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Vail Valley Medical Center

CARDIAC REHABILITATION

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NAME: _____ DATE: _____

BLOOD PRESSURES: _____ mmHg
(typical/average/resting)

Phone or email to contact you:

Use this form to learn about your risk for coronary heart disease (CHD). You can send the form by fax to **970-569-7781** for evaluation by a Cardiac Rehab Professional. To contact Cardiac Rehab please call **970-569-7780**.

Know your blood pressure. Optimal blood pressure is 115/75 mmHg.

- ❖ Healthy adults with normal blood pressure should have their blood pressure checked at least every 1 to 2 years.
- ❖ Adults who are pre-hypertensive (120-139 and/or 80-89 mm Hg) should have their blood pressure checked as often as recommended by their doctor, or at least yearly.
- ❖ Adults with other risk factors for heart or blood vessel disease or evidence of disease caused by high blood pressure need to have their blood pressure checked more often.

Life modifications

1. Lose weight. Get your BMI (body mass index, a measurement of weight in relation to height) into the range of 18.5-24.9.
2. Improve your diet: Eat plenty of whole grains, fruits and vegetables. Include low-fat or nonfat dairy foods. Limit meat, fish, and poultry to two servings a day. Incorporate four to five servings a week of nuts, seeds, and legumes into your diet. Limit fats and oil to two to three servings per day. Limit your sodium intake to approximately 2,400 milligrams a day.
3. Stop Smoking
4. Get off the couch. Exercising at least 30 minutes per day can significantly reduce blood pressure. Any form of physical activity, done most days of the week, will do the trick.
5. Drink in moderation. If you do it at all limit yourself to two alcoholic drinks per day.

Assessing Coronary Heart Disease Risk

Circle the risk factors that apply to you. At the end of the list of risk factors, you can determine if you are Low Risk, Medium Risk or High Risk for Coronary Heart Disease.

Family History Heart attack, heart surgery or angioplasty, or sudden death before 55 years of age in father or other male first-degree relative (brother, son), or before 65 years of age in mother or first degree relative (sister, daughter)

Cigarette Smoker Current cigarette smoker or quit within the last 6 months



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- High blood pressure** ≥ 115/75 mmHg, measured on at least two separate occasions; 120/80 mmHg to 139/89 mmHg are considered pre-hypertensive and require health-promoting lifestyle modifications to prevent cardiovascular disease.
- Abnormal Lipids** Total cholesterol > 200 mg/dL and/or high-density lipoprotein ("good" cholesterol) < 35 mg/dL and/or ("bad" cholesterol) > 100, or on lipid-lowering medication
- Impaired Fasting Glucose** Fasting blood sugar ≥ 100 confirmed by measurements on at least two separate occasions.
- Overweight** Body mass index ≥ 25 kg/m². A Body Mass Index (BMI) is provided at the end of this form.
- Sedentary Lifestyle** Do not accumulate 30 minutes or more of moderate physical activity on most days of the week.

Your Risk of Cardiovascular or Pulmonary Disease is

Low

Moderate

High

Low Risk

Young individuals (men < 45 years of age; women < 55 years of age) who are **asymptomatic and have circled no more than one risk factor listed above.**

Moderate Risk

Older individuals (men ≥ 45 years of age; women ≥ 55 years of age) or those who have **circled two or more risk factors listed above.**

High Risk

Individuals with **one or more signs/symptoms listed below, or known cardiovascular, pulmonary, or metabolic disease.**

Major Signs or Symptoms Suggestive of Cardiovascular and Pulmonary Disease

- Pain, discomfort in the chest, neck, jaw, arms or other areas that may be due to ischemia. Angina is called stable angina when your chest pain begins at a predictable level of activity. (For example, when you walk up a steep hill.) However, if your chest pain happens unexpectedly after light activity or occurs at rest, this is called unstable angina. This is a more dangerous form of angina and you need to be seen in an emergency room right away.
- Shortness of breath at rest or with mild exertion
- Dizziness or syncope (fainting)
- Breathing difficulty while lying down or shortness of breath
- Ankle edema (swelling)
- Palpitations or tachycardia (fast heart beat)
- Intermittent claudication. Peripheral artery disease is a problem with blood flow in the arteries, usually the legs. Poor circulation and blockage of blood in the leg arteries produces an aching, tired, and sometimes burning pain in the legs. This pain is brought on by exercise, and relieved by rest.
- Known heart murmur
- Unusual fatigue or shortness of breath with usual activities



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BODY MASS INDEX CHART

Height	Inches	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
				W	E	I	G	H	T		I	N		L	B	S		
4'10"	58"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	59"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'0"	60"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	61"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	62"	104	109	115	120	126	131	136	142	147	153	158	163	169	175	180	186	191
5'3"	63"	107	113	118	124	130	135	141	146	152	158	164	169	175	180	186	191	197
5'4"	64"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	65"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	66"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	67"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	68"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	69"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	70"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	242
5'11"	71"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'0"	72"	140	147	154	162	169	177	184	191	199	206	213	221	228	236	242	250	258
6'1"	73"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	74"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	75"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

KEY: Underweight (<18.5)
 Ideal (19-24)
 Overweight (25-29)
 Obese (>30)