

Jamison: Patient Education and Wellness

HANDOUT 22.1: PERIODIC HEART HEALTH SCREEN

What is coronary heart disease? See

<http://www.nhlbisupport.com/chd1/chdexp.htm>

Routine minimal heart attack risk screening includes:

- ☐ Total cholesterol in:
 - ☐ men 35–65 years of age
 - ☐ women 45–65 years of age
 - ☐ familial hyperlipidaemia or two CHD risk factors in men <35 or women <45
- ☐ HDL cholesterol in persons with raised total cholesterol
- ☐ Blood pressure
- ☐ Smoking history
- ☐ BMI and waist circumference. See also
http://www.healthcalculators.org/calculators/waist_hip.asp

See

Risk assessment:

<http://www.americanheart.org/presenter.jhtml?identifier=3003499>

<http://calculators.epnet.com/?docid=healthcalculators/listofcalculators&token=9cc295f8-f3b0-4b15-99b3-beb1e6cbe599&DeliveryContext=healthlibrary&CollectionIID=509>

Cholesterol:

Health impact <http://www.webmd.com/video/bernstein-ldl-hdl-cholesterol-affect-your-health>

Desirable level <http://www.webmd.com/video/bernstein-ldl-cholesterol-level-strive>

Overview <http://medlineplus.nlm.nih.gov/medlineplus/cholesterol.html>

HDL <http://www.webmd.com/video/bernstein-hdl-cholesterol-risk>

Women at risk <http://www.webmd.com/video/cholesterol-warning-for-women>