.is/cholesterol

Total cholesterol level

<200 MG/DL	200 to 239 MG/DL	240+ MG/DL
Good	Borderline	High

ARE YOU OF SOUTH ASIAN DESCENT?

NO → **DO YOU GET MODERATE EXERCISE AT LEAST 30 MINUTES EVERY DAY?**

YES

FACT
South Asians are at an alarmingly high risk for heart disease that starts, on average, 11 years earlier than any other ethnic group.
shc.is/ssathi

YES / NO

FACT
Regular exercise is a great way to lower your risk of heart disease, but even athletes should keep an eye on their heart health.

IS YOUR DIET MOSTLY VEGGIES, FRUITS AND WHOLE GRAINS?

YES / NO

FACT
Researchers have found that people who eat at least eight servings of fruits and vegetables a day reduce their risk for heart disease and stroke.

SEE A CARDIOLOGIST
shc.is/cardio

DO YOU EVER FEEL YOUR HEART BEAT IRREGULARLY?

YES / NO

ARE YOU OVER 65 YEARS OLD?

YES / NO

FACT
Increased fatigue, irregular heart beat or a racing heart, especially if you're over 65, are warning signs that should be checked by a cardiologist.
shc.is/arrhythmia

CONGRATULATIONS!
You are at low risk for heart disease!

SOURCES *Stanford Health Care (stanfordhealthcare.org)*
National Institute of Health (nhlbi.nih.gov)
Harvard School of Public Health (hsph.harvard.edu)
Cleveland Clinic (clevelandclinic.org)

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