

Other Risk Factors

☐ Personal History of High Blood Pressure

If you have been told you have high blood pressure, one of the most important things you can do for your health is to keep your blood pressure under control. You can keep it under control by taking your medicine the way your doctor prescribed it.

☐ Personal History of Diabetes

If you have diabetes, you have a higher risk for heart disease. It is important to keep your diabetes under control. You can keep it under control by eating healthy foods and being physically active.

☐ Personal History of Heart Attack or Stroke

If you have had a heart attack or stroke, you have a greater risk of it happening again. You can't change what happened in the past, but you can protect your body from future problems. Start by eating healthy and being physically active.

☐ Family History of Heart Attack or Stroke

Just because you have a family history of heart attack or stroke does not mean you will have one. But, it does put you at higher risk. You can lower that risk by leading a healthy lifestyle.

☐ Family History of Diabetes

If your mother, father, brother, sister, or child has diabetes, you are at a higher risk for diabetes. You took an important step in taking better care of your health by being screened today.

☐ Physical Inactivity

If you are not active most days of the week, you have a higher risk of many chronic diseases. To lower your risk, try to do 150 minutes of moderate physical activity each week or 75 minutes of vigorous activity each week.

☐ Cigarette Smoking

If you smoke cigarettes, you are at a much higher risk for heart disease and lung cancer. Quitting is one of the most important things you can do to improve your health.

☐ Second Hand Smoke

Non-smokers who breathe in other people's smoke (second hand smoke) take in nicotine and toxic chemicals the same as smokers do. The more second hand smoke you breathe, the more damage it does to your lungs and your heart.

☐ Your Age

When you turn 45, your risk of diabetes goes up. When you reach 55 your risk of heart disease goes up. You can't change your age. But you can take care of your body and make it the healthiest it can be.

Health Information on the Web

- ♥ American Diabetes Association: www.Diabetes.org
- ♥ Go Red for Women: www.GoRedForWomen.org
- ♥ Choose My Plate: www.ChooseMyPlate.gov
- ♥ American Lung Association: www.lung.org
- ♥ Smoke Free Women: women.smokefree.gov
- ♥ Michigan Tobacco Quitline: Michigan.quitlogix.org
- ♥ Million Hearts: millionhearts.hhs.gov
- ♥ Mental Health Resources: www.samhsa.gov

The WISEWOMAN Program is a chronic disease risk factor screening program* funded by the Centers for Disease Control and Prevention .

*Note: This screening program provides information that indicates if you need to see a health care provider for further evaluation. This



WISEWOMAN
Making Healthier Choices for a Healthier Life

My Health Information

My health. My life.

Name _____

Date _____

Body Mass Index (BMI)

BMI is a measure of your weight compared to your height. If your BMI is 25 or higher, you could be more at risk for diabetes or cardiovascular disease.

Your height is _____ Your weight is _____

Your BMI is _____

You want your BMI to be between 18.5 and 24.9

Blood Pressure

Blood pressure is the force of your blood pushing against the walls of your arteries. High blood pressure usually has no symptoms. If you had one reading in the high range, over time there is a chance you may develop high blood pressure. Have it checked often.

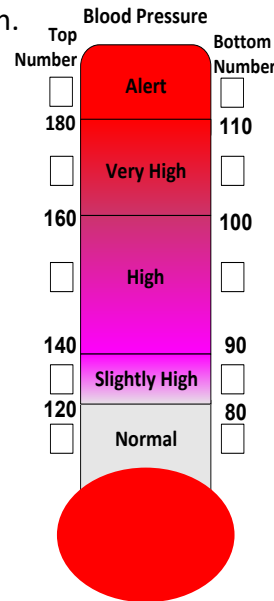
Today your blood pressure is:

1st reading _____ / _____

2nd reading _____ / _____

Average _____ / _____

You want your blood pressure to be below 120/80



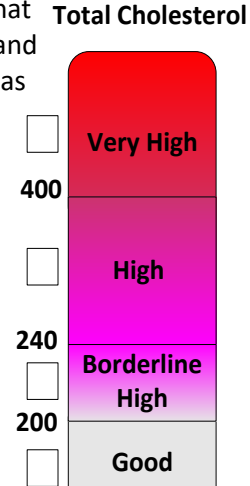
Total Cholesterol

Cholesterol is a fatty substance your body makes. You can also find it in foods that come from animals, like meat, eggs, and cheese. You want this number to be as **low** as possible.

Today your **Total** cholesterol is _____

_____ mg/dL

You want your total cholesterol to be below 200

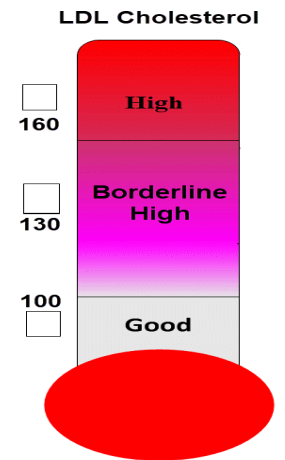


LDL Cholesterol

LDL cholesterol is the “bad” cholesterol. You want this number to be as **low** as possible.

Your **LDL** cholesterol result is _____ mg/dL

You want your LDL cholesterol to be below 130

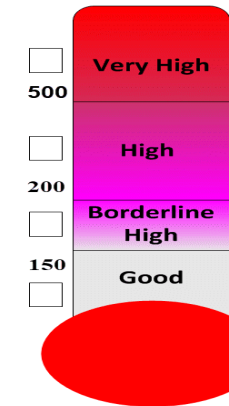


Triglycerides

Triglycerides are a type of fat (lipid) found in your blood. You can also find them in the food you eat. You want this number to be as **low** as possible.

Your **Triglycerides** is _____ mg/dL

You want your Triglycerides to be below 150



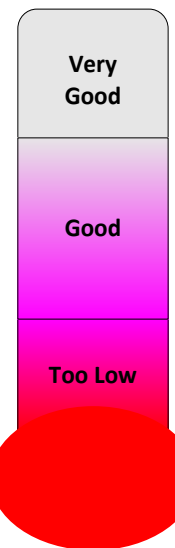
HDL Cholesterol

HDL Cholesterol

HDL cholesterol is the “good” cholesterol. It helps your body get rid of “bad” cholesterol. You want this number to be as **high** as possible.

Your **HDL** cholesterol result is _____ mg/dL

You want your HDL cholesterol to be 40 or above



Hemoglobin A1c

We tested your hemoglobin A1c today. The A1c tells us your average blood glucose (sugar) over the past 2-3 months.

Today your A1c is _____ %

If you have diabetes, you want your A1c to be less than 7%