

Jamison: Patient Education and Wellness

HANDOUT 22.2: SELF-SCREEN FOR PERSONAL RISK

Screen for:

- ☐ Genetically determined risk markers:
 - ☐ family history of premature heart disease
 - ☐ raised parental plasma cholesterol concentration
 - ☐ primary hyperlipidaemia
 - ☐ raised lipoprotein(a) levels
 - ☐ apple shape, i.e. high waist:hip ratio

- ☐ Immutable risk factors:
 - ☐ male, menopausal females
 - ☐ increasing age

- ☐ Modifiable risk markers:
 - ☐ smoking
 - ☐ hypertension
 - ☐ hypercholesterolaemia
 - ☐ low HDL cholesterol
 - ☐ high LDL cholesterol
 - ☐ high risk of oxidized cholesterol (see Handout 4.3.3)
 - ☐ low serum vitamin E
 - ☐ high fibrinogen levels
 - ☐ high serum homocysteine levels (14.4 nmol/L)
 - ☐ weight gain after the age of 18 years
 - ☐ BMI in excess of optimal level (22.6 in males, 21.1 in females)
 - ☐ Diabetes mellitus
 - ☐ Gout/raised serum uric acid

The more boxes you tick, the greater your risk of a heart attack.

History and examination for CHD

<http://www.webmd.com/heart-disease/medical-history-and-physical-examination-for-coronary-artery-disease>

Risk assessment:

Heart attack

<http://www.revolutionhealth.com/calculators/heart-attack-risk>

<http://www.mayoclinic.com/health/heart-disease-risk/HB00047> (you need to know your blood lipid and systolic blood pressure)

Blood lipid tests

<http://www.webmd.com/cholesterol-management/cholesterol-and-triglycerides-tests>