

Are You at Risk for Heart Disease?

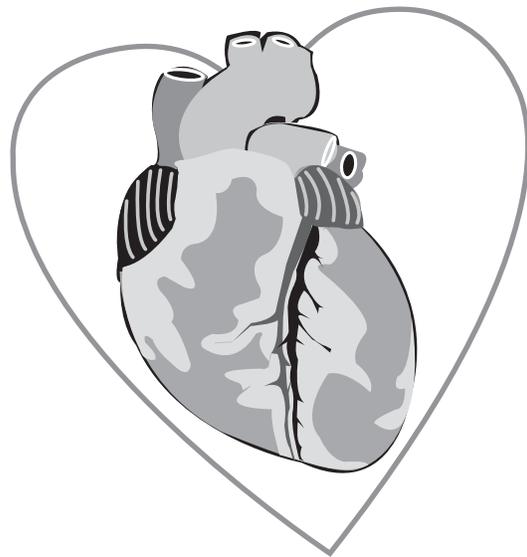
Name: _____

Risk factors are traits or habits that make a person more likely to develop heart disease. Read this list of risk factors for heart disease. Check the ones you have. Think about the risk factors for your family members too.

Heart disease risk factors you can do something about:

Check the ones you have.

- Cigarette smoking
- High blood pressure Not sure
- High blood cholesterol Not sure
- Diabetes Not sure
- Being overweight or obese Not sure
- Not being physically active



Heart disease risk factors you cannot control:

- Age (45 years or older for men and 55 years or older for women)
- People in your family having early heart disease (before age 55 in men or before age 65 in women).

The more risk factors you have checked, the greater your risk for heart disease. Talk to your doctor about your risk.