



Top **15** Risk Factors for Heart Disease

Check off the risk factors that apply to you:

- Male over age 45
- Postmenopausal woman
- A family member has had heart disease
- High total cholesterol
- High LDL (“bad” cholesterol)
- Low HDL (“good” cholesterol)
- High triglycerides (blood fats)
- High blood pressure
- Diabetes
- Smoking
- Physical inactivity
- Being overweight
- Waist circumference more than 35" for women,
more than 40" for men
- Unhealthy diet

Now share this list with your doctor. He or she can help you understand how likely you are to develop heart disease.