Heart Attack Risk Checklist

In order to better assess your heart-attack risk, you should ask the following questions:

1. What is my Framingham risk score?

2. What do some of the novel risk factors say about my heart health?

3. How is my waist size?

4. Is my blood pressure low enough?

5. What can you tell me about my short-term risks?

- Adapted from Parker-Pope, T. (2005). *Wall Street Journal.* Published in the *Minneapolis Star & Tribune:* Check Your Heart Risk With These Questions (Tuesday, January 25, 2005).