

## First Heart Attack Risk Test

This test will help you figure your risk of a first heart attack. Use the checkboxes below to fill in your points for each risk factor. Then total them to find out your risk.

**Age (in years) Men:**

- (0 pts) Less than 35
- (1 pt) 35 to 39
- (2 pts) 40 to 48
- (3 pts) 49 to 53
- (4 pts) 54+

**Age (in years) Women:**

- (0 pts) Less than 42
- (1 pt) 42 to 44
- (2 pts) 45 to 54
- (3 pts) 55 to 73
- (4 pts) 74+

**Family History**

- (2 pts) My family has a history of heart disease or heart attacks before the age of 60.

**Inactive Lifestyle:**

- (1 pt) I rarely exercise or do anything physically demanding.

**Weight**

- (1 pt) I'm more than 20 lbs over my ideal weight.

**Smoking**

- (1 pt) I'm a smoker.

**Diabetic:**

- (1 pt) Male Diabetic
- (2 pts) Female Diabetic

**Total Cholesterol Level:**

- (0 pts) Less than 240 mg/dl
- (1 pt) 240 to 315 mg/dl
- (2 pts) More than 315 mg/dl

**HDL Level (good cholesterol):**

- (0 pts) 39 to 59 mg/dl
- (1 pt) 30 to 38 mg/dl
- (2 pts) Under 30 mg/dl
- (-1 pt) Over 60 mg/dl

**Blood Pressure**

I don't take blood pressure medication; my blood pressure is:  
(Use your top or higher blood pressure number)

- (0 pts) Less than 140 mmHg
- (1 pt) 140 to 170 mmHg
- (2 pts) Greater than 170 mmHg

Or

- (1 pt) I am currently taking blood pressure medication

**Now count the points associated with the checkboxes you selected to find your total.**

**Total Points**

If you scored 4 points or more, you could be at above average risk of a first heart attack compared to the general adult population. The more points you score, the higher your risk. Use this test as a general guide. If you already had a heart attack or have heart disease, your heart attack risk is significantly higher. Only your doctor can evaluate your risk and recommend treatment plan to reduce your risk. If you don't know your cholesterol level or blood pressure, ask your doctor if your levels should be checked.

*This was provided as an education service from Bristol-Myers Squibb Company and the American Heart Association.*