

Other Risk Factors

Personal History of Diabetes

If you have diabetes, you have a higher risk for heart disease. It is important to keep your diabetes under control. Keep it under control by eating healthy foods and being physically active.

Personal History of Heart Attack or Stroke

If you have had a heart attack or stroke, you have a greater risk of it happening again. You can't change what happened in the past, but you can protect your body from future problems. Start by eating healthy and being physically active.

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. But, it does put you at higher risk. You can lower that risk by leading a healthy lifestyle.

Family History of Diabetes

If your mother, father, brother, sister, or child has diabetes, you are at a higher risk for diabetes. You took an important step in taking better care of your health by being screened today.

Personal History of Gestational Diabetes

If you had diabetes while you were pregnant, that does not mean you will get diabetes, but it does raise your risk. Start by leading a healthy lifestyle. It can keep you from developing diabetes later.

Personal History of Pre-Diabetes

If your doctor has ever told you that you have pre-diabetes or borderline diabetes, you have a greater risk for getting diabetes. Eating healthy foods and staying physically active will help you keep a healthy weight.

Physical Inactivity

If you are not active most days of the week, you have a higher risk of many chronic diseases. To lower your risk, try to do 30 minutes of planned physical activity 5 days a week. Don't have 30 minutes to exercise? Do it 3 times a day for 10 minutes at a time.

Cigarette Smoking

If you smoke cigarettes, you are at a much higher risk for heart disease and lung cancer. Quitting is the most important thing you can do to improve your health.

Your Age

When you turn 45, your risk of diabetes goes up. When you reach 55 your risk of heart disease goes up. You can't change your age. But you can take care of your body and make it the healthiest it can be.

These are the small steps I will take toward better health.

The WISEWOMAN Program is a chronic disease risk factor screening program* funded by the Centers for Disease Control and Prevention and coordinated by the Michigan Breast and Cervical Cancer Control Program.

*Note: This screening program provides information that indicates if you need to see a health care provider for further evaluation. This information should not be considered a diagnosis.

10/2008

My Health Information

This pamphlet will help you understand your risks of getting a chronic disease.



WISEWOMAN

Name _____ Date _____

Next Appointment Date _____

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 more at risk for diabetes or cardiovascular disease.

Your height is _____ Your weight is _____

Your BMI is _____

You want your BMI to be between 18.5 and 24.9

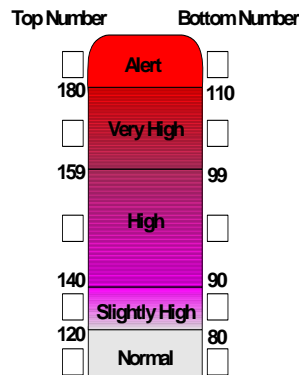
Blood Pressure

Today your blood pressure is:

1st reading _____ / _____

2nd reading _____ / _____

Average _____ / _____



You want your blood pressure to be below 120/80

Blood pressure is the force of your blood pushing against the walls of your arteries. High blood pressure usually has no symptoms. If you had one reading in the high range, over time there is a chance you may develop high blood pressure. Have it checked often.

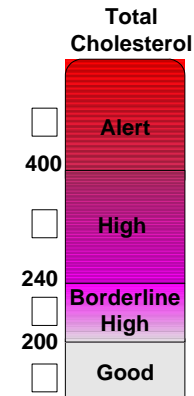
Total Cholesterol

Cholesterol is a fatty substance your body makes. You can also find it in foods that come from animals, like meat, eggs, and cheese. You want this number to be as **low** as possible.

Today your **Total** cholesterol is

_____ mg/dL

You want your total cholesterol to be below 200



HDL Cholesterol



HDL cholesterol is the “good” cholesterol. It helps your body get rid of “bad” cholesterol. You want this number to be as **high** as possible.

Your **HDL** cholesterol result is

_____ mg/dL

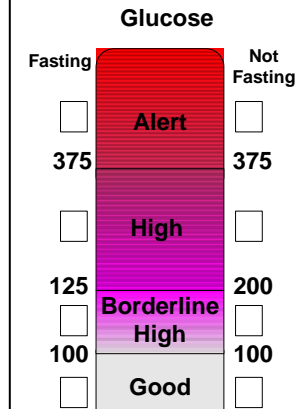
You want your HDL cholesterol to be 40 or above

Glucose

Glucose is the main source of energy for your body. If your body cannot use glucose properly, you may be at risk of pre-diabetes or diabetes.

Today your Glucose is

_____ mg/dL



Fasting (no food for 9 hours)
 Not Fasting

You want your fasting glucose to be below 100

If you are not fasting, and your glucose is between 100 and 200, we will send you for a fasting glucose test to decide if you need to see a doctor.

Pulse

Today your pulse is

Regular
 Irregular

An irregular pulse could increase your risk for a stroke. If you have NEVER been told you have an irregular pulse, please have your health care provider check this within 2 months.