

## Heart and Stroke Risk Factors

The following factors may increase your risk for a heart attack or stroke.

### **Family history**

Your father or brother had a heart attack or stroke before the age of 55, or your mother or sister had one before the age of 65.

### **Tobacco Smoking**

You smoke or live/work with people who smoke every day.

### **Total cholesterol**

Your total cholesterol is 200mg/dL or higher.

### **Good cholesterol**

Your HDL or "good" cholesterol is less than 40mg/dL.

### **Blood pressure**

Your blood pressure is 140/90 mm/Hg or higher.

### **Physical activity**

You get less than 30-60 minutes of exercising most days of the week.

### **Weight**

You are 10 percent over your ideal body weight.

### **Diabetes**

Your fasting blood sugar is 126mg/dL or higher, or you need medicine to control your blood sugar.

Source:

American Heart Association, *Heart and Stroke facts*,  
American Heart Association, Dallas, TX, 2001, pages 34-  
43.