

HEART DISEASE IS THE NO. 1 KILLER OF WOMEN

ARE YOU AT RISK?

Take this quiz to help learn about your risk factors for heart attack and stroke.

The more risk factors you have, the higher your overall risk. Work with your healthcare provider to reduce, control or prevent as many risk factors as you can.

Age and Gender

- I am a woman over 50 years old.

Family History

- My father or brother had a heart attack before age 55.
- My mother or sister had a heart attack before age 65.
- My mother, father, sister, brother or grandparent had a stroke.

Heart Disease Medical History

- I have coronary heart disease, atrial fibrillation or other heart condition(s).
- I've had a heart attack.

Stroke Medical History

- I've been told that I have carotid artery disease.
- I've had a stroke or TIA (transient ischemic attack).
- I have a disease of the leg arteries, a high red blood cell count or sickle cell anemia

High Blood Pressure

- My blood pressure is 140/90 mmHg or higher.
- My blood pressure is 120-139/80-89 mmHg (prehypertensive).
- I've been told my blood pressure is high.
- I need drugs to control my blood pressure.
- I don't know what my blood pressure is.

Tobacco Smoke

- I smoke OR I live or work with people who smoke tobacco regularly.

Total Blood Cholesterol

- My total blood cholesterol is 200 mg/dL or higher.
- I need drugs to lower my blood cholesterol level.
- I don't know my blood cholesterol level.

HDL Cholesterol

- My HDL ("good") cholesterol is less than 40 mg/dL.
- I don't know my HDL cholesterol level.

Physical Activity

- I get less than a total of 75 minutes of vigorous-intensity or 150 minutes of moderate-intensity physical activity per week.

Overweight

- I am 20 pounds or more overweight for my height and build.

Diabetes

- I have diabetes (a fasting blood sugar of 126 mg/dL or higher).
- I have been told I have a fasting blood sugar number higher than 100 mg/dL (pre-diabetes).
- I need medicine to control my blood sugar.

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10 Years of Saving Women's Lives

Rekisha Harris
Heart transplant at 32

"We are the ones who live in our bodies each day. And we have to speak up when something doesn't feel right. I tell everyone I know to pay attention to any changes in your health and see as many doctors as necessary to be sure your voice is heard."