

## HEART HEALTH *RISK STRATIFICATION*

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

DATE: \_\_\_\_\_ DOB: \_\_\_\_\_

1. Do you currently experience any of the following? (Check all that apply)

- \_\_\_\_\_ Cardiovascular disease: peripheral vascular or cerebrovascular disease
- \_\_\_\_\_ Pulmonary disease: COPD, asthma, interstitial lung diseases or cystic fibrosis
- \_\_\_\_\_ Metabolic conditions: type 1 or 2 diabetes, thyroid disorders, renal or liver disease

2. Do you experience the following (check all that apply)

- \_\_\_\_\_ Discomfort in the chest area, neck, jaw, arms
- \_\_\_\_\_ Shortness of breath
- \_\_\_\_\_ Dizziness/fainting
- \_\_\_\_\_ Ankle swelling
- \_\_\_\_\_ Fast breathing
- \_\_\_\_\_ Heart murmur
- \_\_\_\_\_ Pain that occurs in a muscle
- \_\_\_\_\_ Shortness of breath when lying flat
- \_\_\_\_\_ Unusual fatigue

3. Have you had or do you presently have any of the following? (Check if yes.)

- \_\_\_\_\_ High blood pressure (140/90/taking anti-hypertensive medications)
- \_\_\_\_\_ Sedentary lifestyle (not exercise 30min/3d.wk)
- \_\_\_\_\_ Obesity (BMI >30 or waist girth >102cm for men/ >88cm for women)
- \_\_\_\_\_ Pre-Diabetes (IFG >100mg, IGT 2hours)
- \_\_\_\_\_ Cigarette Smoking (current or quit within 6 months/ environmental factors)


## Family History

4. Have any of your first-degree relatives (parent, sibling, or child) experienced the following conditions? (Check if yes.) In addition, please identify the age at which the condition occurred.

\_\_\_\_\_ Heart attack

\_\_\_\_\_ Heart operation (Bypass surgery, Angioplasty, Coronary Stent placement)

\_\_\_\_\_ Sudden death before 55yr. for father or other male/ 65 yr. for mother or female


_____ <b>Low Risk</b>
_____ <b>Moderate Risk</b>
_____ <b>High Risk</b>

### ***Low Risk***

Have no signs/symptoms of or diagnosed CVD, pulmonary and/or metabolic disease and no more than <1 risk factor

### ***Moderate Risk***

Have no signs/symptoms of or diagnosed CVD, pulmonary and/or metabolic disease and more than < 2 risk factor.

### ***High Risk***

Have one or more signs/symptoms of or diagnosed CVD, pulmonary and/or metabolic disease