

# HOW OLD IS YOUR HEART?



How "young" are you? \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ \*Note: Your risk is the same whether male or female! Subtract/Add 0

## LIFESTYLE

Do you smoke?	Daily +5	Regularly +3	Never 0
How often do you smile?	10x/day -1	1x/day 0	Rarely +1
Are you in a loving relationship?	Yes -1	No 0	It's Complicated +1
Do you have personal conversations on a regular basis with a close friend/s?	At least once a week -1	No +1	
Do you have a beloved pet?	Yes -1	No 0	
How often do you exercise for a 30 minute period?	0/week +2	1-3/week -1	4-7/week -2
Do you feel stress to the point where you have difficulty getting to sleep or sleeping through the night?	<b>MEN:</b> Most of the time +1	Sometimes 0	Never -1
	<b>WOMEN:</b> Most of the time +2	Sometimes 0	Never -1
Do you feel job stress where your compensation or job security is at risk?	<b>MEN:</b> Most of the time +2	Sometimes 0	Never -1
	<b>WOMEN:</b> Most of the time +1	Sometimes 0	Never -1
I feel financially secure	Yes -1	No +1	

## DIET

How often do you eat fish, almonds, or broccoli?	Weekly -1	Monthly 0	Never +1
I have a glass of red wine ____ times per week	0/week 0	1-10/week -1	10+/week +1
I eat red meat more than twice a week	Yes +1	No 0	

## CLINICAL CONDITIONS

I have a parent or sibling who has had a heart attack or coronary artery disease?	Yes +3	No 0	
<b>MEN:</b> Do you have male pattern baldness (not frontal)?	Yes +1	No 0	
What is your Body Mass Index (BMI)? Please refer to the attached BMI chart.	18-25 -1	26-32 0	>32 +1
<b>MEN:</b> Is your waist greater than 40 inches?	Yes +2	No 0	
<b>WOMEN:</b> Is your waist greater than 35 inches?	Yes +2	No 0	
<b>BLOOD PRESSURE:</b> Do you know your blood pressure? <b>Is the numerator (top number) greater than 150?</b>	Yes +2	No 0	
<b>Is the denominator (bottom number) greater than 90?</b>	Yes +2	No 0	
<b>CHOLESTEROL:</b> Is your cholesterol greater than 240mg/dL?	Yes +1	No 0	
Do you know your HDL (Good cholesterol)?	My HDL is greater than 60 -1	My HDL is less than 40 +1	
Do you know your LDL (Bad cholesterol)?	My LDL is greater than 160 +1	My LDL is less than 100 -1	
I have diabetes	Yes +2	No 0	

## YOUR HEART'S AGE: \_\_\_\_\_

### HOW TO SCORE

Start with your age and add or subtract the numeric values for each question.

If you would like additional information about any of the topics in this quiz or to see some of the research and studies from which this information is based, please go to [Montefiore.org/Cardiothoracic-Surgery](http://Montefiore.org/Cardiothoracic-Surgery) or call 718.920.2100.

Disclaimer: This test does not intend to provide medical advice. If you have specific questions about any medical matter you should consult your doctor or other professional healthcare provider.

# Body Mass Index Chart

## Weight in Pounds

Height in Feet and Inches

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4' 2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4' 4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4' 6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4' 8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4' 10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5' 2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5' 4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5' 6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5' 8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5' 10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6' 2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6' 4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6' 6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6' 8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6' 10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

Underweight
  Normal
  Overweight
  Obesity