

# First Heart Attack Risk Test

## What's Your Risk?

This test will help you figure your risk of a first heart attack. Fill in your points for each risk factor. Then total items to find out your risk.

- \_\_\_\_\_ Age (in years): Men  
 0 pts. Less than 35      1 pt. 35 to 39      2 pts. 40 to 48      3 pts. 49 to 53      4 pts. 54+
- \_\_\_\_\_ Age (in years): Women  
 0 pts. Less than 42      1 pt. 42 to 44      2 pts. 45 to 54      3 pts. 55 to 73      4 pts. 74+
- \_\_\_\_\_ Family History  
 2 pts. My family has a history of heart disease or heart attacks before the age of 60.
- \_\_\_\_\_ Inactive Lifestyle  
 1 pt. I rarely exercise or do anything physically demanding.
- \_\_\_\_\_ Weight  
 1 pt. I'm more than 20 lbs. over my ideal weight.
- \_\_\_\_\_ Smoking  
 1 pt. I'm a smoker.
- \_\_\_\_\_ Diabetic  
 1 pt. Male Diabetic      2 pts. Female Diabetic
- \_\_\_\_\_ Total Cholesterol Level  
 0 pts. Less than 240 mg/dL      1 pt. 240 to 315 mg/dL      2 pts. More than 315 mg/dL
- \_\_\_\_\_ HDL Level (good cholesterol)  
 0 pts. 39 to 59 mg/dL      1 pt. 30 to 38 mg/dL      2 pts. Under 30 mg/dL      -1 pt. Over 60 mg/dL
- \_\_\_\_\_ Blood Pressure  
 I don't take blood pressure medication; my blood pressure is:  
 (Use your top or higher blood pressure number)  
 0 pts. Less than 140 mmHg      1 pt. 140-170 mmHg      2 pts. Greater than 170 mm/Hg  
 (or)  
 1 pt. I am currently taking blood pressure medication
- \_\_\_\_\_ **TOTAL POINTS**

If you scored 4 points or more, you could be at above average risk of a first heart attack compared to the general adult population. The more points you score, the higher your risk.

Use this test as a general guide. If you have already had a heart attack or have heart disease, your heart attack risk is significantly higher. **Only your doctor can evaluate your risk and recommend treatment plans to reduce your risk.** If you don't know your cholesterol level or blood pressure, ask your doctor if your levels should be checked.