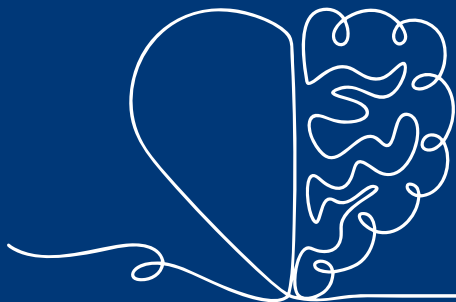




Download this form to discuss and complete with your doctor.

Can You Avoid Heart Disease or a Stroke?

Below are some factors that increase your risk for heart disease or a stroke.^{1,2,3}

Things you **CANNOT** control^{1,2}

- ☒ Family history
- ☒ Older age
- ☒ Gender
- ☒ Genetic conditions

Things you **CAN** control¹⁻⁴

- ☒ High blood sugar (diabetes)
- ☒ High blood pressure
- ☒ High cholesterol
- ☒ Body weight
- ☒ Smoking
- ☒ Your kidney health
- ☒ Unhealthy diet, lack of physical activity, alcohol

By addressing risk factors that you can change, you can greatly reduce your risk of heart disease and stroke.
Ask your healthcare professional how.



Are you at risk for heart disease or stroke?

How to use this card:

1. Complete your healthy heart numbers that you do know.
2. Ask your doctor to complete the numbers that you do not know.
3. Ask your doctor to test your urine
4. Discuss your risk for developing heart disease or stroke with your doctor.

RISK FACTORS	RECOMMENDED TARGET VALUES	YOUR NUMBER	NOTES TO DISCUSS WITH YOUR DOCTOR
BLOOD SUGAR⁵			
HbA _{1c}	< 7 %		
Fasting finger prick test	4.4 - 7.2 mmol/L		
Finger prick test 1-2 hrs after a meal	< 10 mmol/L		
BLOOD PRESSURE⁶	Top number: less than 130 (systolic) Bottom number: less than 80 (diastolic)		
WAIST SIZE⁷			
Men	94 cm or less		
Women	80 cm or less		
BODY MASS INDEX (BMI)⁷	18.5 to 24.9 = normal 25 to 29.9 = overweight 30 or more = obese		
BLOOD CHOLESTEROL⁶			
LDL-cholesterol	< 1.8 mmol/L		
HDL-cholesterol:	> 1 mmol/L		
Triglycerides:	< 1.7 mmol/L		
FAMILY HISTORY OF HEART DISEASE, DIABETES OR STROKE³			
No			
Yes - provide details			
KIDNEY FUNCTION - PRESENCE OF MICROALBUMIN OR PROTEIN ON A URINE TEST⁸			
No			
Yes - Please provide details			

Microalbumin or protein in the urine increase your risk of dying from heart disease 5 to 8 times⁸

*Note: Other factors such as ethnicity, individual risk factors, pregnancy, medical history or family history can affect your risk, regardless of your waist size.

Take control of your heart health¹⁻²

You can't change your age, gender, or family history, but knowing your risk factors empowers you to take control of your health.

The more risk factors you have, the higher your chance of heart disease.

It's never too early or too late to act.

By addressing the factors you can change; you can greatly lower your risk of heart disease and stroke.

Disclaimer: The risk factors mentioned on this card are not exhaustive. There are many different risk factors for heart disease or stroke. Please discuss any concerns you may have with your doctor.

References: **1.** The Heart and Stroke Foundation of South Africa. Causes of heart disease [online] [cited 11 September 2025]; Available from: <https://heartfoundation.co.za/causes-of-heart-disease/>. **2.** The Heart and Stroke Foundation of South Africa. Causes of a stroke. [cited 11 September 2025]; Available from: <https://heartfoundation.co.za/causes-of-a-stroke/>. **3.** National Institute of Diabetes and Digestive and Kidney Diseases. Diabetes, Heart Disease, & Stroke [online] April 2021 [cited 17 September 2025]; Available from: <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/heart-disease-stroke>. **4.** Centers for Disease Control and Prevention. Diabetes and Your Heart [online] May 2024 [cited 17 September 2025]; Available from: <https://www.cdc.gov/diabetes/diabetes-complications/diabetes-and-your-heart.html>. **5.** American Diabetes Association. Glycemic Goals and Hypoglycemia: Standards of Care in Diabetes – 2025. Diabetes Care 2025;48(Suppl 1):S128-S145. **6.** American Diabetes Association. Cardiovascular Disease and Risk Management: Standards of Care in Diabetes – 2025. Diabetes Care 2025;48(Suppl 1):S207-S238. **7.** Heart and Stroke Foundation Canada. Healthy weight and waist [online] [Cited 10 September 2025]; Available from: <https://www.heartandstroke.ca/healthy-living/healthy-weight/healthy-weight-and-waist>. **8.** National Kidney Foundation of South Africa. All about the kidneys [online] [cited 16 September 2025]; Available from: <https://www.nkf.org.za/all-about-the-kidneys/>.

**Driving
change** | in cardiovascular
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