

## Other Risk Factors

### Personal History of Diabetes

If you have diabetes, you have a higher risk for heart disease. It is important to keep your diabetes under control. You can keep it under control by eating healthy foods and being physically active.

### Personal History of Heart Attack or Stroke

If you have had a heart attack or stroke, you have a greater risk of it happening again. You can't change what happened in the past, but you can protect your body from future problems. Start by eating healthy and being physically active.

### Family History of Heart Attack or Stroke

Just because you have a family history of heart attack or stroke does not mean you will have one. But, it does put you at higher risk. You can lower that risk by leading a healthy lifestyle.

### Family History of Diabetes

If your mother, father, brother, sister, or child has diabetes, you are at a higher risk for diabetes. You took an important step in taking better care of your health by being screened today.

### Unhealthy Diet

If you want to have a healthier heart, eat more fruits, vegetables, whole grains, and fish. Cut back on sugar sweetened beverages, junk food, and sodium.

### Physical Inactivity

If you are not active most days of the week, you have a higher risk of many chronic diseases. To lower your risk, try to do 150 minutes of moderate physical activity each week or 75 minutes of vigorous activity each week.

### Cigarette Smoking

If you smoke cigarettes, you are at a much higher risk for heart disease and lung cancer. Quitting is one of the most important things you can do to improve your health.

### Second hand smoke

Non-smokers who breathe in other people's smoke (second hand smoke) take in nicotine and toxic chemicals the same as smokers do. The more second hand smoke you breathe, the more damage it does to your lungs and your heart.

### Your Age

When you turn 45, your risk of diabetes goes up. When you reach 55 your risk of heart disease goes up. You can't change your age. But you can take care of your body and make it the healthiest it can be.

## Health Information on the Web

- ♥ American Diabetes Association: [www.Diabetes.org](http://www.Diabetes.org)
- ♥ Go Red for Women: [www.GoRedForWomen.org](http://www.GoRedForWomen.org)
- ♥ Choose My Plate: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- ♥ American Lung Association: [www.lung.org](http://www.lung.org)
- ♥ Smoke Free Women: [women.smokefree.gov](http://women.smokefree.gov)
- ♥ Michigan Tobacco Quitline: [Michigan.quitlogix.org](http://Michigan.quitlogix.org)

The WISEWOMAN Program is a chronic disease risk factor screening program\* funded by the Centers for Disease Control and Prevention and coordinated by the Michigan Breast and Cervical Cancer Control Program.

\*Note: This screening program provides information that indicates if you need to see a health care provider for further evaluation. This information should not be considered a diagnosis.

10/2013

## My Health Information

This pamphlet will help you understand your risks of getting a chronic disease



# WISEWOMAN

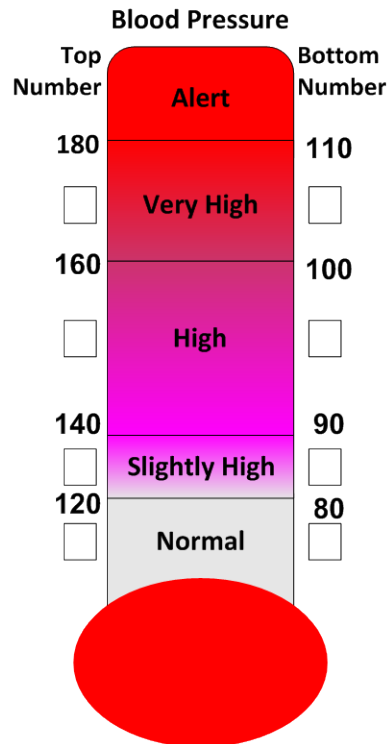
Making Healthier Choices for a Healthier Life

Name \_\_\_\_\_

Date \_\_\_\_\_

## Blood Pressure

Blood pressure is the force of your blood pushing against the walls of your arteries. High blood pressure usually has no symptoms. If you had one reading in the high range, over time there is a chance you may develop high blood pressure. Have it checked often.



Today your blood pressure is:

1<sup>st</sup> reading \_\_\_\_\_ / \_\_\_\_\_

2<sup>nd</sup> reading \_\_\_\_\_ / \_\_\_\_\_

Average \_\_\_\_\_ / \_\_\_\_\_

**You want your blood pressure to be below 120/80**

## Total Cholesterol

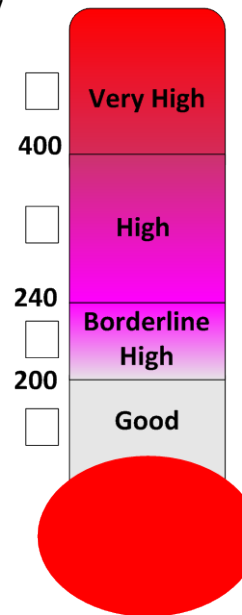
Cholesterol is a fatty substance your body makes. You can also find it in foods that come from animals, like meat, eggs, and cheese. You want this number to be as **low** as possible.

Today your **Total** cholesterol is

\_\_\_\_\_ mg/dL

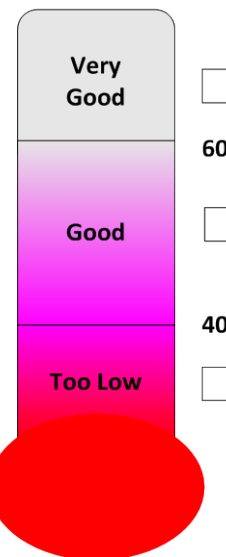
**You want your total cholesterol to be below 200**

### Total Cholesterol



## HDL Cholesterol

### HDL Cholesterol



HDL cholesterol is the “good” cholesterol. It helps your body get rid of “bad” cholesterol. You want this number to be as **high** as possible.

Your **HDL** cholesterol result is

\_\_\_\_\_ mg/dL

**You want your HDL cholesterol to be 40 or above**

## Body Mass Index (BMI)

BMI is a measure of your weight compared to your height. If your BMI is 25 or higher, you could be more at risk for diabetes or cardiovascular disease.

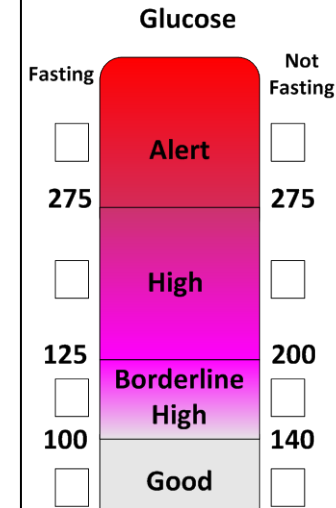
Your height is \_\_\_\_\_ Your weight is \_\_\_\_\_

Your BMI is \_\_\_\_\_

**You want your BMI to be between 18.5 and 24.9**

## Glucose

Glucose is the main source of energy for your body. If your body cannot use glucose properly, you may be at risk for pre-diabetes or diabetes.



Today your Glucose is

\_\_\_\_\_ mg/dL

Fasting (no food for 9 hours)

Not Fasting

**You want your glucose to be below 100 when you are fasting and below 140 when you are not fasting.**