

## Age

- 51 and over..... 5
- 35-50..... 2
- 34 and under..... 0

## Family History

If you have parents, brothers, or sisters who have had a heart attack, stroke, or heart bypass surgery at:

- Age 55 or before..... 5
- Age 56 or after..... 3
- None or don't know..... 0

## Personal History

Have you had:

- A heart attack..... 20
- Angina, heart bypass surgery, angioplasty, stroke, or blood vessel surgery..... 10
- None of the above..... 0

## Smoking

Current smokers: How many cigarettes per day?

- 5 or more..... 20
- 4 or fewer..... 10

If you are a smoker currently taking oral contraceptives and are:

- Under 35 years old..... add 2
- 35 years old and over..... add 5

or

Previous smoker who quit less than 2 years ago:

How many cigarettes did you smoke per day?

- 5 or more..... 10
- 4 or fewer..... 5

or

- Never smoked or quit more than 2 years ago... 0

## Blood Pressure

If you have had your blood pressure taken in the last year, was it:

- Elevated or high (either or both readings above 160/95 mmHg)..... 6
- Borderline (between 140/90 and 160/95 mmHg)..... 3
- Normal (below 140/90 mmHg) or don't know..... 0

## Hormone Status

If you have undergone natural menopause, your age at its start:

- 41 or older..... 1
- 40 or younger..... 2

If you have had a total hysterectomy, your age when it was done:

- 41 or older..... 1
- 40 or younger..... 3

If you take an oral estrogen supplement. subtract 2

If you are still menstruating.....subtract 1

## Exercise

Do you engage in any aerobic activity, such as brisk walking, jogging, bicycling, or swimming for more than 20 minutes:

- Less than once a week..... 6
- 1 or 2 times a week..... 3
- 3 or more times a week..... 0

## Diabetes

If you have diabetes (blood sugar level above 140 mg/dL), your age when you found out:

- 40 or before..... 3
- 41 or older..... 2
- Do not have diabetes..... 0

## Stress

Are you easily angered and frustrated:

- Most of the time..... 6
- Some of the time..... 3
- Rarely..... 0

## Blood Fats

If you have had your cholesterol and blood fat levels checked in the last year, score your risk here:

- Over 240 mg/dL..... 6
- 200 - 240 mg/dL..... 3
- Cholesterol under 200 mg/dL..... 0
- If your HDLs are lower than 45..... add 3

or

If you know your cholesterol-to-HDL ratio, use this section to score your risk:

- 7.1 and above..... 6
- 3.6 - 7.0..... 3
- 3.5 or below..... 0

or

If you do not know your blood fat levels, use this section to score your risk: Which of the following best describes your eating pattern?

- **High fat:** red meat, "fast" foods and/or fried foods daily; more than 7 eggs per week; regular consumption of butter, whole milk, and cheese..6
- **Moderate fat:** red meat, "fast" foods and/or fried foods 4 - 6 times per week; 4 - 7 eggs per week; regular use of margarine, vegetable oils, and/or lowfat dairy products.....3
- **Low fat:** poultry, fish, and little or no red meat, "fast" food, fried foods, or saturated fats; fewer than 3 eggs per week; minimal margarine and vegetable oils; primarily nonfat dairy products... 0

Use score from only one section

## Body Mass

Calculate your body mass by the following formula:

- 100 pounds for the first five feet of height.
- 5 pounds for every additional inch over five feet

**Example:** A woman 5 feet 5 inches should weigh 125 pounds, i.e., 100 pounds plus 5 times 5, or 25 pounds.

- If your weight is above this weight for your height..2
- If your weight is below this weight calculation..... 0

## Brain Attack

If you have experienced any of these symptoms, you may be at increased risk for a stroke:

- Transient blindness or blackout in one eye..... 2
- Sudden difficulty with speech..... 2
- Intermittent loss of sensation or motion in the hand or leg..... 2

## Aneurysm Rupture

Aneurysms, ballooning of an artery, may expand creating a potential for rupture. If you have a known aneurysm, rate your risk by size:

- Over 6.5 cm diameter..... 3
- Over 5 cm diameter..... 2
- Under 4 cm diameter..... 1

## Claudication

Leg pain when walking or exercising:

- Pain without exercise (normal circulation)..... 3
- Pain with only mild exercise (1/2-1 block)..... 2
- Pain with only aggressive exercise..... 1

## Total Score

15 Points or Below - Low Risk

Congratulations! Maintain your heart-healthy status.

16 - 32 - Medium Risk

We strongly recommend that you schedule an appointment with your doctor for an evaluation.

33 or Above - High Risk

Your potential for a heart attack or stroke is significant. **You must take action NOW.** We urgently advise that you see your doctor immediately and take this test with you.