

Coronary Heart Disease and Stroke Risk

Name: **Sample Man**

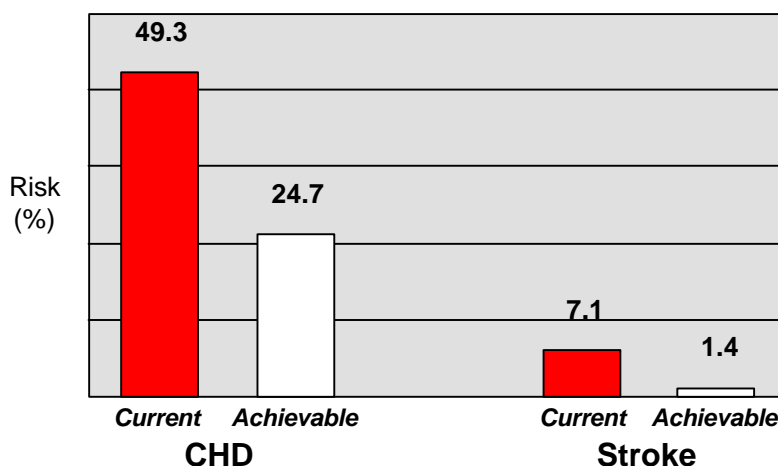
Test Date: 08/12/1994

Male, 48.9 years

The Heart Place

Modifiable Risk Factors	Your Results	Desirable
Weight (lbs):	225.00	184.34
Blood Pressure (mm Hg):	140/85	< 120/80
Total Cholesterol (mg/dl):	240	< 200
HDL (mg/dl):	40	> 40
Smoking Status:	Current	Quit Smoking
Fitness Level:	Very Poor	Good

The chart shows your current risk of coronary heart disease (CHD) and stroke compared to an achievable level for your age and gender. Risk is expressed as the predicted incidence of CHD or stroke over a 20 year period.



Your current combined risk of coronary heart disease (CHD) and stroke is higher than desirable. Your achievable risk was calculated by reducing your specific risk factors (e.g., body weight, smoking, systolic blood pressure and cholesterol) to desirable levels. Let's discuss your risk factors, both NON-MODIFIABLE (those you cannot change) and MODIFIABLE (those you can change).

Heredity

Coronary heart disease (CHD) tends to run in families. This means that children of parents with CHD are more likely to develop it themselves. African-Americans have a higher incidence of high blood pressure than whites, which results in greater risk for CHD.

Gender

Men have a greater risk for CHD than women - especially earlier in life. After menopause, women's death rate from CHD increases.

Aging

According to recent statistics published by the American Heart Association, five out of six people who die of CHD are over the age of 65. At older ages, women are twice as likely as men to die within a few weeks after having a heart attack.