

“People are risking serious quality of life issues with this condition. Unfortunately, it’s not about just dying. Rather, it’s the devastating stroke, heart attack, and kidney disease that may result.”

*William Lewis, MD
Chief of Cardiology*



MetroHealth
Heart & Vascular Center
metrohealth.org

For resources to help you lower your risk, including healthy recipes and exercise tips, visit metrohealth.org/heart

For Heart Healthy Tips and News follow us on Twitter @MHHeartbeat

Connect with **MetroHealthCLE** on



MyChart
metrohealth.org/mychart

MetroHealth
Heart & Vascular Center

Are You At Risk of Heart Attack or Stroke?

Talk to Your Doctor:
Prevention and Early Detection are Critical to Saving Lives



Are You at Risk of a Heart Attack or Stroke?

According to the American Heart Association, an American dies of cardiovascular disease every 40 seconds. Prevention and early detection are critical to saving lives.

The experts at MetroHealth know the importance of early detection. MetroHealth can help you live a life free from heart disease, vascular disease and stroke. Even people who eat healthy and exercise can suffer from these serious health conditions. The first steps in prevention are knowing your family history and asking your doctor the right questions.

Ask Your Doctor if You Are at Risk

1. Calculate your risk by going to: metrohealth.org/heart-risk

2. Bring this information to your doctor.

(If you need help answering, ask your doctor or nurse to help you or log into **MyChart** to view your blood pressure and lab tests.)

Gender Male Female

Age _____

Race _____

HDL (good cholesterol) _____

Total Cholesterol _____

Do you have diabetes? Yes No

What is your systolic blood pressure (the upper number)? _____

Do you have or are you treated for high blood pressure? Yes No

Do you smoke or have you smoked in the past? Yes No

I have cramping in my legs when walking or climbing stairs. Yes No

I have numbness or tingling in my legs Yes No

My feet are often cold Yes No

I have shortness of breath at rest or when walking a block or flight of stairs Yes No

I have chest pain or pressure (especially with walking or climbing stairs) Yes No

I have irregular or fast heart beats Yes No

I have weakness or dizziness Yes No

I have difficulty breathing when lying flat Yes No

I have swelling in my legs or feet Yes No

I have a family history of premature heart disease Yes No

I have passed out or fainted (or I nearly did) Yes No

I tire easily Yes No

I have had a stroke or a mini-stroke (TIA) Yes No

Even if your risk is low and if you answered yes to **1 or more** of these questions, you should talk to your doctor about further testing to evaluate your risk for a serious heart or vascular disease.

Talk to your primary care doctor to understand if you are at risk of heart or vascular disease. Your doctor can refer you to a MetroHealth provider who specializes in cardiovascular disease.

Call **216-778-BEAT (2328)** to schedule an appointment.

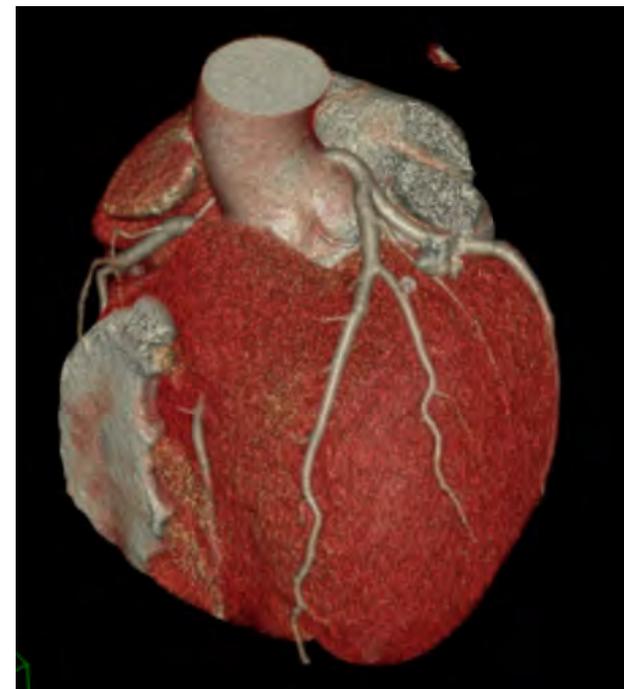
Prevention Tests

MetroHealth offers a variety of techniques to determine the risk of heart disease, vascular disease and stroke. Ways to determine risk include:

- CT scanning
- Stress testing
- Ultrasound

MetroHealth advanced technology allows physicians to directly look at cholesterol in heart arteries.

Visit metrohealth.org/heart-risk for more information on prevention tests.



A 3 dimensional computed tomography scan of the coronary arteries performed at MetroHealth.