



Heart Health Checklist

1. GRAB A CALCULATOR
2. ADD OR SUBTRACT THE NUMBERS IN BRACKETS
3. GET YOUR HEART HEALTH SCORE & AN INDICATION OF YOUR CARDIOVASCULAR DISEASE RISK

Answer the following 10 questions to get your heart health score.

1. Are you...

- Overweight or obese? **(+3)**
- A MALE older than 45? **(+1)**
- A FEMALE older than 55? **(+1)**

Note: Although men have a greater risk of heart attack than women, more women than men die of heart disease & stroke each year!

2. Are you...

- A smoker OR ex-smoker who has smoked more than 100 cigarettes OR have you been frequently exposed to second-hand smoke? **(+3)**
- A migraine sufferer? **(+2)**
- Frequently stressed or in a hurry? **(+2)**

3. Do you...

- Have high blood pressure? **(+3)**
- Or are you taking medication for high blood pressure? **(-1)**
- Have LESS than 5 servings of fruit and vegetables every day? **(+2) OR**
- Eat MORE than 5 servings of fruit and vegetables per day? **(-1)**
- Regularly consume high sugar or highly processed foods and drinks eg. Chips, soft drinks, biscuits, even diet drinks? (More than 3 x per week) **(+2)**
- Usually get LESS than 6-7hours sleep per night? **(+2)**
- Work unusual hours (a shift worker)? **(+1)**

4. Physical activity:

- Do you sit for the majority of your typical day? **(+1)**
- Do you exercise between 60 & 150 minutes moderately OR 40 - 75 minutes vigorously a week? **(-1)**
- Exercise MORE THAN 150 minutes moderately OR 75 minutes vigorously a week? **(-2)**
- Do NO physical activity on a typical day? **(+2)**



5. Do you currently take any of the following types of medications or have you been on them for an extended period in the past?

- Anti-psychotics **(+1)**
- Anti-depressants **(+1)**
- WOMEN: oral contraceptives **(+2)**

6. Alcohol Consumption:

NOTE: A 330ml bottle of beer at 5% alcohol is 1.3 standard drinks. A large glass of wine (around 1 cup/250ml) at 15% alcohol is usually around 3 standard drinks.

- MEN: Do you consume 5 or more standard drinks of alcohol on any single day AND more than 14 drinks in a given week? **(+1)**
- WOMEN: Do you consume 4 or more standard drinks a day AND more than 7 standard drinks per week. **(+1)**
- Were you ever an excessive alcoholic drinker or considered an alcoholic? **(+2)**

7. In your work or home environment are you or were you exposed to toxic metals or chemicals? eg. weed killer spraying, pesticides and fertilizers, photography / x-ray chemicals, factory work, copper piping, amalgam dental fillings

- YES (+1)**

8. Have you ever been told you have... ?

(Note: If you don't know what they are, you are unlikely to have or have had them).

- Diabetes **(+3)** or Pre-diabetes **(+2)**
- Is your diabetes well controlled and you are a healthy weight? **(-1)**
- Psoriasis, rheumatoid arthritis or SLE? **(+1)**
- H. Pylori **(+1)**, Strep A **(+1)**, Chlamydia pneumoniae **(+1)**, Cytomegalovirus **(+1)**
- Heavy metal toxicity? **(+2)** (Cadmium, mercury, lead)
- Kidney disease **(+1)**
- A MTHFR gene mutation **(+1)**
- High iron /ferritin levels **(+1)**
- High LDL cholesterol or been given medication (statins) to lower your cholesterol levels? **(+3)**
- Do you take a statin medication, along with a CoQ10 supplement? **(-1)**
- LOW cholesterol levels, especially if over 70? **(+1)**

WOMEN:

- Do you have endometriosis or polycystic ovary syndrome (PCOS)? **(+1)**
- If applicable: Did you suffer from eclampsia or pre-eclampsia when pregnant with any of your children? **(+1)**

MEN:

- Have ever been found to have low testosterone levels? **(+1)**



9. Have you ever had any of the following conditions or procedures?

- Heart attack or coronary bypass surgery
- Stroke or transient ischemic attack (TIA)
- Peripheral artery disease — reduced blood flow in arteries in your legs, arms or other areas
- Angioplasty or stent placement — a procedure to open narrowed or clogged arteries by placing a small tube (stent) in an artery to keep it open and prevent it from narrowing
- Abdominal aortic aneurysm — enlargement of the lower area of the major blood vessel (aorta) that supplies blood to the body

YES (+4)

10. Have your parents, siblings or children had any of the above conditions or procedures at an early age (younger than age 55 for men and younger than age 65 for women)?

YES (+3)

Heart Health Score

What's your number?



0-10 **LOW** risk

11-20 **MODERATE** risk

21-60 **HIGH** risk

...of cardiovascular disease and some kind of cardiovascular event (heart attack or stroke)

If your risk is moderate or high, please make sure you read the blog article...

6 THINGS YOU NEED TO KNOW ABOUT HIGH BLOOD PRESSURE & HEART HEALTH

and we'd recommend seeking help to address the underlying causes of your increased cardiovascular disease risk.

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