

Heart Health Assessment Questionnaire

Take a moment to calculate your Cardiovascular Health by checking 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 you the diagnosis of metabolic syndrome/prediabetic)

- 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 and less than 50 for women
- Triglyceride over 150
- Blood pressure over 130/85

10 Points

- Diabetic

TOTAL = _____

If you have 10 or more total points,
please consider a
Women's Cardiovascular Risk Profile.



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HEART FIRST

Introduces:

The Women's Cardiovascular Health Initiative



♥ Heart Disease claims the lives of approximately 500,000 women each year.

♥ Women are the most under-diagnosed and undertreated population for Cardiovascular Disease.

♥ Women do not always have "typical" symptoms. They are often just tired, short of breath, or simply feel different.

THE FACTS:

According to the American Heart Association Cardiovascular Disease takes the lives of more women every year than men. Women make up 52% of the total cardiovascular disease (CVD) population. As women, we are acutely aware of breast cancer and receive regular screenings, however, stroke and heart disease deaths far outpace breast cancer.

Stroke and Diseases of the Heart vs. Lung & Breast Cancer Deaths in Women United States. 2003. Number of deaths (preliminary).

Heart Disease	349,615
Stroke	96,243
Lung Cancer	67,894
Breast Cancer	41,566

Source: National Center for Health Services

* Clinical trials have been conducted primarily on men, therefore women have been seriously under represented.

* Studies show that women, especially minority women, are not as likely to receive treatment for heart disease as men.

* Recent reports show that most primary care physicians still think of CVD as a man's disease.

WHAT YOU CAN DO NOW

Lifestyle changes can make a significant impact on your risk for cardiovascular disease. Certain preventative practices have been shown to have a positive effect on reducing risk factors for CVD.

- ◆ Limit your intake of total fats. Switch to unsaturated fats and eliminate trans-fatty acids.
- ◆ Increase your consumption of omega-3 fatty acids from fish oil or plant sources.
- ◆ Eat a diet high in vegetables, fruits, nuts and whole grains and low in refined grains.
- ◆ Avoid excessively salty or sugary foods.
- ◆ Engage in at least 30 minutes of regular physical activity daily.
- ◆ Avoid smoking or using other tobacco products.
- ◆ Maintain a healthy weight.



KNOW THE SIGNS

Common Symptoms of Heart Attack in Women (may often differ from men)

- ♥ Shortness of breath
- ♥ Weakness and/or unusual fatigue
- ♥ Cold sweats, dizziness or fainting
- ♥ Nausea and/or vomiting
- ♥ Pain or pressure in the back or high chest
- ♥ Pain or discomfort in one or both arms (discomfort may be described as pressure, ache or tightness, or it may come and go)
- ♥ A burning sensation in the chest or upper abdomen
- ♥ Irregular heartbeat
- ♥ Undiagnosed jaw or ear pain

KNOW YOUR NUMBERS

The following numbers are key indicators for reducing your risk for heart disease.

- Total Cholesterol: < 200
- LDL (Bad) Cholesterol: < 100
- HDL (Good) Cholesterol: 50 or higher
- Triglycerides: < 150
- Blood Pressure: < 130/85
- Fasting Glucose: < 100
- Body Mass Index (BMI): < 25
- Waist Circumference: < 35 inches
- Heart Ejection Fraction (EF): > 55%

Women's Cardiovascular Risk Profile Includes:

- ♥ **EKG:** 12 leads placed on chest to measure the electrical activity of the heart and obtain historical data.
- ♥ **CIMT:** (Carotid Intima Media Thickness) Sound waves are used to measure thickness of the carotid artery where plaque first develops. Results provide an estimate of your vascular age compared to your actual age.
- ♥ **Echocardiogram:** Sound waves are used to screen your valves and heart muscle. Images show how your heart is beating and pumping blood.
- ♥ **Risk assessment by a mid-level provider:** A female Nurse Practitioner or Physician Assistant will discuss the results of your test, answer questions and make appropriate recommendations.

Risk Profile - \$99

All women over the age of 40 who are at intermediate risk for heart disease and score 10 or more points on the Heart Health Assessment Questionnaire are recommended to participate in the HeartFirst Women's Health Initiative.

