

## The Heart Test

Are you at risk for heart disease? The Heart Test can help you find out. It can tell you what risks you face and, most important, what you can do to reduce controllable cardiovascular risk factors. In other words, it may save your life.

Heart disease is the leading cause of death in the United States. The real tragedy is that so many of these deaths might have been prevented by early detection and treatment. The Heart Test only takes a few minutes. But those few minutes could make all the difference.

<b>Age</b>	10—20 1 point	21 - 30 2 points	31— 40 3 points	41— 50 4 points	51— 60 6 points	61 - 70 8 points	Score
<b>Sex</b>	Female Under 40 1 point	Female 40—50 2 points	Female after Menopause 4 points	Male 25—44 5 points	Male 45—64 6 points	Male 65 & over 7 points	Score
<b>Hereditary</b>	No known history Of heart disease 1 point	1 relative with heart disease after age 60 2 points	2 relatives with heart disease after age 60 3 points	1 relative with heart disease before age 60 4 points	2 relatives with heart disease before age 60 6 points	3 relatives with heart disease before age 60 7 points	Score
<b>Weight</b>	More than 5 pounds below standard weight 0 points	+/- 5 pounds standard weight 1 point	6— 20 pounds Overweight 2 points	21— 35 pounds Overweight 3 points	36—50 pounds over- weight 5 points	51—65 pounds over- weight 7 points	Score
<b>Tobacco Smoking</b>	Non-Smoker  0 points	Cigar and/or pipe  1 point	10 or less cigarettes daily 2 points	20 cigarettes daily  4 points	30 cigarettes daily  6 points	40 cigarettes daily  10 points	Score
<b>Cholesterol</b>	Low blood cholesterol and/or diet 1 point	Medium low cholesterol and/or diet 2 points	Borderline cholesterol and/or diet contains minimal fats and eggs 3 point	Mild elevation choles- terol and/or diet con- tains moderate fats and eggs 4 points	Market elevation choles- terol and/or diet excessive in saturated fats and eggs 5 points	Extra elevation choles- terol and/or diet exces- sive in saturated fats and eggs 7 points	Score

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<b>Exercise</b>	Intensive Occupational & recreational exertion 1 point	Moderate occupational & recreational exertion 2 points	Sedentary Work & Intense recreational exertion 3 points	Sedentary Work & Moderate recreational exertion 5 points	Sedentary Work & Light recreational exertion 6 points	Complete lack of all exercise 8 points	Score
<b>Blood Pressure</b>	100 upper reading 1 point	120 upper reading 2 points	140 upper reading 3 points	160 upper reading 4 points	180 upper reading 6 points	200 or over reading 8 points	Score
<b>Diabetes</b>	No personal or family history 1 point	Sibling (brother or sister) or parent with diabetes 2 points	History of elevated blood glucose, border-line diabetes or gestational diabetes 3 points	Diabetes for 5 years or longer 4 points	Diagnosed Diabetes, blood glucose $\leq$ 140, glycohemoglobin $\leq$ 8 5 points	Diagnosed Diabetes, blood glucose $\geq$ 140, glycohemoglobin $>$ 8 6 points	Score
<b>Rating Your Stress</b>	No identified stress 0 points	Easily Handled 2 points	Manageable 3 points	Very difficult 4 points	Nearly unmanageable 6 points	Overwhelming 8 points	Score

**YOUR TOTAL SCORE \_\_\_\_\_**

**IF YOU SCORE.....**

- 7—14 .....Risk well below average
- 15—22 .....Risk below average
- 23—32 .....Risk generally average
- 33—42 .....Risk moderate
- 43—54 .....Risk at a dangerous level (Contact your Doctor)
- 55—76 .....Danger It is Urgent that you see your **Doctor TODAY!**



**If you do NOT have a doctor, please come by the Emergency Room at Wilkes Regional Medical Center to Receive a listing of doctor's taking patients in our area.**

