

# Annual Well-Woman Cardiovascular Health Screen

## developing a life-long strategy for prevention of heart disease♥

Name \_\_\_\_\_ Date of birth \_\_\_\_\_ Today's date \_\_\_\_\_

**Heart disease** is the number one KILLER of women. Identifying modifiable risks (those you can change, such as smoking and physical inactivity) as well as unmodifiable (genetics, age, birth gender) to develop a strategy NOW to prevent future heart disease, heart attack and subsequent DEATH. In addition to your medical and family history, pregnancy and menopause can affect cardiovascular health as well. Whether you are 18 years-old, 88 or somewhere in between, prevention strategies should begin before clinical disease begins.

### Your medical history

- ☐ high blood pressure ☐ high cholesterol ☐ diabetes ☐ stroke ☐ overweight  
☐ breast cancer ☐ rheumatoid arthritis ☐ systemic lupus erythematosus ☐ scleroderma

### Your family history

- Mother:** ☐ high blood pressure ☐ high cholesterol ☐ heart disease ☐ diabetes ☐ stroke ☐ overweight  
**Father:** ☐ high blood pressure ☐ high cholesterol ☐ heart disease ☐ diabetes ☐ stroke ☐ overweight  
**Maternal grandmother:** ☐ high blood pressure ☐ high cholesterol ☐ heart disease ☐ diabetes ☐ stroke ☐ overweight  
**Maternal grandfather:** ☐ high blood pressure ☐ high cholesterol ☐ heart disease ☐ diabetes ☐ stroke ☐ overweight  
**Paternal grandmother:** ☐ high blood pressure ☐ high cholesterol ☐ heart disease ☐ diabetes ☐ stroke ☐ overweight  
**Paternal grandfather:** ☐ high blood pressure ☐ high cholesterol ☐ heart disease ☐ diabetes ☐ stroke ☐ overweight

### Your gynecologic history

When was your last menstrual period:

- ☐ current or past use of hormonal contraception  
☐ current or past use of hormone replacement therapy  
☐ history of unsuccessful fertility treatment  
☐ polycystic ovarian syndrome  
☐ hypothalamic amenorrhea (no periods but you are not pregnant, on hormonal birth control or in menopause)

### Your obstetrical history

- ☐ gestational diabetes  
☐ gestation high blood pressure  
☐ pre-eclampsia  
☐ pre-term delivery (<36 weeks)  
☐ low birth weight baby

### Your habits

- Tobacco** ☐ never ☐ former ☐ current-every day ☐ current-only on some days  
**Alcohol** ☐ 0-1 drinks/month ☐ 4-14/month ☐ 4-14/week ☐ 2+ per day  
**Drugs** ☐ marijuana ☐ cocaine or other stimulants ☐ opioids  
**Exercise** ☐ hardly ever ☐ 1-60 minutes/week ☐ 61-150 minutes/week ☐ 150+ minutes/week

### Your mental health

Over the past 2 weeks:

- Have you felt down, depressed or hopeless? ☐ yes ☐ no  
Have you little interest or pleasure in doing things? ☐ yes ☐ no  
Are you currently being treated for depression or anxiety? ☐ yes ☐ no

### Your sleep habits

- Do you **snore** loudly (heard through closed doors or your bed-partner elbows you for snoring)? ☐ yes ☐ no  
Do you often feel **tired**, fatigued or sleepy during the day? ☐ yes ☐ no  
Has anyone **observed** you stop breathing or choking/gasping during your sleep? ☐ yes ☐ no  
Do you have or are you treated for high blood **pressure**? ☐ yes ☐ no

# The Female Facts on Heart Disease

## the 411 to avoid the 911

### Traditional risk factors

#### High blood pressure

women are more likely to be hypertensive particularly after the age of 65. Only 29% of these women have adequate blood pressure management compared to 41% in men.

#### Diabetes mellitus

women with diabetes have a **19.1%** risk for cardiovascular disease versus 10.2% in men.

#### High cholesterol

high levels of cholesterol have the greatest age-adjusted increase cardiovascular risk for women at **47%**.

#### Obesity

2 of 3 women in the US are either obese or overweight. Excess weight includes the additive risk for high blood pressure, high cholesterol, pre-diabetes and physical inactivity. Obese women have higher risk of heart disease at **64%** compared with 46% in obese men.

#### Depression

psychosocial problems, particularly depression, are associated with cardiovascular deaths in women at **45.2%** increased risk versus 28.8% in men.

#### Tobacco

smoking is one of the strongest risk factors for heart disease. Women who smoke are at **25%** greater risk for heart disease than men. Smoking is more common among younger women at 16.7% than in men. Cigarette smoking combined with the use of oral contraceptives increases the risk of stroke.

#### Physical inactivity

inactivity is the most prevalent risk factor for women. One in 4 US women report NO regular physical activity and three of 4 report less than the recommended amount.

### Nontraditional risk factors predominant in women

#### Auto-immune disorders

women with conditions such as rheumatoid arthritis, lupus and scleroderma have a greater risk of heart disease.

#### Breast cancer

the treatment of breast cancer increases a woman's risk of heart disease typically 7 years after their diagnosis.

### Sex-specific risk factors

#### Adverse pregnancy outcomes

pregnancy is essentially a "stress test" for women and these adverse pregnancy outcomes can be used to identify women at increased risk of heart disease. Preeclampsia and gestational hypertension impart a 3- to 6-fold increased risk of subsequent hypertension and a 2-fold risk for heart disease and stroke.

#### Other unique risk factors for women

polycystic ovarian syndrome, functional hypothalamic amenorrhea, menopausal status and hormone use can increase the risk for heart disease.

#### Hormone Therapy

most oral contraceptives do not impart an increased risk of heart disease without risk factors but those who smoke cigarettes have a 7-fold increase risk of heart disease. Hypertensive women are likely to have an increase blood pressure while on birth control pills. Women on the pill have a 1.4 to 2.0-fold increase risk of stroke, more prominent in older women. Also women with unsuccessful fertility treatments are at increased risk of cardiovascular disease.

# Your well woman cardiovascular summary

**Heart disease** is the number one KILLER of women

Heart disease kills more women than men and kills more women than ALL cancers combined

Prevention strategies should begin before clinical disease begins

Know your numbers to assess your risk

Change your habits to improve your life

Weight	
BMI	
Blood pressure	

Total cholesterol	
HDL	
Triglycerides	
LDL	

Fasting glucose	
HbA1c	

## 1. GET ACTIVE

Try to get at least 150 minutes of moderate exercise per week such as 30 minutes 5 days a week. Even those 30 minutes can be broken down into 3 bouts of 10 minutes each. Also add some strength training twice a week. Walking is perfect exercise. Just think about moving more. Park your car farther. Take the steps. Walk to the farther bathroom.

## 2. EAT BETTER

Eat a colorful diet full of vegetables, fruits, whole kernel grains as well as poultry and fish. Increase healthy fats such as nuts, seeds, avocado, olive oil and other healthful high-fat foods. When choosing meat and dairy look for products that are organic, grass-fed and pasture raised. Try to limit sugary foods and drinks, refined grains, and processed meats.

## 3. LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

## 4. CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating more healthy fats (omega-3s, olive oil, avocado, nuts and seeds) and adding fiber to your diet as well as moving more can all help lower your cholesterol!

## 5. MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against our blood vessel walls. Sometimes the pressure in our arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence our blood pressure numbers!

## 6. REDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for our bodies. It comes from the food we eat, so it's important we eat smart. Cut out added sugars by checking nutrition facts labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over heavily processed. And you can move more, because moderate intensity aerobic physical activity can also help your body respond to insulin.

## 7. STOP SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.

The American Heart Association (AHA) has highlighted the above Life's Simple 7 to reduce cardiovascular risk. Read more at [GoRedForWomen.org](http://GoRedForWomen.org)