



WELCOME TO YOUR HEART HEALTH SCREENING

AGE:

- You are a man over the age of 45.
- You are a woman over the age of 55, or you have passed menopause or had your ovaries removed and are not taking estrogen.

PERSONAL HISTORY:

- You have a history of heart disease, blocked arteries (vascular disease), angina or stroke.

The risk of a heart attack is 5 to 7 times greater for people who have had a heart attack or stroke than for people who have never had an event.

FAMILY HISTORY:

- Your father or brother younger than 55 or your mother or sister younger than 65 has had a heart attack, stroke, angioplasty or bypass surgery.

BODY WEIGHT:

- You are 20 pounds or more overweight.
- You have a waist circumference greater than 35 inches for a woman, 40 inches for a man.

People who carry their fat mainly around the middle are more likely to have heart problems than those who carry their fat mostly in their hips and thighs.

CHOLESTEROL:

- Your total cholesterol is 240 mg/dL or higher.
- Your HDL (good) cholesterol level is less than 35 mg/dL.
- You don't know your total cholesterol or HDL levels.

BLOOD PRESSURE:

- Your blood pressure is 140/90 mm Hg or higher, or you've been told that your blood pressure is too high.
- You don't know what your blood pressure is.

SMOKING:

- You smoke or are around second-hand smoke every day.

PHYSICAL INACTIVITY:

- You get less than a total of 30 minutes of physical activity on most days.

DIABETES:

- You have diabetes or a fasting blood sugar of 126 mg/dL or higher, or you need medicine to control your blood sugar.

RESULTS

FOR 0-1 CHECKED BOXES:

Congratulations! Your answers indicate you are currently at low risk for heart disease. Keep up your heart healthy habits. For the ultimate in heart disease prevention, OHSU has a complete cardiovascular preventive program that includes nutrition and exercise.

A reminder: 1/3 of all heart attacks do occur in low-risk patients. That's why OHSU developed Oregon's first and only accredited chest pain center. To learn more about it and how to identify heart attack symptoms, go to www.OHSUhealth.com/chestpain.

FOR 2-3 CHECKED BOXES:

Your answers indicate you may be at a higher risk for heart disease. We recommend you schedule an appointment with an OHSU heart health expert to talk about ways to lower your risk.

Heart disease is the leading killer of both men and women in Oregon. To beat this disease, OHSU has enhanced its cardiovascular department with world-renowned physicians and state-of-the-art technology that you won't get anywhere else in the northwest. We are dedicated to working with you to beat heart disease. For more information, go to www.OHSUhealth.com/heart.

FOR 4+ CHECKED BOXES:

Your answers indicate you may be at a significantly high risk for heart disease. We recommend you schedule a timely appointment with an OHSU heart health expert to identify ways to lower your risk.

OHSU has Oregon's first and only accredited chest pain center – to quickly and accurately diagnose heart attacks and stop them in their tracks. For more information and to learn heart attack symptoms, go to www.OHSUhealth.com/chestpain.

For an appointment with one of our heart physicians, call 503 494-1775. Or, to schedule an appointment with any OHSU doctor, call 503 418-Dr4U (3748).

