

**YOUR HEART AGE**

37 years (actual=35)  
**Increased Risk**

**YOUR CVD  
RISK ESTIMATES**

10-Year = 3.3%  
**Low Risk**

30-Year = 14.7%  
**Low Risk**

**YOUR CVD  
RISK FACTORS**

**1 High Risk**

**1 Moderate Risk**

**7 Low Risk**

**0 Unknown Risk**

**You are at *Increased Risk* for cardiovascular disease because your Heart Age is older than your current age.**

Take steps to improve those CVD risk factors you can change.

- Your Heart Age is older than your current age. This indicates that certain risk factors put you at higher CVD risk than others of your same age.
- You answered all risk factor questions. Continue to "know your numbers."
- Be very aware of your High and/or Moderate risk factors, especially those risk factors that you can change.
- Discuss this report with your primary care physician for advice on continued good heart health.
- Ask your doctor when you are due to have your tests and numbers updated and be aware of the results.

**Decreasing Your Risk of CVD**

Everyone is at risk for cardiovascular disease (CVD). Some cardiovascular disease risk factors are beyond your control, such as age or family history. Others, like blood pressure and cholesterol, often can be controlled through lifestyle changes (diet & exercise) and/or medication.

It is important that you talk with your doctor about a strategy to reduce your risk factors for developing CVD.

Remember, in most cases you can decrease your risk of developing cardiovascular disease.

CVD Risk Factors	Your Risk
Family history of early CVD	<i>High Risk</i>
Blood pressure (systolic & diastolic)	<i>Moderate Risk</i>
Existing CVD	<i>Low Risk</i>
Diabetes	<i>Low Risk</i>
Cholesterol	<i>Low Risk</i>
Smoking	<i>Low Risk</i>
Age & sex	<i>Low Risk</i>
Weight	<i>Low Risk</i>
Physical activity	<i>Low Risk</i>

**In the United States, cardiovascular disease is the #1 cause of death.**  
Most who die suddenly from cardiovascular-related disease have no previous symptoms.  
Because of this, it is important to be aware of your heart health risks.

## Results

### What is "Heart Age?"

Heart Age is a quick way to get a good idea of your overall heart health. It compares your CVD risk against someone without any risk factors.

For example, if your real age is 55 but your Heart Age is 65, your cardiovascular risk is more like a healthy 65 year-old (without any risk factors).

The fewer risk factors you have, the closer your heart age will be to your actual age. In fact, it may be younger.

### What does "Risk of CVD" mean?

This is your chance of having a cardiovascular event (heart attack, stroke, heart failure, or peripheral artery disease) in the future, shown as a percentage (%).

For example, if your 10-year risk is calculated to be 15%, then it is estimated that 15 out of a hundred people like you will have a cardiovascular event in the next 10 years.

For people younger than 60, this profiler can also calculate 30-year risk of CVD.

### What are "CVD Risk Factors"

A cardiovascular disease risk factor is any personal characteristic that increases your chances of CVD, such as high blood pressure.

The more total High and Moderate risk factors you have, the more likely you are to develop CVD.

You can work with your doctor to improve many of your risk factors and decrease your risk level.

### YOUR HEART AGE

37 years (actual=35)  
**Increased Risk**

### YOUR CVD RISK ESTIMATES

10-Year = 3.3%  
**Low Risk**

30-Year = 14.7%  
**Low Risk**

### YOUR CVD RISK FACTORS

**1 High Risk**

**1 Moderate Risk**

**7 Low Risk**

**0 Unknown Risk**

## Risk Factors You **CAN** Change

Smoking damages the heart and blood vessels. Smokers have a much higher risk of cardiovascular disease.

### SMOKING

Current

Never smoked  
**Low Risk**

Recommended Goal

Smoke-free at least 1 year  
**Low Risk**

Being overweight or obese increases the risk of heart disease.

### WEIGHT

Current

180 lbs.  
**Low Risk**

Recommended Goal

189 lbs. or less  
**Low Risk**

Keeping weight in the healthy range lowers the risk of heart disease and diabetes. It can also improve blood pressure and cholesterol.

*For your height, 180 pounds is considered a healthy weight.*

Including exercise and other physical activities in your daily routine can reduce your risk of stroke.

### WEEKLY PHYSICAL ACTIVITY

Current

Equal to 150 min. (moderate)\*  
**Low Risk**

Recommended Goal

150 min. or more (moderate)\*\*  
**Low Risk**

Regular physical activity improves other risk factors:

- Weight
- Blood pressure
- Cholesterol
- Blood sugar

\*90 moderate + 30 vigorous = 150 min. moderate  
(each minute of vigorous exercise equals two minutes of moderate)

\*\*The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

#### The Framingham Heart Study

This assessment uses the Framingham Heart Study to estimate the risk of cardiovascular disease (CVD). It estimates CVD risk in the next 10 years and in the next 30 years for people younger than 60.

The Framingham Heart Study is one of the most important public health studies in American medical history. Its goal is to learn why people get heart disease and how the disease progresses. This research helps better understand heart disease and the people who develop it.

## Risk Factors You **CAN** Change

Your personal blood pressure goal should be determined by your doctor based on several different health factors.

If your blood pressure is too high, your heart and blood vessels can be damaged. High blood pressure is often called the silent killer because it has no symptoms.

Blood pressure increases as you grow older, so be sure to have it checked every year.

Blood pressure may be controlled by:

- Exercising regularly
- Maintaining a healthy weight
- Eating a healthful diet, including lowering the amount of salt
- Limiting alcohol use
- Taking blood pressure medicine (if a doctor prescribes it)

### SYSTOLIC BLOOD PRESSURE

Current

125 mm Hg  
**Moderate Risk**

Recommended Goal

Less than 120 mm Hg  
**Low Risk**

### DIASTOLIC BLOOD PRESSURE

Current

85 mm Hg  
**Moderate Risk**

Recommended Goal

Less than 80 mm Hg  
**Low Risk**

*Talk to your doctor about the risk factor(s) shown, including your risk level and what can be done to reduce it.*

Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease.

There are no symptoms for abnormal cholesterol.

A simple blood test will show if you're meeting the recommended goals.

Some people can control their cholesterol by maintaining a healthy weight, being physically active, and eating a healthy diet. Other people need medication to reach their goals.

### CHOLESTEROL

Current

Within recommended ranges  
**Low Risk**

Recommended Goal

"Normal" cholesterol ranges  
**Low Risk**

"NORMAL" CHOLESTEROL RANGES  
Total cholesterol = Less than 200 mg/dL  
HDL "good" cholesterol (men) = 40 mg/dL or higher  
HDL "good" cholesterol (women) = 50 mg/dL or higher  
LDL "bad" cholesterol = Less than 100 mg/dL

## Risk Factors You **CAN'T** Change

Age is a risk factor for cardiovascular disease. Risk starts increasing at age 45 for men and age 55 for women.

### AGE & SEX

35 years (Male)  
**Low Risk**

Having cardiovascular disease (CVD) is a major risk factor for heart attack, stroke, heart failure, and peripheral artery disease (poor blood flow in the legs). Meeting the recommended goal for other CVD risk factors may help lower that risk.

### EXISTING CVD

No existing CVD  
**Low Risk**

Includes: heart disease, heart attack, heart failure, stroke or mini-stroke (TIA), angina or chest pain, and/or peripheral artery disease

Diabetes is a major risk factor for cardiovascular disease. That's why it's so important for people with diabetes to control all of their other cardiovascular risk factors.

### DIABETES

No diabetes  
**Low Risk**

Having a brother or father diagnosed with cardiovascular disease (CVD) before they turned 55 years old increases your risk for CVD. Having a mother or sister with CVD before age 65 also increases your risk.

### FAMILY HISTORY OF EARLY CVD

Early CVD family history  
**High Risk**

NOTICE: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER  
THE INFORMATION CONTAINED IN THE RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY. THIS RISK ASSESSMENT WILL NOT PROVIDE YOU WITH A MEDICAL SERVICE; IT WILL NOT DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS; AND IT IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTH CARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR A SPECIALIST TO MAKE HEALTH CARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM. WE MAKE NO WARRANTIES, EXPRESSED OR IMPLIED, IN CONNECTION WITH THE RISK ASSESSMENT OR THE PERFORMANCE OF THE RISK ASSESSMENT, AND NEITHER THE ASSESSMENT PROVIDER, NOR MEDICOM HEALTH INTERACTIVE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

---

To find a primary care doctor, call [1-800-555-5555](tel:1-800-555-5555) and we'll help find a doctor to fit your needs. For more information about our health services, call 1-877-555-0000 or visit [www.mtgeneralmemorial.org/services](http://www.mtgeneralmemorial.org/services).

OUR HOSPITALS

**Mt. General Memorial Hospital**

2928 Fifth Ave. SW, Edina, MN 53802

(555) 555-1100

**Mt. General Memorial Regional Medical Center**

982 West Poplar Drive, St. Paul, MN 50013

(555) 555-2100

**Mt. General Memorial Community Hospital**

4110 South Virago Parkway, Rush City, MN 59545

(555) 555-3100

**Mt. General Memorial North Franklinburg Hospital**

890 SE 57th St., Franklinburg, MN 56782

(555) 555-4100

**Mt. General Memorial Lakeport Hospital**

524 SW Monarch St., Lakeport, MN 57653

(555) 555-5100