

Name: \_\_\_\_\_ D.O.B. \_\_\_/\_\_\_/\_\_\_ Date: \_\_\_\_\_

## Cardiac Risk Factor Assessment

This sheet is to help you work out the factors that increase your risk of heart disease. Some risk factors are controllable and if managed will help you lower your risk of further heart disease. The 'what it should be' column indicates what is considered low risk. If any of your measurements are over what they should be then these are risk factors for you.

	RISK FACTORS	WHAT IT SHOULD BE (low risk)	YOUR RESULTS	YOUR RISK?
Controllable	<b>Cholesterol</b>	Total less than 4 mmol/l HDL more than 1 mmol/l LDL less than 1.8 mmol/l Triglycerides less than <2.0 mmol/l	Total: HDL: LDL: Trig:	Yes No
	<b>Blood Pressure</b>	Less than 130/80 this includes patients with diabetes/stroke/transient ischemic attack (TIA) and/or micro albuminuria (men > 2.5mg/mmol, women > 3.5mg/mmol).	BP: _____	Yes No
	<b>Physical Activity</b>	You need to do regular, moderate physical activity at least half an hour per day, 5 or more days of the week	Physical activity _____mins/day	Yes No
	<b>Depression and anxiety and social isolation</b>	Should be manageable or treated	High <input type="checkbox"/> Low <input type="checkbox"/>	Yes No
	<b>Smoking</b>	Non smoker	Non smoker Current smoker <input type="checkbox"/> Cigs/day _____ Past smoker <input type="checkbox"/> When gave up? _____	Yes No
	<b>Weight and Waist</b>	BMI 18.5 to 24.9 (weight divided by height in metres squared) Waist Men less than 94 cm Waist Women less than 80cm	Height: _____m Weight _____kgs BMI _____ Waist _____cm	Yes No
	<b>Diabetes</b>	Well managed (HBA1c 7% or less) or no diabetes	N/A <input type="checkbox"/> Managed <input type="checkbox"/> Unmanaged <input type="checkbox"/>	Yes No
	Non Controllable	<b>Family History</b>	No heart disease in family (immediate blood relatives)	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Age</b>			Age _____	Yes No
<b>Gender</b>		Female Pre Menopause	Male <input type="checkbox"/> Female <input type="checkbox"/>	Yes No

\* Alcohol consumption is a risk factor for heart failure/cardiomyopathy. The NHMC guidelines recommendation for healthy men and women, drinking no more than two standard drinks on anyone day. Your consumption: \_\_\_\_\_ standard drinks per day.

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What are my cardiac risk factors?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

What are my goals?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

How will I achieve this?

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

4) \_\_\_\_\_

\_\_\_\_\_

5) \_\_\_\_\_

\_\_\_\_\_

6) \_\_\_\_\_

\_\_\_\_\_