



In the United States, cardiovascular disease is the #1 cause of death.
 Most who die suddenly from CVD-related disease have *no previous symptoms*.
 Because of this, it is important to be aware of your heart health risks.



Heart Health Profiler

Name: _____ mm-dd-yyyy

PAGE 1 OF 8



You are at High Risk for cardiovascular disease, because of your CVD risk factors.
 Take action to control any High or Moderate risk factors you can change.

- Your Heart Age is older than your current age, which indicates Increased Risk. Compared to others your age, you have a higher number of or more severe risk factors.
- You didn't know the answer to all of the risk factor questions. Make every effort to "know your numbers" for good heart health.
- Be very aware of your High and/or Moderate risk factors, especially those risk factors that you can change.
- Discuss this report with your primary care physician for advice on continued good heart health.
- Consult with your doctor about the questions you couldn't answer. You may be due for a check-up.

Decreasing Your Risk of CVD

Everyone is at risk for CVD.

Some cardiovascular disease risk factors are beyond your control, such as age or family history. Others, like blood pressure and fasting blood sugar, often can be controlled through lifestyle changes (diet & exercise) and/or medication.

It is important that you talk with your doctor about a strategy to reduce your risk factors for developing CVD.

Remember, in most cases you can decrease your risk of developing cardiovascular disease.

Note: For blood pressure and cholesterol groupings the highest risk factor is rated. If any component of the grouping is unknown, "Unknown" is indicated.

Risk Factors You CAN Change	High Risk	Moderate Risk	Low Risk
Smoking			●
Blood pressure (systolic and diastolic)	●		
Cholesterol (total, HDL, & LDL)	●		
Fasting blood sugar	Unknown Risk		
Weight (body mass index)	●		
Physical activity			●

Risk Factors You CAN'T Change	High Risk	Moderate Risk	Low Risk
Age & gender	●		
Existing CVD			●
Diabetes		●	
Family history of early CVD			●

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