



HEART ATTACK RISK TEST

Age (in years):	Men 0 pts. Less than 35; 1 pt. 35-39; 2 pts. 40-48; 3 pts. 49- 53; 4 pts. 54+ Women 0 pts. Less than 42; 1 pt. 42-44; 2 pts. 45-54; 3 pts. 55-73; 4 pts. 74+
Family History	2 pts. My family has a history of heart disease or heart attacks before the age of 60.
Inactive Lifestyle	1 pt. I rarely exercise or do anything physically demanding.
Weight	1 pt. I'm more than 20 lbs. Over my ideal weight.
Smoking	1 pt. I'm a smoker.
Diabetic	1 pt. Male Diabetic; 2 pts. Female Diabetic
Total Cholesterol Level	0 pts. Less than 240 mg/dL; 1 pt. 240 to 315 mg/dL; 2 pts. More than 315 mg/dL
HDL Level (good cholesterol)	-1 pt. Over 60 mg/dL; 0 pts. 39- 59 mg/dL; 1 pt. 30-38 mg/dL ;2 pts. Under 30 mg/dL
Blood Pressure	I don't take blood pressure medication; my blood pressure is: 0 pts. Less than 140 mmHg; 1 pt. 140-170 mmHg; 2 pts. Greater than 170 mmHg (or) 1 pt. I am currently taking blood pressure medication.
Total Points	

If you scored 4 points or more, you could be at above average risk of a first heart attack compared to the general adult population. The more points you score, the higher your risk.

