

# Heart Health Risk Checklist

## A conversation starter \*

### HOW IS MY HEART?

Start the conversation with your doctor about your personal risk factors for developing heart disease and what you can do now to reduce your risk.

Heart disease is the #1 killer of women and affects women of all ages. 1 in 3 women are affected by heart disease. The good news is 80% of risk factors can be modified.

**ABOUT YOU:** Age: \_\_\_\_\_ Ethnicity: \_\_\_\_\_

### RISK FACTORS :

- |                                   | YES                   | NO                    |                                       | YES                   | NO                    |
|-----------------------------------|-----------------------|-----------------------|---------------------------------------|-----------------------|-----------------------|
| Do you have high blood pressure?  | <input type="radio"/> | <input type="radio"/> | Have you been pregnant?               | <input type="radio"/> | <input type="radio"/> |
| Do you have high cholesterol?     | <input type="radio"/> | <input type="radio"/> | Have you been through menopause?      | <input type="radio"/> | <input type="radio"/> |
| Are you diabetic or pre-diabetic? | <input type="radio"/> | <input type="radio"/> | Diagnosed with an autoimmune disease? | <input type="radio"/> | <input type="radio"/> |

### LIFESTYLE BEHAVIOURS:

- |                                     | YES                   | NO                    |   | YES                   | NO                    |
|-------------------------------------|-----------------------|-----------------------|---|-----------------------|-----------------------|
| Do you eat well?                    | <input type="radio"/> | <input type="radio"/> | Do you feel stress / anxiety sometimes? | <input type="radio"/> | <input type="radio"/> |
| Do you exercise regularly?          | <input type="radio"/> | <input type="radio"/> | Do you drink alcohol?                   | <input type="radio"/> | <input type="radio"/> |
| Do you smoke, vape or use cannabis? | <input type="radio"/> | <input type="radio"/> | Do you sleep well?                      | <input type="radio"/> | <input type="radio"/> |

### FAMILY HISTORY:

- |   | YES                   | NO                    |
|---|-----------------------|-----------------------|
| Does anyone in your family have diabetes?             | <input type="radio"/> | <input type="radio"/> |
| Is there a family history of heart disease or stroke? | <input type="radio"/> | <input type="radio"/> |
| Anyone in your family have high blood pressure?       | <input type="radio"/> | <input type="radio"/> |

#### MEDICATIONS, VITAMINS AND OTHER

Bring with you a complete list of your prescription medications, vitamins, and other treatments you are using.



\* This checklist is meant as a conversation starter between you and your doctor about your heart health and risk for developing heart disease. It is not intended as a medical diagnosis document. (ver 4.0 / 2026)

## WHAT CAN I DO?

LIFESTYLE CHANGES MATTER AT ANY AGE! TRY THESE TOP TIPS TO IMPROVE YOUR HEART HEALTH:



### Move more, sit less.

Choose an activity that you enjoy and that fits with your lifestyle. Aim for **30** minutes a day.



If you smoke cigarettes, vape or use cannabis, find support to **quit**.



### Eat heart healthy.

Aim for 7 servings of fruits and/or vegetables a day.



**Reduce alcohol**, minimize or abstain from drinking alcohol.



**Take your medication** as prescribed.



### Time for self care.

Find ways to minimize the impact of stress. Read a book, take a bath, meditate, keep a gratitude journal or colour.



### Know your numbers (ABCs)

and what they mean. Ask your healthcare provider to test your **A1C** and fasting blood glucose (tests for blood sugars) **B**lood pressure & **C**holesterol

## WHAT YOU CAN EXPECT AT THE DOCTORS

- ✓ Blood pressure
- ✓ Heart rate / pulse
- ✓ Waist circumference
- ✓ Medication review
- ✓ Blood work and/or an EKG may be considered

## Take Action Today!

Advocating for your heart health starts with understanding heart disease and other conditions that affect your cardiovascular system. Learn your numbers, follow your care plan, and work closely with your healthcare team. Small, consistent steps can make a big difference for your long-term heart health.

## Additional Information for Women:

It's about  
**Life**  
IN HEARTS



## HeartLife FOUNDATION

Canada's patient-led heart disease charity  
"It's About Life, Not Failure™"



join us at [heartlife.com](https://heartlife.com)

## Our Mission

The HeartLife Foundation is a patient-driven charity whose mission is to transform the quality of life for people living with cardiovascular diseases by engaging, educating, and empowering a global community. We aim to create lasting solutions, drive innovation, and build healthier lives for patients, caregivers, and families worldwide.