

# Know Your Risk: Checking the Health of Your Arteries

Answer the risk factor questions and then check your result based on age group.

1. Do you have a family history of heart attack, stroke or other cardiovascular disease?.....  Yes  No  Unknown
2. Do you have diabetes?.....  Yes  No  Unknown
3. Do you have high blood pressure?.....  Yes  No  Unknown
4. Do you have high cholesterol?.....  Yes  No  Unknown
5. Do you smoke or live with a smoker?.....  Yes  No  Unknown
6. Are you overweight by 20lbs or more?.....  Yes  No  Unknown
7. Are you age 55 or older ?.....  Yes  No

**AGE:** Under 40



**AGE:** 40 to 54



**AGE:** 55 & Older



## Wait a While

Screenings are not recommended for people under 40. (Unless your doctor has recommended them to you.)

Make sure to get your blood pressure, cholesterol, height, weight, and waist size checked.

## Consider

Vascular screening may be right for you. Though you are on the younger side, your risk factors potentially make you a candidate. Please consult with your doctor and consider your personal preferences about screening.

2 OR MORE YES ANSWERS

## Recommended

Vascular screening is most likely right for you. You have at least 2 risk factors, including your age. These risk factors make you a candidate.

2 OR MORE YES ANSWERS

*Other factors may impact your risk such as gender, ethnicity, and Body Mass Index. Please consult with your doctor.*

## Not Recommended

You are in an appropriate age group to consider vascular screening, but do not have enough risk factors to warrant screenings at this time. If you have several "Unknown" make sure to get those answers and then take the quiz again just to doublecheck.

0 OR 1 YES ANSWERS

## Not Recommended

You are in an appropriate age group to consider vascular screening, but do not have enough risk factors to warrant screenings at this time. If you have several "Unknown" make sure to get those answers and then take the quiz again just to doublecheck.

0 OR 1 YES ANSWERS