BEAT THE HEART ATTACK GENE

THE REVOLUTIONARY PLAN TO PREVENT HEART DISEASE, STROKE, AND DIABETES

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Action Step:
Assess Your Heart Attack and Stroke Risk

More than 100 million Americans—about half of the adult population—have one or more risk factors for cardiovascular disease, the leading killer of Americans. To find out if you could be at risk, we suggest that you take a few minutes to answer the following questions, which are similar to those we ask our patients during their initial evaluation. The answers will help you identify potential threats to your cardiovascular health and areas you need to work on to prevent a heart attack or stroke.

1. How old are you?

a. Male < 55 years old	1 point
b. Female < 65 years old	1 point
c. Male > 55 years old	4 points
d. Female > 65 years old	4 points

2. Do you have a family history of early cardiovascular disease (a male relative affected before age 55 or a female relative affected before age 65)?

a. No	0 points
b. Yes	4 points

3. What is your waist circumference?

a. If you're a woman: Less than 35 inches	0 points
b. If you're a man: Less than 40 inches	0 points
c. If you're a woman: 35 inches or more	4 points
d. If you're a man: 40 inches or more	4 points

4. What's your weight range?

a. Underweight	2 points
b. Average	1 point
c. Overweight	3 points
d. Obese	4 points

5. What is your resting pulse?

a. Less than 60 beats per minute	0 points
b. Less than 75 beats per minute	1 point
c. More than 75 beats per minute	2 points
d. Don't know	2 points

6. What is your blood pressure? (Check all answers that apply)

a. Less than 120/80	0 points
b. Taking blood pressure medication	2 points
c. 120/80 to 139/89	3 points
d. 140/90 or higher	4 points
e. Don't know	4 points

7. What is your total cholesterol level? (Check all answers that apply)

a. Less than 160 mg/dL	0 points
b. Less than 200 mg/dL	1 point
c. Taking cholesterol medication	2 points
d. Greater than 200 mg/dL	3 points
e. Don't know	3 points

8. What is your HDL (good) cholesterol level?

a. If you're a woman: Less than 60 mg/dL	3 points
b. If you're a man: Less than 50 mg/dL	3 points
c. If you're a woman: 60 mg/dL or higher	0 points
d. If you're a man: 50 mg/dL or higher	0 points
e. Don't know	3 points

9. What is your LDL (bad) cholesterol?

a. Less than 70 mg/dL	0 points
b. Less than 100 mg/dL	1 point
c. Less than 130 mg/dL	3 points
d. More than 130 mg/dL	4 points
e. Don't know	4 points

10. Which of the following best describes your triglyceride level?

a. Less than 100 mg/dL	0 points
b. Less than 150 mg/dL	1 point
c. More than 150 mg/dL	3 points
d. Don't know	3 points

11. Do you have diabetes or high blood sugar?

a. No	0 points
b. Yes, I'm prediabetic	3 points
c. Yes, I'm diabetic	4 points
d. I haven't had my blood sugar tested	4 points

12. Do you have bleeding gums? (Check all answers that apply.)

a. Never	0 points
b. Yes, when I brush or floss	2 points
c. I usually don't floss my teeth	2 points

13. Which of the following best describes your sleep patterns?

a. I sleep soundly 6–8 hours a night	0 points
b. I sleep restlessly for 6–8 hours a night	2 points
c. I sleep less than 6 hours or more than 9	3 points

14. Do you snore?

a. No	0 points
b. Yes, occasionally	1 point
c. Yes, frequently and loudly	3 points
d. Yes, and I have sleep apnea	4 points

15. Do you have rheumatoid arthritis or any other inflammatory disease such as psoriasis or lupus?

a. No	0 points
b. Yes	4 points

16. Have you been checked for vitamin D deficiency?

a. My vitamin D level is 50–60	0 points
b. My vitamin D level is less than 30	3 points
c. I do not know my vitamin D level	3 points

17. Do you have a history of migraine headaches?

a. No	0 points
b. Yes, with no migraine aura	2 points
c. Yes, with a migraine aura	3 points

18. How would you characterize your ability to cope with stress?

a. I'm usually pretty laid back	0 points
b. I have healthy ways to cope with stress	1 point
c. Sometimes people say that I seem stressed	2 points
d. I feel stressed and anxious most of the time	4 points

19. Do you spend eleven or more hours a day sitting?

a. No	0 points
b. Yes	4 points

20. How much exercise do you get?

a. At least 30 minutes, 5 to 7 days per week	0 points
b. At least 30 minutes 2 to 4 times per week	1 point
c. 30 minutes, once a week or less	2 points
d. I do not exercise	4 points

21. Do you smoke?

a. No	0 points
b. I used to smoke, but have quit for at least 5 years	1 point
c. I used to smoke, but quit less than 5 years ago	2 points
d. I am exposed to secondhand smoke regularly	3 points
e. I smoke or I use smokeless tobacco products	4 points

22. Do you drink regular or diet soft drinks?

a. Never	0 points
b. Rarely drink soda (diet or regular)	1 point
c. Once a week (diet or regular)	2 points
d. More than once a week	3 points

23. Do you watch the amount of carbs in your diet?

a. I limit my simple carbohydrate intake	0 points
b. I know to balance my carb/protein balance	1 point
c. I never watch my carbohydrates	2 points
d. The majority of my diet consists of carbs	4 points

24. (Women only): Did you experience high blood pressure or gestational diabetes during pregnancy?

a. No	0 points
b. Yes	4 points

25. (Men only): Do have erectile dysfunction?

a. No	0 points
b. Yes	4 points

What Your Score Means

Zero points: Congratulations! You're taking excellent care of yourself. This book will help you maintain—or enhance—your cardiovascular health.

One to 10 points: While you have relatively few cardiovascular risks, you'll benefit from learning how to optimize your heart health with the easy action steps in this book.

Eleven to 20 points: You have definite risks for arterial disease. This book will alert you to what you should be doing *right now* to combat these health threats. We also recommend that you pay close attention to the six-step prevention plan in Chapter Two.

Twenty to 39 points: You're at moderately high risk for cardiovascular disease. In Part One of this book, you'll learn how to identify—and overcome—hidden medical problems that may be putting your heart health in jeopardy, including the surprising, little-known heart attack and stroke red flags that we discuss in Chapter Three.

Forty points or higher: You're at high risk for cardiovascular disease. To prevent a heart attack or stroke, we recommend getting a comprehensive cardiovascular evaluation that includes the tests discussed in Part Two of this book. In Part Three, you'll also learn which therapies and lifestyle changes are most likely to help you ward off a heart attack or stroke.

How Apo E Genotype Affects Response to Diet and Exercise

	Apo E 2	Apo E 3	Apo E 4
Population prevalence estimates	10%	65%	25%
Carbohydrate-rich diet	may worsen lipids	neutral	may help lipids
High-fat diet (even good fats)	may help lipids	neutral	may worsen lipids
Daily moderate alcohol intake	may help lipids	neutral	may worsen lipids
Protein – low-fat protein	lower LDL	lower LDL	lower LDL
Exercise	extra benefit	neutral	moderate