

Patient Cardiovascular Health Assessment

Knowing the risk factors for cardiovascular disease is an important first step in understanding your chance of having a heart attack or stroke. But, do you know just how significant each of them are in relation to your overall cardiovascular health? Take this quick assessment and find out today.

Please check all of the boxes that apply to you.

3 Points Each (these are minor risk factors)

- LDL Cholesterol (bad cholesterol) over 130
- Elevated C-reactive protein a screening blood test (hs CRP)
- Previous smoking history
- Elevated creatinine or abnormal kidney function
- Abnormal carotid artery thickness called CIMT

5 Points Each (these are major risk factors)

- Age: Men over 45, Women over 55
- HDL (good cholesterol) less than 40
- Active smoking history
- Hypertension
- Positive family history for heart attacks, men over 55 and women over 65

10 Points if you have 3 or more of the following

(gives the diagnosis of metabolic syndrome/ pre-diabetic)

- Waist size over 40" for men (35" for Asian men)
- Waist size over 35" for women (32" for Asian women)
- Fasting blood sugar over 100
- HDL (good cholesterol) less than 40 for men, less than 50 for women
- Triglyceride over 150
- Blood pressure over 130/85

10 Points

- Diabetic

20 Points Each (for documented cardiovascular problems)

- Previous Heart Attack
- Previous Stroke or TIA
- Previous bypass surgery or stent
- Previous carotid surgery or stent
- Previous vascular surgery or stent

20 Points (cont.)

- Atrial Fibrillation and over 65
- Pacemaker or AICD (defibrillator) implanted
- Coumadin for any condition
- History of weak heart "cardiomyopathy"
- History of excess lung fluid or "congestive heart failure"
- Heart function called EF or Ejection Fraction less than 45%
- Coronary Artery Calcium score over 100

_____ = TOTAL POINTS

If you have 10 or more points, you are at high risk for having a heart attack or stroke. We strongly recommend you call and schedule a consultation with the HeartFirst cardiologists.

If you have 20 or more points, you should be actively involved with HeartFirst clinics which can help you avoid common complications of your disease process. Please call for a consultation.

The **HeartFirst** providers are:

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For appointments please call **972-939-8294**.

www.heartfirst.md

