



**“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](http://metrohealth.org)

For resources to help you lower your risk, including healthy recipes and exercise tips, visit [metrohealth.org/heart](http://metrohealth.org/heart)

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



## 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](http://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?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you smoke or have you smoked in the past?	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have cramping in my legs when walking or climbing stairs.	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have numbness or tingling in my legs	<input type="checkbox"/> Yes <input type="checkbox"/> No
My feet are often cold	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have shortness of breath at rest or when walking a block or flight of stairs	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have chest pain or pressure (especially with walking or climbing stairs)	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have irregular or fast heart beats	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have weakness or dizziness	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have difficulty breathing when lying flat	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have swelling in my legs or feet	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have a family history of premature heart disease	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have passed out or fainted (or I nearly did)	<input type="checkbox"/> Yes <input type="checkbox"/> No
I tire easily	<input type="checkbox"/> Yes <input type="checkbox"/> No
I have had a stroke or a mini-stroke (TIA)	<input type="checkbox"/> Yes <input type="checkbox"/> 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.

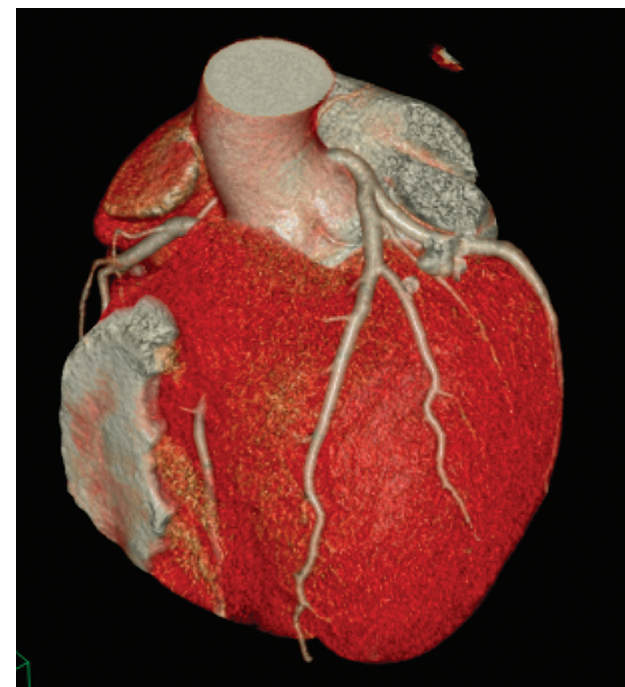
## Prevention Tests

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

- Coronary Calcium Scoring—a 5 minute screening test for coronary disease
- Stress testing
- Ultrasound

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

Visit [metrohealth.org/heart-risk](http://metrohealth.org/heart-risk) for more information on prevention tests.



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