

WISEWOMAN SCREENING RESULTS FORM

WISEWOMAN Screening Results

Heart Disease and Stroke Risk Factors

There are some risk factors that you cannot change, such as your age, race/ethnicity and family history.

These are risk factors that you can change:

Cigarette Smoking	High blood cholesterol
Overweight	Physical inactivity
Diabetes	High blood pressure

Your WISEWOMAN Screening Results

Blood Pressure: WISEWOMAN measures blood pressure by averaging two blood pressure measurements, separated by two minutes or longer. This is the national standard for blood pressure screening.

Your blood pressure is _____ (Desirable levels are less than 120/80)

BMI or Body mass index: BMI is calculated using a formula of your height and weight measurements.

Your weight is _____ Your BMI is _____ (Desirable is less than 25)

Waist and Hip Circumference

Your waist measurement is _____ Your hip measurement is _____

Your waist/hip ratio is _____ (Desirable is .80 or below)

Lab Test Results:

Total Cholesterol _____ mg/dl
(Desirable is less than 200 mg/dl)

HDL _____ mg/dl
(Desirable is more than 50 mg/dl)

Triglycerides _____ mg/dl
(Desirable is less than 150 mg/dl)

Blood Glucose _____ mg/dl
(Desirable is less than 100 mg/dl)

LDL _____ mg/dl
(Desirable is less than 100 mg/dl)

Things You Can Do To Be Heart Healthy

- Quit smoking. Avoid second-hand smoke.
- Become more physically active.
- Eat heart healthfully. Include more fruits, vegetables, whole grains, and low-fat dairy products. Limit foods high in saturated fat, trans fat, and cholesterol.
- Reduce salt and sodium intake.
- Lose weight if you are overweight and maintain a healthy weight.
- If you drink alcoholic beverages, do so in moderation.
- Schedule your WISEWOMAN screening with your Show Me Healthy Woman screening next year.

*Thank you for participating in the **WISEWOMAN** Program!*

<http://health.mo.gov/living/healthcondiseases/chronic/wisewoman/index.php>