



Demographic Form and Cardiac Risk Assessment

Directions:

1. Print, complete and mail this health risk assessment to:

Mark Cichon, DO, EMS Medical Director
Loyola University Health System
2160 South First Avenue
EMS Office, Building 110 LL
Maywood, IL 60153

2. Dr. Cichon will personally review your health risk assessment to determine if you are at risk for heart disease. This will be a confidential assessment between you and Dr. Cichon.

3. People at risk for heart disease will receive a letter from Dr. Cichon with additional information and a coupon for further screening with a cardiologist at Loyola University Health System. This will be valid until December 31, 2010.

4. Should the screening determine that you are at risk for heart disease, the cardiologist and Dr. Cichon will consult on a treatment plan. Should the screening determine that you are not at risk for heart disease, you will receive additional information for follow up care with a primary care physician.

Questions can be directed to the EMS office at 708.327.2547.

Name: _____

Date of Birth: _____

Address: _____

Telephone: _____

Cell number: _____

Age: _____

Gender:

_____ Male

_____ Female

Race/ethnicity:

- Black or African American
- Asian
- Hispanic/Latino
- White, non-Hispanic
- Native American
- Other

Height: _____

Weight: _____

Previous Surgeries:

Medications:

Primary Care Physician Name & Address:

CARDIAC RISK ASSESSMENT

One in four adults has some form of cardiovascular disease, and it is the leading cause of death in the United States. The good news is heart disease can be prevented by controlling your cardiac risk factors. It is important to know what factors in your life put you at higher risk so that you can make changes to help yourself.

Are You at Risk for Heart Disease?

Answer the questions below to find out your risk for heart disease.

Heart Disease Equivalents

Have you had a heart attack, an angioplasty or stent, or coronary artery bypass surgery?

Yes_____ No_____

Have you had a stroke or been told you have blockages in other arteries in your body such as the carotids, renals or arteries in your legs?

Yes_____ No_____

Do you have diabetes or fasting blood sugars higher than 110 mg./dL?

Yes_____ No_____

Major Cardiovascular Risk Factors

Are you a male over 45 years old or a female over 55 years old or have you experienced menopause?

Yes_____ No_____

Do you have family members that developed heart disease at a young age (Father or brother under 55 years old or mother or sister under 65 years old)?

Yes_____ No_____

Have you smoked cigarettes in the past 12 months?

Yes_____ No_____

Select the numbers that most closely match your last blood pressure (BP) reading:

Is your systolic BP (top number) 140 or above?_____

Is your diastolic BP (bottom number) 90 or above?_____

Are you on medicine to lower blood pressure?

Yes_____ No_____

Select the numbers below that most closely match your last lipid profile:

LDL Cholesterol:

Less than 100

100-129

130-160

161-190

Over 190

HDL Cholesterol:

Less than 40

Between 40 and 60

Greater than 60

Approximately when was the date of that test?_____

Contributing Cardiovascular Risk Factors

Are you exercising less than 30 minutes three times a week?

Yes_____ No_____

Do you frequently have strong feelings of anger/hostility, stress or depression?

Yes_____ No_____

What Can You Do to Prevent Heart Disease?

You can start to make the following lifestyle changes now to lower your risk and prevent cardiovascular disease:

- Quit smoking if you smoke
- Follow a sensible, well-balanced, low-fat diet
- Increase your physical activity
- Learn to manage stress properly
- Lose weight if you are overweight
- Know your BP and cholesterol numbers, and work with your doctor to keep them at optimal levels
- Keep other illnesses like diabetes under control
- Take your medicine as prescribed
- See your doctor regularly

Disclaimer: We provide this risk assessment for educational **AND INFORMATIONAL** purposes only. This is not medical advice. The results of the assessment should not be used for diagnosing or treating a health problem or a disease, nor is this a substitute for **MEDICAL ADVICE OR** professional care. Should you have any health-care related questions or suspect you have a health problem, you should contact your health-care provider. **DO NOT IGNORE PROFESSIONAL MEDICAL ADVICE OR DELAY IN SEEKING TREATMENT BECAUSE OF SOMETHING YOU HAVE READ ON THIS SITE.** If you think you may have a medical emergency, call your doctor or 911 immediately. **RELIANCE ON ANY INFORMATION PROVIDED HERE IS SOLELY AT YOUR OWN RISK.**

1. Department of Health and Human Services, Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention, January 2008.
2. Count one "yes" response if your LDL is greater than 130 (or greater than 100 if you have heart disease, diabetes or vascular disease.)
3. Count one "yes" response if your HDL is < 40.
4. HDL > 60mg/dL is a protective factor. Subtract one "yes" response. (National Cholesterol Education Program, Adult Treatment Panel III, 2001)