



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.



**MISSOURI
WISEWOMAN**

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My WISEWOMAN Health Information

Date _____

**Results found
today:**

**Waiting for
results:**

	Blood Pressure	
	A1C	
	Glucose	
	Body Mass Index	
	Waist-to-hip Ratio	
	Total Cholesterol	
	HDL	
	LDL	
	Triglycerides	

Next Appointment Date _____

Total Cholesterol

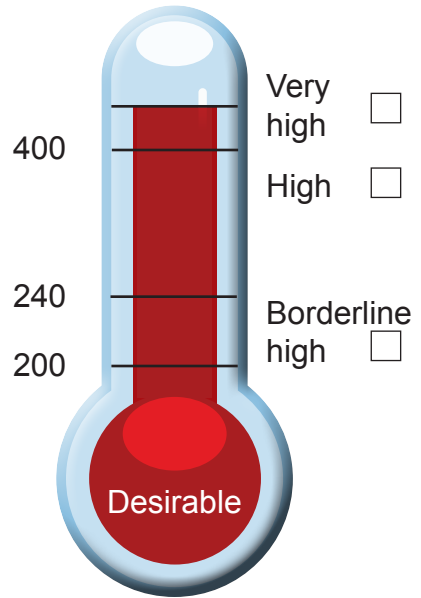
Cholesterol is a soft, fat like, waxy substance found in the bloodstream and in all your body's cells. Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat like meat,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

Your total cholesterol should be below 200.

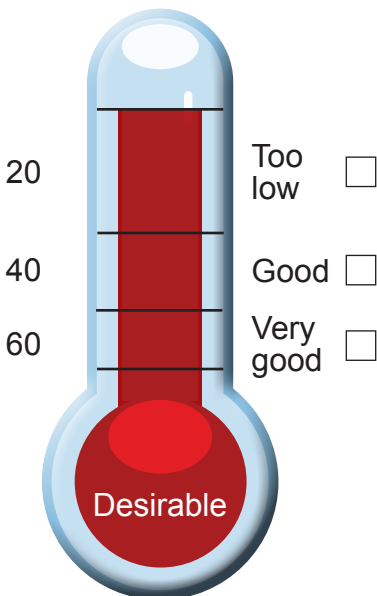
Your total cholesterol today is _____ mg./dl.

Your total cholesterol last year was _____ mg./dl.

Total cholesterol



HDL cholesterol



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

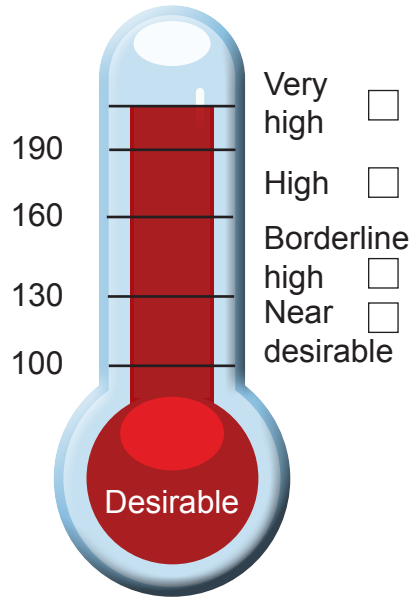
LDL cholesterol, the “bad” cholesterol, is the main source of buildup and blockage in the arteries.

Your LDL cholesterol should be below 100.

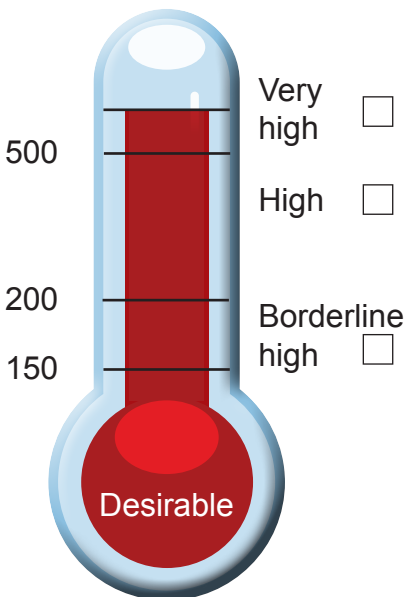
Your LDL cholesterol today is _____ mg./dl.

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

LDL cholesterol



Triglycerides



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.

Example:

Waist	Hip	Results
32	38	$32 \div 38 = 0.84$

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

Your measurements today:

Waist _____ Hip _____

Your measurements last year:

Waist _____ Hip _____

Your waist-to-hip ratio today is _____.

Your waist-to-hip ratio last year was _____.

Abnormal? Yes No

BMI Chart

Body Mass Index Table

BMI	Normal										Overweight										Obese										Extreme Obesity																			
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54														
Height (inches)	Body Weight (pounds)																																																	
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258														
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267														
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276														
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285														
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295														
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304														
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314														
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324														
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334														
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344														
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354														
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365														
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376														
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386														
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397														
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408														
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420														
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431														
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443														

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

Blood Pressure

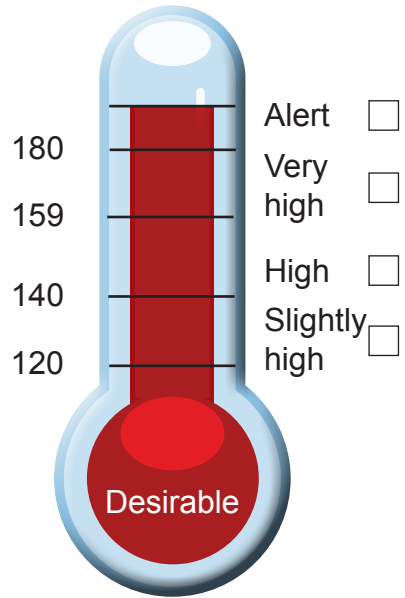
Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body in many ways. High blood pressure raises the risk of heart disease and stroke.

Your blood pressure should be below 120/80 mmHg.

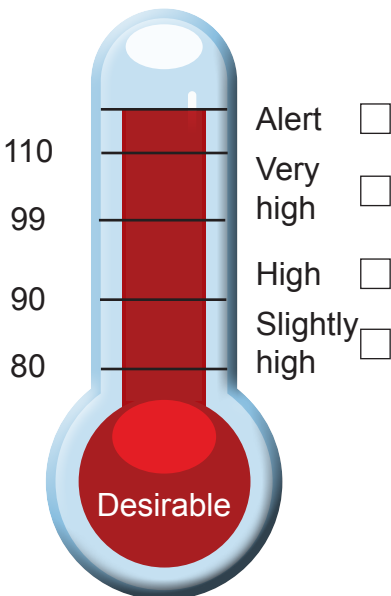
Your blood pressure today is _____ mmHg.

Your blood pressure last year was _____ mmHg.

Systolic pressure



Diastolic pressure



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

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%

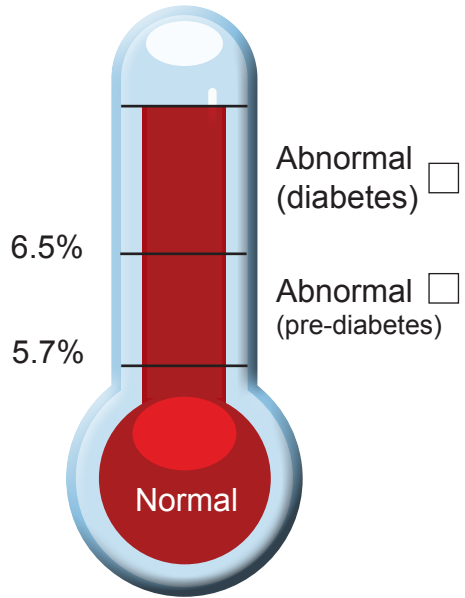
Abnormal (Diabetes)

Greater than 6.5%

Your A1C level today is _____.

Your A1C level last year was _____.

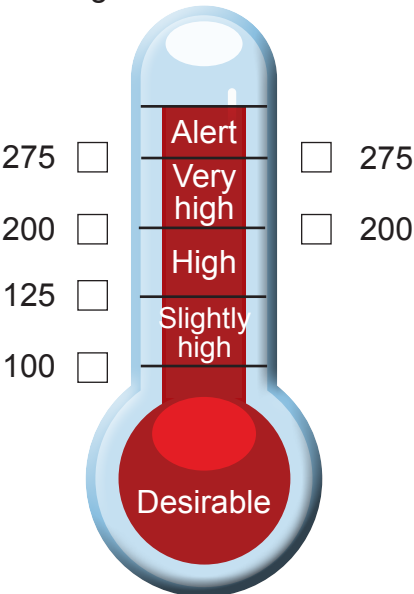
A1C Levels



Glucose

Fasting

Not Fasting



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.



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Hearing- and speech-impaired citizens can dial 711.

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