Is your heart at risk?

- **Are you a woman or man?**
  - NO
  - YES
- **Do you have a family history of heart disease?**
  - NO
  - YES
  - NOT SURE
- **Are you overweight?**
  - NO
  - YES
  - NOT SURE
- **Do you smoke?**
  - NO
  - YES
  - NOT SURE
- **Do you have borderline or high blood pressure?**
  - NO
  - YES
  - NOT SURE
- **Do you have borderline or high cholesterol?**
  - NO
  - YES
  - NOT SURE
- **Are you of South Asian descent?**
  - NO
  - YES
- **Do you get moderate exercise at least 30 minutes every day?**
  - NO
  - YES
- **Is your diet mostly veggies, fruits and whole grains?**
  - NO
  - YES
- **Do you ever feel your heart beat irregularly?**
  - NO
  - YES
- **Are you over 60 years old?**
  - NO
  - YES
- **Congratulations! You are at low risk for heart disease!**

**FACT**
- Chest pain or pressure is the most common symptom of a heart attack in men. shc.is/heartattackmen
- Women often report feeling “off”—short of breath, nauseated, fatigued, or pain throughout the body as symptoms of a heart attack. shc.is/heartattackwomen
- 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
- Within three years of quitting, the risk of heart attack for former smokers is the same as it is for non-smokers. shc.is/nottobesmoking
- Fasting blood pressure puts added force against the artery walls, increasing the risk for coronary artery disease. shc.is/cad
- The higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. shc.is/cholesterol
- Regular exercise is a great way to lower your risk of heart disease, but even athletes should keep an eye on their heart health. shc.is/stopsmoking
- 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. shc.is/arrhythmia
- 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

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