



Coronary Artery Disease Risk Factors

- _____ **Family History:** myocardial infarction (heart attack) *or* coronary revascularization, *or* sudden cardiac death before 55 years of age in father or other male first-degree relative, *or* before 65 years of age in mother other female first-degree relative.

- _____ **Cigarette Smoking:** current smoker *or* those who quit within the previous six months.

- _____ **Hypertension:** Systolic blood pressure ≥ 140 *or* diastolic blood pressure ≥ 90 confirmed by measurements on at least two separate occasions, *or* on antihypertensive medication.

- _____ **Dyslipidemia** (disordered cholesterol): LDL cholesterol > 130 or HDL < 40 *or* on cholesterol medication. If total cholesterol is all that is available use < 200 as a benchmark.

- _____ **Impaired Blood Glucose:** fasting blood sugar level ≥ 100 on at least two separate occasions.

- _____ **Obesity:** body mass index > 30 *or* waist girth > 40 " for men and > 35 " for women *or* waist/hip ratio ≥ 0.95 for men and ≥ 0.86 for women

- _____ **Sedentary Lifestyle:** persons not participating in a regular exercise program *or* not meeting the minimal physical activity recommendations from the U.S. Surgeon General's Report.