

ARE YOU AT RISK FOR HEART DISEASE?

Although heart disease is sometimes thought of as a “man’s disease,” it is the leading cause of death for both men and women in the United States. Your chances of developing heart disease can be reduced by taking steps to prevent and control factors that put you at a greater risk. It’s essential to evaluate your risk and know your numbers.

Check all that applies to you to learn if you are a candidate for the screening program.

- YES**
- 1. Are you a woman age 40 or older?
 - 2. Has anyone in your immediate family been diagnosed with early heart disease, or had a heart attack or stroke? “Immediate family” is a blood-related parent, brother, or sister.
 - 3. Do you have high blood pressure?
 - 4. Do you have high cholesterol?
 - 5. Are you currently on hormone replacement therapy?
- YES**
- 6. Do you have diabetes?
 - 7. Do you experience chest pains, palpitations, dizziness, heart racing, or shortness of breath lying flat at night?
 - 8. Do you smoke?
 - 9. Have you had any atherosclerotic heart or blood vessel disease events, conditions or procedures?
 - 10. Do you eat a diet high in fat? Do you lead an inactive lifestyle? Or, are you more than 25 pounds overweight?

If you checked “yes” to one or more questions, you may be eligible for the Heart Disease in Women Program.

(Turn this form in to your OB/GYN at your appointment.)



HEART DISEASE IN WOMEN SCREENING PROGRAM

This screening program is provided by Baton Rouge Cardiology Center and Louisiana Women’s Healthcare Associates.

To learn more, consult your doctor today and ask for a complete risk assessment.