

## PATIENT RISK ASSESSMENT

**My Clinician:** Name \_\_\_\_\_ Phone Number \_\_\_\_\_

A number of risk factors affect your heart health. Some you can control... some you can't. Every controllable risk factor is an opportunity to create a "health strength" for yourself. Take inventory of your risk factors and the actions you can take to positively impact your health.

### Controllable Risk Factors and Action Steps

- I have diabetes

**TAKE ACTION** – Work with your clinician to learn how to successfully manage your diabetes.

- I smoke, or I am around people who smoke

**TAKE ACTION** – Quit smoking and limit your exposure to second-hand smoke.

- I am not physically active

**TAKE ACTION** – Start exercising! Just 30 minutes per day, 4 days per week can have a lasting, positive impact on your health.

- I don't eat healthfully

**TAKE ACTION** – Work with your clinician to develop an optimal eating plan.

- I am not within 20 pounds of my recommended weight

**TAKE ACTION** – Work with your clinician to develop a healthy weight management plan that includes exercise and nutrition.

- I have high levels of LDL cholesterol (greater than 100 mg/dL), low levels of HDL cholesterol (less than 40 mg/dL) or high levels of triglycerides (greater than 150 mg/dL)

**TAKE ACTION** – Make simple modifications to the types of food you eat: go for whole grains, fruits and vegetables, and lean proteins.

- My blood pressure is higher than 120/80 mmHg

**TAKE ACTION** – Work with your clinician to develop a plan to control your blood pressure, and if you are on medication, follow the instructions!

- I don't feel like I get enough sleep each night (at least 8 hrs.)

**TAKE ACTION** – Talk to your clinician about ways to improve your sleep habits, and explore if another condition, like sleep apnea or insomnia, is affecting you.

- I have a lot of stress in my life

**TAKE ACTION** – Everyone experiences stress on some level. How you deal with it is what matters. If you find yourself regularly stressed out, explore relaxation techniques to help manage your stress.

### Uncontrollable Risk Factors

- I have heart disease
- Members of my immediate family (siblings, parents) have some form of cardiovascular disease
- I am African American
- I am Hispanic
- I am a woman over 55 years old, or I am a man over 45 years old
- I have rheumatoid arthritis or lupus
- I had pregnancy complications including the development of high blood pressure, diabetes, or delivering pre-term infant

Work with your clinician to come up with a plan of action for each of your risk factors. Use this to keep motivated, make notes, and jot down follow-up questions.

### My Heart Health Goals:

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