

## Know risks for developing heart disease

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THE RECORD

The Valley Hospital  
Valley Health System  
Cardiac Screening Program

In affiliation with

Cleveland Clinic  
Heart and Vascular Institute

For more information or to schedule an appointment with Valley's Cardiac Screening Program, call 201-447-8125.

Heart Disease continues to be the number one health issue of men and women in the United States. While there are a number of risk factors we cannot control (age, gender and family history), the majority of heart health is dictated by a person's everyday actions. Several studies conclude that upward of 75 percent of heart disease can be prevented by employing a heart healthy lifestyle.

In order to better understand your risk for developing heart disease, take a few minutes to answer the following questions:

1. Do you smoke?
2. Is your blood pressure 140/90 mm Hg or higher, OR have you been told by your doctor that your blood pressure is too high?
3. Has your doctor told you that your total cholesterol level is 200 mg/dL or higher?
4. Has your father or brother had a heart attack before the age 45 OR mother or sister had one before age 55?
5. Do you have diabetes OR a fasting blood sugar of 125 mg/dL or higher, OR do you need medicine to control your blood sugar?
6. Are you a man over 45 or a woman over 55 years of age?
7. Do you have a body mass index (BMI) score of 25 or more?
8. Do you get less than 30 minutes of physical activity on most days?
9. Does your waist measure greater than 35 inches if you are a woman or 40 inches if you are a man?

If you answered "yes" to any of these questions, you're at an increased risk of having a heart attack. If you don't know your blood pressure or cholesterol, check with your health care provider.

Everyone should know their risk for heart disease.

The Valley Hospital's Cardiac Screening Program was created to raise awareness of the causes, symptoms, and prevalence of heart disease and is designed to help individuals identify their personal risks for developing cardiovascular disease and to provide each individual with a personalized plan to improve their risk factor profile.

The Program offers free comprehensive heart risk assessments for individuals between the ages of 20-79, and helps individuals to understand their risk of developing heart disease. Board-certified nurse practitioners perform a physical exam with biometrics, and analyze lipid profiles, Vitamin D levels and HgA1c to detect diabetes and pre-diabetes, and calculate each individual's ten-year and lifetime risk for developing cardiovascular disease. A personalized plan for reducing risks and implementing a heart healthy lifestyle is then developed for each individual.