

Risk Factors

Non-modifiable

Age: Over 45 for men and over 55 for women

Family History: MI, CABG or sudden death before age 50 for male relative and before 65 for female relative.

Gender: Males are more likely to develop heart disease. Production of estrogen in women protects the heart until menopause.

Modifiable

Smoking: Those who smoke have four times the risk as a non-smoker.

Physical Activity: Should be exercising three days a week for 30 minutes at moderate intensity

Obesity: BMI >30 or waist girth of > 102 cm (40 inches) for men and > 88 cm (35 inches) for women

Hypertension: Systolic pressure of ≥ 140 mmHg and/or Diastolic pressure of ≥ 90 mmHg confirmed on at least 2 separate occasions

Hyperlipidemia: Total should be under 200. LDL's should be under 70. HDL's should be between 40 and 60. Statins lower cholesterol by 40%

Diabetes: Fasting blood glucose of ≥ 100 mg/dl but < 125 mg/dl confirmed by measurements on at least two separate occasions