

# Recommended Screenings / Risk Factors



Recommended Screening	How Often?	Starting When?
<b>CHOLESTEROL</b> <i>("fasting lipoprotein profile" to measure total, HDL and LDL cholesterol, and triglycerides)</i>	Every 5 years for normal-risk people; <b>more often if any of the following apply to you:</b> → you have a total cholesterol above 200 mg/dL → you are a man over age 45 or a woman over age 50 → your HDL (good) cholesterol is less than 40 mg/dL (if you're a man) or less than 50 mg/dL (if you're a woman) → you have other risk factors for coronary heart disease and stroke	Age 20
<b>BLOOD PRESSURE</b>	Each regular healthcare visit or at least once every 2 years <b>if blood pressure is less than 120/80 mm Hg</b>	Age 20
<b>BLOOD GLUCOSE TEST</b>	Every 3 years	Age 45
<b>WEIGHT / BODY MASS INDEX (BMI)</b>	Each regular healthcare visit	Age 20
<b>WAIST CIRCUMFERENCE</b>	As needed to help evaluate cardiovascular risk	Age 20
<b>DISCUSS SMOKING, PHYSICAL ACTIVITY AND DIET</b>	Each regular healthcare visit	Age 20

## CORONARY HEART DISEASE RISK FACTORS

### Major Risk Factors That **Cannot** Be Changed

- **Increasing Age:** The vast majority of people who die of coronary heart disease are 65 or older.
- **Male Sex (Gender):** Men have a greater risk of heart attack than women do, and they have attacks earlier in life.
- **Heredity (Including Race):** Children of parents with heart disease are more likely to develop it themselves.

### Major Risk Factors That **Can** Be Changed

- **Tobacco Smoke:** Smokers' risk of developing coronary heart disease is 2-4 times that of nonsmokers.
- **High Blood Cholesterol:** As blood cholesterol rises, so does risk of coronary heart disease.
- **High Blood Pressure:** High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer.
- **Physical Inactivity:** An inactive lifestyle is a risk factor for coronary heart disease.
- **Obesity and Overweight:** People who have excess body fat — especially if a lot of it is at the waist — are more likely to develop heart disease and stroke.
- **Diabetes:** Diabetes seriously increases your risk of developing coronary heart disease.

### Other Factors That Increase Cardiovascular Risk

- **Stress:** Individual response to stress may be a contributing factor.
- **Alcohol:** If you drink, limit your alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women.
- **Diet and Nutrition:** A healthy diet is one of the best weapons you have to fight cardiovascular disease.