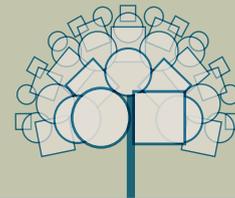


# What is \_\_\_\_\_'s risk of heart disease?

(relative's name)



● How many of \_\_\_\_\_'s **first degree relatives** listed in the **blue** box have been diagnosed with heart disease or type 2 diabetes?

Mother  
Father  
Sister(s)  
Brother(s)  
Daughter(s)  
Son(s)

Enter total number

Is the answer **1** or more?  
(Circle yes or no)

yes no

● How many of \_\_\_\_\_'s **second degree relatives** listed in the **green** box have been diagnosed with heart disease or type 2 diabetes?

Grandmother(s)  
Grandfather(s)  
Aunt(s)  
Uncles(s)  
Nieces(s)  
Nephew(s)

Enter total number

Is the answer **2** or more?  
(Circle yes or no)

yes no

If the answer is **yes** to either of these questions, he/she is at increased risk of heart disease.

**If your family member is at increased risk, tell him/her to talk to his/her doctor about what you can do to prevent heart disease.**

### Important:

A family history of type 2 diabetes is a risk factor for heart disease. So, if one of the relatives listed in the blue or green boxes has been diagnosed with heart disease, type 2 diabetes, or both, that relative counts as one relative toward your family member's risk.

### Some tips that may help prevent and detect heart disease...



#### Quit smoking or don't start:

- One year after quitting, your added risk of heart disease drops down to half of a smoker's risk



#### Talk to a doctor about screening:

- Regular blood sugar, blood pressure and cholesterol testing can help find a problem before it becomes heart disease