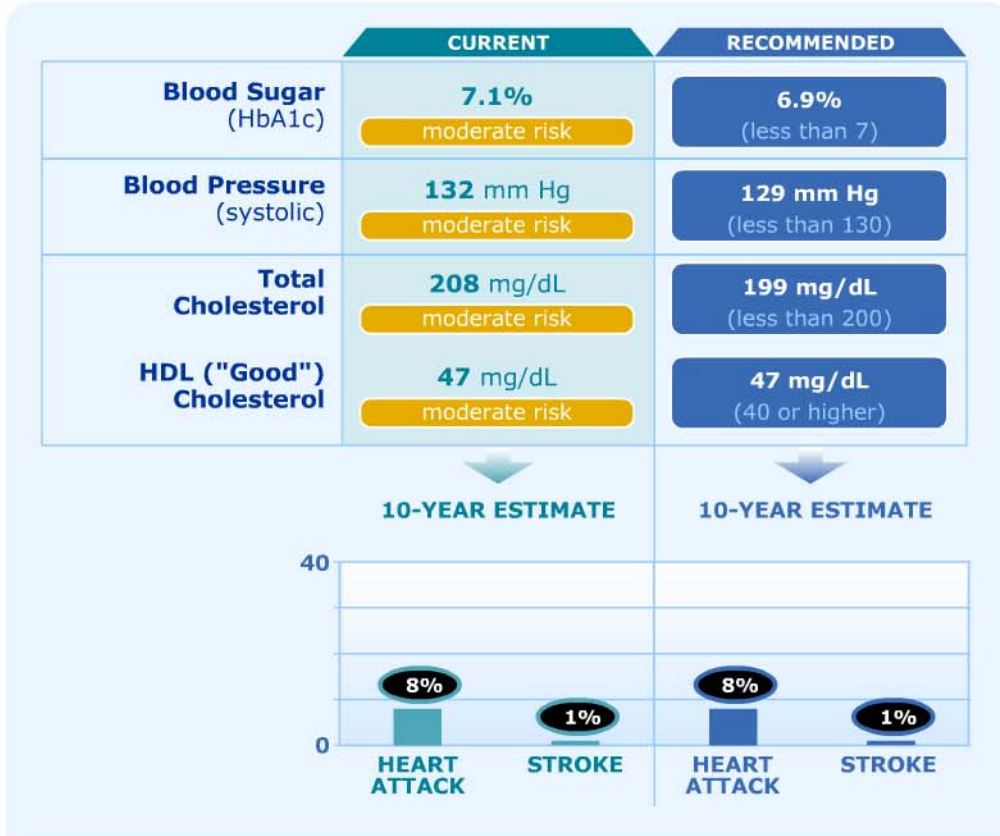


NAME:

DATE:

Your Risk Factors & Risk Estimates



These risk factors have a big impact on your chances of having a heart attack or stroke:

- Blood Sugar
- Blood Pressure
- Cholesterol

It is important to try to control these risk factors.

View the recommended levels in the second column.

Compare your estimated risk with recommended levels.

Being at the recommended levels may substantially reduce your risk.

Continue with the assessment to learn how to reach your goals.

Description

The graphs show your current estimated risk of having a heart attack or stroke within 10 years.

For example, if your heart attack risk is 25%, this means that in a group of 100 people with risk factor levels similar to yours, about 25 will have a heart attack in the next 10 years.

This assessment uses equations from the United Kingdom Prospective Diabetes Study (UKPDS) to estimate your risk of heart attack or stroke in the next 10 years. The UKPDS is a group of studies that followed many people with diabetes over many years. UKPDS looked at diabetes-related problems such as heart attack and stroke. It showed how these problems are related to risks such as high blood sugar, blood pressure, and cholesterol.

NOTE: It is important to discuss your situation with your healthcare provider.

Important Notice

Risk assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your healthcare provider. This risk assessment is not intended to provide medical advice or treatment. The American Heart Association recommends that you consult with your doctor or other healthcare professional for medical advice or treatment and before taking part in any behavior change or lifestyle intervention, including a physical activity program.

NAME:

DATE:

Benefits of Controlling Your Weight

Your weight is higher than the normal range.

A person with a normal weight has the lowest risk of heart attack and stroke.

Talk to your healthcare provider to set a weight goal that is healthy for you.

Benefits of Physical Activity

Your physical activity level is lower than the recommended level.

In general, a person with a greater level of physical activity has a lower risk of heart attack and stroke.

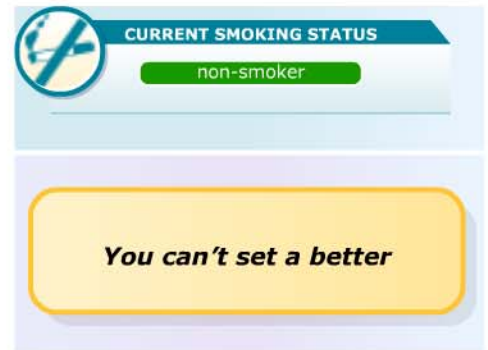
Talk to your healthcare provider to set a physical activity goal that is healthy for you.

Benefits of Not Smoking

Congratulations for not smoking!

Smoking tobacco in any form is one of the most important risk factors for heart disease and stroke.

Your decision to not smoke definitely benefits your heart health.



Description

It is important to make healthy choices so that you can better manage your type 2 diabetes.

Changes in diet and lifestyle can make a big difference in normalizing your critical health numbers, such as blood pressure, blood sugar, and blood cholesterol.

NOTE: It is important to discuss your situation with your healthcare provider.

Important Notice

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