

Other Risk Factors

Personal History of High Blood Pressure

If you've been diagnosed with high blood pressure, one of the most important steps you can take for your health is to keep your blood pressure under control. This can be achieved by adhering to your prescribed medication regimen.

Personal History of Diabetes

Having diabetes increases your risk of heart disease. It's crucial to manage your diabetes effectively by adopting a healthy diet and engaging in regular physical activity.

Personal History of Heart Attack or Stroke

If you've experienced a heart attack or stroke, you face a higher risk of recurrence. While you can't change the past, you can protect your body from future events. Start by embracing a healthy diet and incorporating physical activity into your routine.

Family History of Heart Attack or Stroke

A family history of heart attack or stroke elevates your risk, although it doesn't guarantee you'll experience these conditions. You can lower this risk by maintaining a healthy lifestyle.

Other Risk Factors

(Continued)

Family History of Diabetes

Having a family member with diabetes increases your own risk. By undergoing screening, you've taken an important step toward better health management.

Physical Inactivity

Being inactive most days of the week raises your risk of numerous chronic diseases. To reduce this risk, aim for 150 minutes of moderate physical activity or 75 minutes of vigorous activity weekly.

Cigarette Smoking

Smoking significantly increases your risk of heart disease and lung cancer. Quitting smoking is paramount for improving your health.

Your Age

At 45, your risk of diabetes rises, and by 55, your risk of heart disease increases. While you can't alter your age, you can prioritize your health and well-being.

Health Resources

- American Diabetes Association: Diabetes.org
- Go Red for Women: GoRedForWomen.org
- Choose My Plate: ChooseMyPlate.gov
- American Lung Association: Lung.org
- Smoke Free Women: Women.SmokeFree.gov
- Michigan Tobacco Quitline: Michigan.QuitLogix.org
- Million Hearts: MillionHearts.HHS.gov
- Mental Health Resources: SAMHSA.gov

The WISEWOMAN Program is a chronic disease risk factor screening program funded by the Centers for Disease Control and Prevention.

This screening program provides information to determine if you should consult a healthcare provider for further evaluation. It's important to note that this information is not a diagnosis.



My Health Information



Name _____

Date _____



Body Mass Index (BMI)

BMI measures your weight in relation to your height. Your BMI should fall within the range of 18.5 to 24.9. If your BMI is 25 or higher, you may be at a higher risk for diabetes or cardiovascular disease.

Height: _____

Weight: _____

BMI: _____

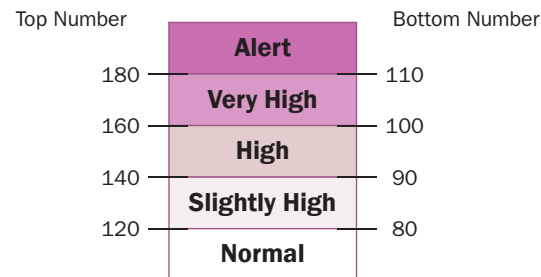
Blood Pressure

Blood pressure is the force exerted by your blood against the walls of your arteries. High blood pressure typically presents no symptoms. You aim for your blood pressure to be below 120/80. If you've had one reading in the high range, there's a chance you may develop high blood pressure over time. It's advisable to monitor it regularly.

First reading: _____ / _____

Second reading: _____ / _____

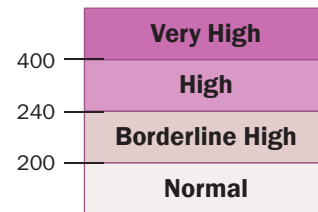
Average: _____ / _____



Total cholesterol

Cholesterol is a fatty substance produced by your body and found in animal-derived foods such as meat, eggs, and cheese. Ideally, you want this number to be as low as possible.

Today your total cholesterol is _____ mg/dL



HDL cholesterol

HDL cholesterol is considered the 'good' cholesterol as it aids in removing 'bad' cholesterol from your body. Ideally, you want this number to be as high as possible. Aim for an HDL cholesterol level of 40 or above.

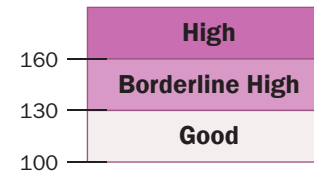
Today your HDL cholesterol is _____ mg/dL



LDL cholesterol

LDL cholesterol is often referred to as the 'bad' cholesterol. Ideally, you want this number to be as low as possible. Aim for an LDL cholesterol level below 130.

Today your LDL cholesterol is _____ mg/dL



Triglycerides

Triglycerides are a type of fat (lipid) present in your blood and also found in the food you consume. Ideally, you want this number to be as low as possible. Aim for triglyceride levels below 150.

Today your Triglycerides are _____ mg/dL

Hemoglobin A1c

Hemoglobin A1c indicates your average blood glucose (sugar) levels over the past 2-3 months. For individuals with diabetes, it's recommended to maintain an A1c level below 7%.

Today your A1c is _____ %

