Are You at Risk of Cardiovascular Disease?

Everyone can benefit from taking measures to prevent cardiovascular disease. It is often regarded as the silent killer because people do not realise they are at risk until it is too late. To identify if you are at high risk, a simple questionnaire is the first step. If you answer “yes” to many of the following questions then cardiovascular health is definitely a concern:

CARDIOVASCULAR HEALTH QUESTIONNAIRE	YES	NO
1. Is your blood pressure above 140/90?	❑	❑
2. Is your pulse after 15 minutes rest above 75?	❑	❑
3. Are you more than 14 lbs over your ideal weight?	❑	❑
4. Do you smoke more than 5 cigarettes a day?	❑	❑
5. Do you do less than two hours exercise a week?	❑	❑
6. Do you eat more than one spoon of sugar a day?	❑	❑
7. Do you eat meat more than 5 times a week?	❑	❑
8. Is your diet high in saturated or partially hydrogenated fats?	❑	❑
9. Do you usually add salt to your food?	❑	❑
10. Do you have more than 2 alcoholic drinks a day?	❑	❑
11. Is there a history of heart disease in your family?	❑	❑
12. Do you have a personal history of heart attack, coronary artery disease, peripheral arterial disease, or stroke?	❑	❑
13. Do you suffer from kidney disease?	❑	❑
14. Do you have diabetes?	❑	❑
15. Do you often experience periods of stress?	❑	❑
16. Are you a post-menopausal woman?	❑	❑
17. Do you / have you used oral contraceptives?	❑	❑

Reference website: http://www.nutri-online1.co.uk/Home/tabid/52/Default.aspx