

This *heartscreen* test will help you identify and understand your own risk factors, and guide you in dealing with them. It will approximate your relative risk and will help you identify areas that you may want to work on. In this test, 8 risk factors are listed, and scores from 1 to 8 are assigned to each factor.

RISK FACTOR	0	1	2	3	4	5	6	7	8
Cholesterol*	Under 4.1	4.1 - 4.6	4.7 - 5.1	5.2 - 5.7	5.8 - 6.2	6.3 - 6.7	6.8 - 7.2	7.3 - 7.7	7.8 plus
Blood Pressure*	Under 110	110 - 119	120 - 129	130 - 139	140 - 159	160 plus			
Smoking (cig/day)	None	Up to 5	5 - 9	10 - 19	20 - 29	30 plus			
Overweight (in %)♦	0 - 4 %	4 - 9 %	10 - 14 %	15 - 19 %	20 - 29 %	30 plus			
Triglycerides (mg%)*	Under 100	100 - 149	150 - 249	250 - 349	350 plus				
Diabetes (duration)	None	Under 5 years	5 - 10 years	10 plus years					
Resting pulse (beats/min)	Under 56	56 - 62	63 - 69	70 - 80	80 plus				
Stress	Rarely tense	Tense 3x/wk	Tense 2-3/day	Tense & rushed	On tranquilisers				

Risk Factor	Score
1. Cholesterol	_____
2. Blood Pressure	_____
3. Smoking	_____
4. Overweight	_____
5. Triglycerides	_____
6. Diabetes	_____
7. Pulse	_____
8. Stress	_____
Total Score:	_____

* To determine your cholesterol, triglycerides, and blood pressure, see your doctor. The blood test is very simple and takes about 5 minutes. What you learn may save your life! If you take blood pressure pills, score four points regardless of your blood pressure level.

♦ To determine your percentage of overweight, look up your ideal weight, take its midpoint, and subtract it from your actual weight. Divide the difference in pounds by your ideal weight and multiply by 100.

HEARTSCREEN: INTERPRETING YOUR SCORE

0-6 IDEAL - Development of heart disease or stroke is extremely unlikely, especially if your cholesterol level is below 4.1.

7-14 ELEVATED - The development of heart disease or stroke is about one third of the average, yet three times higher than for the ideal group.

15-22 HIGH RISK - This is the average. You cannot afford to be average, because your risk is 10 times higher than the ideal group.

23-30 VERY HIGH RISK - The development of heart disease and stroke is about three times the average, or 30 times higher than the ideal group. Action is imperative! You may be able to drop 4 points on this test within 4 to 8 weeks by lowering cholesterol and blood pressure through dietary change.

31-38 DANGEROUS - The likelihood of having a heart attack or stroke is about 4 to 6 times the average and about 50 times higher than the ideal group. Set goals and take action without delay!