

Risk Factor Profile for: _____ **Date:** _____

Risk Factors			Comments	WCHI resources
Family History	<input type="checkbox"/> Yes	<input type="checkbox"/> No	A positive family history means that you have a close blood relative (parents, siblings or children) that developed heart disease or has had a heart attack before the age of 55 (for men) or 65 (for women).	Having a family history is something you do not have control over; therefore, it is even more important to manage the risk factors that you can do something about.
Menopause	<input type="checkbox"/> Yes	<input type="checkbox"/> No	As you get older, your risk of heart disease increases. Women after menopause are at greater risk of heart disease.	For more information about this important stage in your life, please contact us at 416-323-6400 x4883 or at womenshearts@wchospital.ca
Smoking	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Stopping smoking is the most important step you can take to reduce your risk of a heart attack. Did you know that smoking increases the risk of a heart attack 2-5 times in women?	For further advice or support, please contact our program smoking cessation advisor at 416-323-6400 x6035 or email us at womenshearts@wchospital.ca
High Blood Pressure	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<p>A healthy blood pressure is a value lower than 140/90 mmHg; an optimal blood pressure reading is 120/80 mm/Hg. If you have diabetes, your blood pressure should be lower than 130/80 mmHg.</p> <p>Your blood pressure during your initial assessment was: _____ mm/Hg</p>	<ul style="list-style-type: none"> - your blood pressure can be monitored during your exercise class as appropriate - talk to the exercise staff about how physical activity can help manage blood pressure - contact our program dietitian for information about diet and blood pressure, (416) 323-6400 x 4878 - contact 416-323-6400 x 4883 to set up a meeting with our nurse. Or email womenshearts@wchospital.ca
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<p>Women with diabetes are more likely to develop heart disease than women who do not have diabetes. A normal <i>fasting</i> blood glucose (sugar) is 4.0 – 6.0 mmol/L</p> <p>Your fasting blood sugar is: _____</p> <p>Another value to show if you have good control of your blood sugar is Hemoglobin A_{1C} or sometimes written as HB A_{1C}. The value that you receive from the laboratory after this blood test can tell you the average glucose level in your blood during the last 120 days. An optimal HB A_{1C} goal is less than 0.070</p> <p>Your HB A_{1C} is: _____</p>	<ul style="list-style-type: none"> - your blood sugars should be monitored during your exercise class unless otherwise indicated by exercise staff - attend the diabetes education session - contact our program dietitian for information about diet and blood sugar, (416) 323-6400 x 4878 - for more information about the diabetes program at Women's College Hospital, contact 416-323-6400 x 4883. <p>You can also email womenshearts@wchospital.ca</p>



Risk Factors			Comments & WCHI resources
Physical Inactivity	<input type="checkbox"/> Yes	<input type="checkbox"/> No	It is recommended that you build up to at least 30 minutes of activity, minimum of 3 days up to 5 or more days per week.
Poor Fitness	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<p>Women who have an exercise capacity of at least 85% of their age-predicted value are at overall lower risk of death.</p> <p>_____ METs (_____ % predicted)</p> <p>Speak to your exercise supervisors; they can give you lots of advice and support on how to be more active. They can be reached at 416-323-6400 x4882 or womensheart@wchospital.ca</p>
Abnormal Cholesterol	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<p>Abnormal cholesterol such as LDL (unhealthy) and triglycerides (unhealthy) are associated with a higher risk of developing heart disease. HDL (healthy) is good cholesterol, so you want a higher HDL value. Did you know that an improper level of HDL and triglycerides is a greater risk in women? Total cholesterol:HDL ratio is highly predictive of cardiac events in women. If you have been diagnosed with heart disease or you are > 50 years old and diabetic, you are automatically considered high risk.</p> <p>Your Framingham 10-year risk score is: _____ high / moderate / low</p> <p>Your blood cholesterol values are:</p> <p>Total cholesterol: _____ Optimal is less than 5.2 (if high risk)</p> <p>LDL: _____. Optimal is less than 2.0 / 3.5 / 5.0</p> <p>HDL: _____. Optimal is greater than 1.29</p> <p>Triglycerides: _____. Optimal is less than 1.7</p> <p>Total cholesterol:HDL ratio: _____. Optimal is less than 4.0 / 5.0 / 6.0</p> <ul style="list-style-type: none"> - Please see the attached cholesterol sheet for more information - Attend our advanced nutrition education class - For more information about heart healthy eating and cholesterol, you can or contact our program dietitian at (416) 323-6400 ext.4878 or by email womenshearts@wchospital.ca
Unhealthy weight	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<p>Unhealthy body composition is associated with an increase risk of high blood pressure, diabetes, abnormal cholesterol and heart disease.</p> <p>Your body mass index is: _____ Optimal is less than 25 BMI</p> <p>Your waist circumference is: _____ Optimal is less than 88cm</p> <p>Your body fat% is: _____ Optimal is 23 – 38% (if you are 35 yrs or older)</p> <p>For more information about healthy eating and weight, you can:</p> <ul style="list-style-type: none"> - Contact our program dietitian at (416) 323-6400 ext.4878 or by email womenshearts@wchospital.ca. - Ask about our 8 week Healthy Weight for Healthy Living



Risk Factors			Comments & WCHI resources
Metabolic syndrome	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<p>Metabolic syndrome is characterized by a group of the following risk factors. Individuals with increased waist circumference plus 2 or more risk factors are at increased risk of developing heart disease or Type 2 diabetes.</p> <p>Your values are:</p> <p>Waist circumference: _____ Goal is less than 80 cm (32 inches)</p> <p>HDL: _____ Goal is greater than 1.29</p> <p>Triglycerides: _____ Goal is less than 1.7</p> <p>Blood pressure: _____ Goal is less than 130/85 <u>OR</u> if you are Medically treated for blood pressure: Y / N</p> <p>Blood glucose (sugar): _____ Goal is less than 5.6 <u>OR</u> if you are Diabetic Y / N</p> <p>You have _____ risk factors</p> <ul style="list-style-type: none"> - You can manage these risk factors by living a heart healthy lifestyle; eating healthy, being active, coping with stressors - Please contact (416) 323-6400 x4883 or email womenshearts@wchospital.ca and we can put you in touch with the dietitian, exercise staff, social worker or nurse, who can help you reach your heart health goals.
Stress, Depression, Low moods	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<p>For more information about how stress/depression/low moods can affect your heart health you can:</p> <ul style="list-style-type: none"> - attend the Principles of Self Care group education session - contact our program social worker, (416) 323-6400 ext. 6371 or email womenshearts@wchospital.ca - she can also give you more information about our 8-week Mood Matters workshop,
Quality of Life & Psycho-social support. This is a concern for me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<p>It is normal to feel worried and preoccupied when you have been diagnosed with a heart condition or if you are trying to manage risk factors. Sometimes these feelings can improve with time. However, if they become bothersome please let us, or your doctor know.</p> <ul style="list-style-type: none"> - you can attend the Principles of Self Care group education session - to set up an individual meeting with our social worker, please contact (416) 323-6400 x6371 or email womenshearts@wchospital.ca - She can help with developing coping strategies that are right for you!

Identify which 3 risk factors you are most concerned about?

1. _____
2. _____
3. _____