

Heart Disease Risk Factors

Certain characteristics and lifestyle habits have been linked to the development of coronary artery disease. They are called risk factors. Some risk factors, such as gender, age and family history, cannot be changed.

Other risk factors listed below can be modified to lower your risk.

Read each risk factor below. Circle the description which applies to you.

	Low Risk	High Risk
Gender	women (before menopause)	<ul style="list-style-type: none"> ■ men ■ women (after menopause)
Age	<ul style="list-style-type: none"> ■ men: younger than age 45 ■ women: younger than age 55 	<ul style="list-style-type: none"> ■ men: older than age 45 ■ women: older than age 55
Family history	no family history of heart disease	<ul style="list-style-type: none"> ■ men: family member with heart disease before age 55 ■ women: family member with heart disease before age 65
Smoking	does not smoke	smokes
Blood pressure	less than 120 (top number) and less than 80 (bottom number)	130 or higher (top number) or 80 or higher (bottom number)
Diabetes	does not have diabetes	has uncontrolled diabetes or a fasting blood glucose level more than 126
Physical activity	exercises three to five times a week for 30 minutes or more	does not get regular exercise
Weight	weighs within 30 percent of ideal weight range	weighs more than 30 percent ideal weight range
Lipid or blood cholesterol panel	<ul style="list-style-type: none"> ■ LDL 100 or lower* ■ men: HDL 40 or above ■ women: HDL 50 or above ■ triglycerides below 150 	<ul style="list-style-type: none"> ■ LDL 190 or higher* ■ men: HDL below 40 ■ women: HDL below 50 ■ triglycerides 150 and above
Stress	manages stress well	does not manage stress well
Sleep apnea	does not have it	has it

***Guidelines for LDL are based on your overall risk for heart disease. If you have diabetes or heart disease, consider taking a statin medicine to protect your arteries. Talk with your health care provider about your LDL goal.**