



PREMIER  
CARDIOLOGY CARE

# Cardiac Risk Survey

Take this quick survey to find out your chances of heart disease!

				Your Points
<b>Age:</b>	1-40 (1)	41-65 (2)	Over 65 (3)	
<b>Gender:</b>	Female (1)	Male (2)		
<b>Body Fat:</b>	Ideal (1)	Overweight (2)	Obese (3)	
<b>Exercise:</b> (3X per week)	>30 Min. (1)	<30 Min. (2)	None (3)	
<b>Smoking:</b>	Never (0)	Past (2)	Yes (3)	
<b>Fried Food:</b>	Once/wk. (1)	Twice/wk. (2)	Three/wk. (3)	
<b>Cholesterol:</b> 160 (0)	160-200(1)	200-300 (2)	>300 (3)	
<b>Blood Pressure:</b>	120/80 (0)	140/90 (1)	160/100 (2)	
<b>Diabetes:</b>	None (0)	Yes (1)		
<b>Family History:</b> (People with heart disease or have had a heart attack.)	None (0)	1 Rel. <65 (1)	2 Rel. <65 (2)	

**TOTAL SCORE:** \_\_\_\_\_

**LOW: 0-6**

**MODERATE: 7-17**

**HIGH: 18-27**

If this survey reveals you to be at a moderate to high risk for heart disease, please consult your physician about ways to decrease your risk.