

Your Chances of Getting Heart Disease:

Based on the personal and family medical information that you provided, you are **more likely to have or develop heart disease**. This tool does not include information on other factors that might affect your risk, such as what you eat, how physically active you are, whether you smoke, and any conditions that you may develop in the future, such as high blood pressure, high cholesterol, or diabetes. No tool for assessing risk is perfect, and it is important to talk with your health care provider to better understand your risks. Tell the health care provider which family members have heart disease or related conditions and when they were diagnosed. Include family members who have died.

What is Heart Disease?

Heart disease is the leading cause of death in the United States, causing about 1 in 4 deaths. The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease, which can lead to a heart attack, stroke, and even death. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

Having close blood relatives (such as a parent, sibling, aunt, uncle, or cousin) with heart disease or related conditions, such as diabetes, high blood pressure, or high blood cholesterol, can make you more likely to have heart disease. In some cases, heart disease is hereditary, meaning that it is caused by genetic changes (called mutations) that are passed down in families. One example of a hereditary condition that causes heart disease is [familial hypercholesterolemia](#), a genetic disorder which results in increased blood levels of low-density lipoprotein (LDL) cholesterol.

Risk Factors for Heart Disease:

You are more likely to have heart disease if you have one or more of the following

- Personal history of angina or heart attack before age 50
- Personal history of diabetes, high blood pressure, high cholesterol, or familial hypercholesterolemia at any age
- Parent, sibling, or child had angina or a heart attack before age 50
- One or more male relatives had heart disease, a heart attack, or a stroke/brain attack at age 50 or younger
- One or more female relatives had heart disease, a heart attack, or a stroke/brain attack at age 60 or younger
- Sudden death (due to heart problems) of a male relative at age 49 or younger
- Sudden death (due to heart problems) of a female relative at age 59 or younger
- One or more family members had familial hypercholesterolemia at any age
- One or more family members had diabetes at any age

Having a risk factor does not mean that you will definitely get heart disease or have a heart attack. Talk with your doctor about steps you can take to reduce your risk, such as

- Choosing health foods and drinks
- Keeping or reaching a healthy weight
- Getting regular exercise
- Not smoking
- Checking your cholesterol

- Controlling your blood pressure
- Managing your diabetes, if you have it
- Taking your medicines as directed

For more information on risk factors for heart disease, please see:

- [Heart Disease, Family Health History, and Familial Hypercholesterolemia](#)
- [Heart Disease](#)
- [Million Hearts[®]](#)