IT’S YOUR HEALTH

THIS BOOKLET GIVES YOUR HEART DISEASE, STROKE AND DIABETES SCREENING RESULTS ALONG WITH TIPS ON LEADING A HEALTHIER LIFESTYLE.

BE SURE TO SCHEDULE AN APPOINTMENT WITH YOUR HEALTH CARE PROVIDER TO DISCUSS ANY ABNORMAL RESULTS.

MISSOURI WISEWOMAN

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
Risk Factors for Heart Disease and Stroke

Personal history of heart attack or stroke
If you have had a heart attack or stroke, you have a greater risk of having another one.

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. However, it does put you at a higher risk.

Personal history of high blood pressure
If you have had high blood pressure in the past, you have a higher risk of heart disease and stroke.

Family history of high blood pressure
Just because you have a family history of high blood pressure does not mean you will have it. However, it does put you at a higher risk.

Personal and family history of diabetes
If your doctor has ever told you that you have pre-diabetes or borderline diabetes, you have a greater risk for getting diabetes. If you, or your family, have diabetes, you have a higher risk for heart disease.
# My WISEWOMAN Health Information

**Date** ____________________

<table>
<thead>
<tr>
<th>Results found today:</th>
<th>Waiting for results:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td></td>
</tr>
<tr>
<td>A1C</td>
<td></td>
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<tr>
<td>Glucose</td>
<td></td>
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<tr>
<td>Body Mass Index</td>
<td></td>
</tr>
<tr>
<td>Waist-to-hip Ratio</td>
<td></td>
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<tr>
<td>Total Cholesterol</td>
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<tr>
<td>HDL</td>
<td></td>
</tr>
<tr>
<td>LDL</td>
<td></td>
</tr>
<tr>
<td>Triglycerides</td>
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</tr>
</tbody>
</table>

**Next Appointment Date** ____________________

2
Total Cholesterol

Cholesterol is a soft, fat like, waxy substance found in the bloodstream and in all your body’s cells. Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat like meat, eggs and cheese.

Your total cholesterol should be below 200.

Your total cholesterol today is _____________ mg./dl.
Your total cholesterol last year was _____________ mg./dl.

HDL (High Density Lipoprotein) Cholesterol

HDL cholesterol is the “good” cholesterol. HDL keeps cholesterol from building up on the arteries. Higher levels of HDL are better and help to lower your risk of heart disease.

Your HDL cholesterol should be 40 or above.

Your HDL cholesterol today is _____________ mg./dl.
Your HDL cholesterol last year was _____________ mg./dl.
**LDL (Low Density Lipoprotein) Cholesterol**

LDL cholesterol, the “bad” cholesterol, is the main source of buildup and blockage in the arteries.

Your LDL cholesterol should be below 100.

Your LDL cholesterol today is ____________ mg./dl.

Your LDL cholesterol last year was ____________ mg./dl.

**Triglycerides**

Triglycerides are a form of fat that is in the blood stream. High levels of triglycerides are not healthy and can raise the risk for heart disease.

Your triglycerides level should be below 150.

Your triglycerides level today is ____________ mg./dl.

Your triglycerides level last year was ____________ mg./dl.
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 at greater risk for diabetes or cardiovascular disease.

Your height is __________.  Your weight is __________.
Last year’s weight was __________.

Your BMI should be between 18.5 and 24.9.

Your BMI today is ________.
Your BMI last year was ________.

Refer to the chart on the opposite page to see how far you are from a healthy BMI. Losing just a few pounds could move you to the next lower category.

Waist-to-Hip Ratio

If you have more weight around your waist, you are at greater risk of health problems, such as heart disease, stroke and diabetes.

To check your measurements at home, use a tape measure:

Waist - measure your waist at the **smallest** part, usually above the belly button.

Hip - measure your hips at the **largest** part, usually around the buttocks.

<table>
<thead>
<tr>
<th>Example:</th>
<th>Waist</th>
<th>Hip</th>
<th>Results</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>32</td>
<td>38</td>
<td>32 ÷ 38 = 0.84</td>
</tr>
</tbody>
</table>

The waist-to-hip ratio should be no more than 0.80.

Your measurements today:       Your measurements last year:
Waist ______  Hip ______       Waist ______  Hip ______
Your waist-to-hip ratio today is ______.
Your waist-to-hip ratio last year was ______.
Abnormal?  ☐ Yes  ☐ No
<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Normal</th>
<th>Overweight</th>
<th>Obese</th>
<th>Extreme Obesity</th>
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<tbody>
<tr>
<td>58</td>
<td>BMI 19</td>
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<td>BMI 51</td>
<td>BMI 52</td>
<td>BMI 53</td>
<td>BMI 54</td>
</tr>
</tbody>
</table>

**BMI Chart**

Blood Pressure

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body in many ways. High blood pressure raises the risk of heart disease and stroke.

Your blood pressure should be below 120/80 mmHg.

Your blood pressure today is ____________ mmHg. Your blood pressure last year was ____________ mmHg.

Systolic pressure

The first number is systolic pressure. **Systolic** pressure is the pressure of blood in the vessel when the heart beats.

Diastolic pressure

The second number is diastolic pressure. **Diastolic** pressure is the pressure between beats when the heart relaxes.
A1C Test

The A1C screening test measures your average blood sugar for the past two to three months. This test tells the doctor if you are at risk for Type 2 diabetes or how well you’re managing it.

Normal
Less than 5.7%

Abnormal (pre-diabetes)
5.7 - 6.4%

Abnormal (Diabetes)
Greater than 6.5%

Your A1C level today is
__________.
Your A1C level last year was

A1C Levels

Glucose

Fasting
Not Fasting

275 Alert
200 Very high
125 High
100 Slightly high

Desirable

Glucose

Glucose is the main energy source for your body. Too much glucose in your blood puts you at risk for diabetes. Blood sugar tests measure how well your body uses this sugar (glucose).

Your glucose should be below 100 if you are fasting or below 200 if you are not fasting.

Your glucose today is
__________ mg./dl.
Your glucose last year was
__________ mg./dl.
Good Medication Practices

• It is important to fill your prescriptions. We can provide you with lists of places where you can get free or low cost medications.

• Medications should be taken at the same time each day.

• Take medications as prescribed by your health care provider.

• Never keep medications that are expired or discontinued.

• Track taking your medication on a calendar, and mark off the day afterward.

• Talk to your health care provider about side effects and what you should do if you experience any side effects.

• Don’t stop taking your medications just because you feel better. In most cases, medications take time to work completely.

• Keep all medications away from children.
Heart Attack and Stroke Signs and Symptoms

Some heart attack symptoms common in women:
• Back, neck, or jaw pain or numbness
• Persistent heartburn or indigestion
• Nausea or vomiting
• Dizziness or light-headedness
• Weakness
• Fatigue

The warning signs of stroke include:
• Sudden numbness or weakness of face, arm or leg, especially on one side of the body
• Sudden confusion, trouble speaking or understanding
• Sudden trouble seeing in one or both eyes
• Sudden trouble walking, dizziness or loss of balance
• Sudden severe headache with no known cause

If you think that you or someone you know is having a heart attack or stroke, call 911 right away.

What you can do:
Healthy diet, regular physical activity, and not using tobacco products are the keys to preventing heart attacks and strokes. Even as nonsmokers, breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk for heart attack. Also be sure to check and control your cardiovascular risk by getting regular check-ups.

Follow up with your health care provider if any of these symptoms persist.
Maintaining a Healthy Lifestyle

1. **Work with your WISEWOMAN counselor or health coach**
   Make sure to keep your appointments and call with any questions you may have.

2. **Healthy eating**
   Eating a healthy diet gives you energy and helps you maintain your weight. A healthy diet includes fruits and vegetables, whole grains, low-fat dairy products, beans, fish, and lean meats. Limit the amount of processed foods you eat and sugary beverages you drink.

3. **Physical activity**
   If you are active most days of the week, you have a lower risk for many chronic diseases. Try to do 30 minutes of physical activity five days a week or three times a day for 10 minutes at a time.

4. **Quit smoking**
   Smoking cigarettes puts you at a much higher risk for heart disease and lung cancer. Quitting is the most important thing you can do to improve your health.

5. **Manage your chronic condition**
   Learn the appropriate use of your medications and talk effectively with your WISEWOMAN counselor or health coach.

6. **Annual screening**
   Get screened annually for diabetes, heart disease and stroke.
Your clinic information and notes:

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Your next appointment is: