


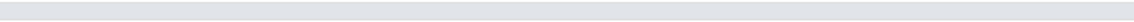
# Canadian Men's Health Risk Assessment Tool Questionnaire

Answer the questions to the best of your knowledge. Not knowing an answer is okay because, at the end of the survey, a personally tailored recommendation report to help you improve your health will take this into account. Follow the recommendations, then come back and take the survey again for an updated report.

## SECTION 1 - DEMOGRAPHIC INFORMATION

### 1. My age is:

0


 

0 You must be 18 or older. 90 +

### 2. My primary racial or cultural group is:

Please select one:

- White
- Aboriginal (includes First Nations, Métis, and Inuk/Inuit)
- South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)
- Chinese
- Black
- Filipino
- Latin American
- Arab
- Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Laotian, etc.)
- West Asian (e.g., Iranian, Afghan, etc.)
- Korean
- Japanese
- I would rather not answer this question

 Different ethnic groups are at different risk for developing certain diseases and health problems. Knowing your ethnic background helps you to identify your level of risk for illness. Armed with this knowledge, you can take measures to minimize the likelihood that you will develop these diseases.

## SECTION 2 - PHYSICAL STATS

Physical statistics provide a baseline that establishes your risk for 6 major diseases.

### 3. My weight and height:

Weight:

0.0 kg | 0 lbs.



0.0 kg | 0 lbs.

You must be between 40 to 194 kg | 88 to 427 lbs.

194.0 kg | 427 lbs. +

Height:

0 m | 0' 0"



0 m | 0' 0"

You must be between 0.7 to 2.44 m | 2'4" to 8'0"

2.44 m | 8' 0" +



Body Mass Index, or BMI, is a widely accepted predictor of diseases like diabetes and heart attack. BMI is calculated by determining your weight to height-squared ratio, which provides an estimate of the percentage of body fat. The BMI tool doesn't work for bodybuilders or athletes because they aren't fat, but heavily muscled.

### 4. My waist circumference:

Waist circumference is not your pant size. To determine your waist circumference follow these instructions: take off your shirt and loosen your belt. Breathe out normally. Place the tape measure around your abdomen at the wide area just above your belly button. The tape measure should be snug but not tight against your skin. Your waist must measure between 55 to 150 cm | 22 to 59". If you don't have tape measure and/or don't know your waist size please select 'I don't know my waist size' as your answer.

0 cm | 0"



0 cm | 0"

☐ I don't know my waist size.

150 cm | 59" +



Where you carry your weight is just as important as your overall weight. A bulging belly is an indicator that you are at risk for heart disease, diabetes, and some cancers. Knowing your waist circumference is an important first step to taking care of your health. Waist circumference measurement does not apply to people over the age of 65. Waist circumference guidelines vary between ethnic groups.

## **5. My total cholesterol level at my last physician visit was:**

Normal cholesterol: Below 5.2 mmol/L

Borderline high cholesterol: 5.2-6.2 mmol/L

High cholesterol: Above 6.2 mmol/L

I don't know



High blood cholesterol is a key risk factor in heart disease. It can lead to a build-up of plaque inside the walls of your arteries, which makes it difficult for blood to circulate throughout the body. This condition is called atherosclerosis, and can lead to heart disease, circulatory problems, and strokes.

## **6. My blood pressure is:**

Normal blood pressure: Less than 120 mm Hg

Borderline high blood pressure: Between 120 and 139 mm Hg

High blood pressure: 140 mm Hg or more

I don't know



Blood pressure readings always have two numbers, such as 120/80 mm Hg. The first number (120) is always greater than the other one. It measures blood pressure in your arteries when the heart beats. The second number (80) is always the smaller of the two, since it measures blood pressure between heartbeats, when the heart is at rest.

Don't panic if your blood pressure is high. Blood pressure can change minute to minute due to changes in posture, exercise, stress, or even a lack of sleep. If your blood pressure reading is higher than normal, your doctor may take several readings over time or even have you monitor your blood pressure at home before diagnosing you with high blood pressure. If readings stay at 140/90 mm Hg or higher, your doctor will likely want you to begin a treatment program. This would include lifestyle changes and often prescription medication for those with readings of 140/90 or higher.

High blood pressure, also called hypertension, puts you at risk for heart attacks, and kidney failure. Left uncontrolled, it may cause irregular heartbeat, blindness, and heart failure. Lowering one's blood pressure dramatically reduces the risk of developing these conditions. Even men

with borderline high (or high-normal) blood pressure have a 60% higher risk of cardiovascular disease over a 10-year period, compared to men with normal blood pressure.


## 7. My blood sugar at my last physician visit was:

Normal level: 4 - 6 mmol/L

Pre-Diabetes level: 6.1 to 6.9 mmol/L

Diabetes level: 7 mmol/L or higher


I don't know

 Physicians can tell if you have diabetes or are pre-diabetic by testing your 'fasting blood sugar'. This is a blood test taken after 8 hours of overnight fasting. The test determines how much glucose you have in your bloodstream. Glucose is a sugar derived from food that provides energy to fuel your body. Over time, glucose levels that are too high can damage your eyes, heart, kidneys, blood vessels, nerves, and feet.

## SECTION 3 - FAMILY HISTORY

### 8. Do you have any blood relatives (natural or biological father, mother, grandfather, grandmother, brother, sister, or children) who have or have had any of the following conditions diagnosed by a physician?

Diabetes	Yes	No	I don't know
Stroke or heart attack	Yes	No	I don't know
Prostate cancer (brother or father)	Yes	No	I don't know
Breast cancer	Yes	No	I don't know
Fractured or broken hipbone in a parent	Yes	No	I don't know
Alcoholism or substance abuse	Yes	No	I don't know
Depression	Yes	No	I don't know
Suicide (includes attempted suicide)	Yes	No	I don't know

 Due to genetics, you are at greater risk of developing certain diseases that have cropped up in your blood relatives. By determining the illnesses in your family, you can take extra precautions to minimize the risk factors that lead to these diseases. You should also follow national screening recommendations.

## SECTION 4 - HEALTH & MEDICAL HISTORY

**9. Do you have or have you had any of the following conditions diagnosed by a physician? Please select no if you don't know.**



If you have already been diagnosed with any of the following illnesses, you are at greater risk of developing other related ailments. Ensure that you minimize the risk factors associated with the development of such conditions and follow national screening recommendations.

### HEAD

Stroke	Yes	No
Obstructive sleep apnea	Yes	No
Depression	Yes	No
Head/Brain Trauma (including concussions)	Yes	No

### HEART AND CIRCULATION

Heart attack	Yes	No
Atrial fibrillation	Yes	No

### BLOODSTREAM

Diabetes	Yes	No
HIV/AIDS	Yes	No
Hemochromatosis	Yes	No

### INTERNAL ORGANS

Chronic renal (kidney) disease	Yes	No
Stomach resection or chronic malnutrition	Yes	No

### MUSCLE AND BONES

Rheumatoid arthritis	Yes	No
Osteoporosis	Yes	No
Fracture or broken bone in adult life	Yes	No

### BELOW THE BELT

Low testosterone or hypogonadism	Yes	No
Erectile dysfunction	Yes	No
Undescended testicles as an infant	Yes	No
Mumps infection affecting the testicles	Yes	No
Trauma to genital area, or major surgery (with general anesthesia) in pelvic area	Yes	No
Prostate cancer	Yes	No

## 10. Have you ever been on the following medication or treatments?

Long-term glucocorticoid use

(at least 7.5 mg per day of prednisone

or equivalent for at least 3 months)


Yes No

Chemotherapy

Yes No

Radiation treatment to pelvic area

Yes No

 These treatments may increase risk of other health conditions. However, no treatment is provided for patients unless they are necessary and benefits outweigh harms. Discuss with your physician to know you receive necessary checks regarding the side effects.

## SECTION 5 - CURRENT HEALTH

11. For each of the following statements, please check the button below the answer that best describes how often you felt or behaved this way during the past week.

Rarely or none of the  
time (Less than 1 day)

Some or a little of the  
time (1-2 days)

Occasionally or a  
moderate amount of  
the time (3-4 days)

Most or all of the time  
(5-7 days)

I was bothered by things that usually don't bother me.

I had trouble keeping my mind on what I was doing.

I felt depressed.

I felt that everything I did was an effort.

I felt hopeful about the future.


I felt fearful.

My sleep was restless.

I was happy.


I felt lonely.

I could not "get going".

 **Depression:** Many men have been conditioned by society to suppress their emotions. Acknowledge strong feelings like depression and realize it is a serious illness that, without medical treatment, may lead to suicide. Don't hesitate to call for free help: 8-1-1 or 1-800-SUICIDE or 1-800-273-TALK/8255. The good news is that depression improves 80% of the time with help.

## 12. How often are you able to get and keep an erection that is firm enough for satisfactory sexual activity?

Always  
Usually  
Sometimes  
Never  
I would rather not answer this question

 Erectile dysfunction (ED) is nothing to be ashamed of. It does not indicate that you are becoming less masculine. However, don't ignore it; ED can be a symptom of heart disease - your penis is a barometer of your heart health. Or, it may simply mean that you need to make a few, easy lifestyle changes.

## SECTION 6 - LIFESTYLE FACTORS

### 13. What are your eating habits in a typical week?


Less than once a week      1-2 times a week      At least 3 times a week

Add salt to foods or eat foods that are high in salt, like processed foods, restaurant and fast foods, salty snacks, and canned soups and mixes?

Eat foods that are high in saturated fats (unhealthy fats) such as red meats, whole-milk dairy products, butter, deep-fried foods, donuts, or cookies?

Eat sources of Omega-3 fats (healthy fats), such as fish, avocado, olive or canola oil, omega-3 eggs, flaxseeds, or nuts?

Eat 5 or more servings of fruits and/or vegetables in a day?

 As the saying goes, 'you are what you eat.' Consuming a healthy diet equates to a healthy body and reduces your risk of illnesses like heart disease and cancer. A balanced and healthy diet is your ally in the fight against illness.

**14. Which statement best describes your amount of physical activity in a typical week? This includes everything from going to the gym, walking the dog, walking to the bus stop, riding your bike to work, or playing with your kids.**

None (zero)

Some (less than 150 minutes of moderate- to vigorous-intensity aerobic activity every week)

Sufficient (150 – 299 minutes of moderate- to vigorous-intensity aerobic activity every week)

Plenty (300 minutes or more of moderate- to vigorous-intensity aerobic activity every week)



Physical activity includes in your leisure time, at work, at home, or in transportation. Along with a healthy diet, regular exercise not only keeps you trim but reduces your risk of illnesses like heart disease, high blood pressure, osteoporosis, and type 2 diabetes. Not enough exercise is a risk factor for these diseases. Exercise also enhances your mental health and helps keep depression at bay.

**Moderate-intensity aerobic activity** means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort: walking fast, doing water aerobics, riding a bike on level ground or with few hills, playing doubles tennis or pushing a lawn mower.

**Vigorous-intensity aerobic activity** means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort: jogging or running, swimming laps, riding a bike fast or on hills, playing singles tennis, and playing basketball. You can do moderate - or vigorous-intensity aerobic activity, or a mix of the two each week.

A rule of thumb is that 1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity.

If you're 65 years of age or older, are generally fit, and have no limiting health conditions you can follow these guidelines. Otherwise, you should ask your physician for advice on appropriate physical exercise types and schedules.



### 15. Do you currently smoke tobacco?

Yes

No



Smoking is associated with an array of diseases: lung cancer, heart attack, stroke, erectile dysfunction, low testosterone, prostate cancer, osteoporosis, and clinical depression. It also accelerates and aggravates the complications of diabetes. Quitting smoking immediately benefits your health, and reduces the risk of becoming ill with these conditions.

### 16. On average, how much alcohol do you consume in a typical week?

None (0 drinks per week)

1-2 drinks per week

3-6 drinks per week

7-15 drinks per week

16-20 drinks per week

21 or more drinks per week



It goes without saying that alcohol impairs your judgment. But it also impacts your health. In the immediate term, alcohol is linked to violence, driving accidents, unprotected sex and abuse in the family. Long term, alcohol is a risk factor for heart disease, cirrhosis of liver, and cancer of mouth, pharynx (throat), larynx (voice box), esophagus, liver, breast, colon, rectum, and progressive prostate cancer.

### 17. On average, how many hours of sleep do you get in a 24-hour period?

Less than 7 hours

7 hours or more




Adults who do not get an average of 7 to 8 hours of sleep in a 24 hour period are at more risk of a number of chronic diseases and conditions—such as type 2 diabetes, cardiovascular disease, obesity, and depression. Both the quantity and the quality of sleep count for good health.

## 18. Do you snore?

Yes

No

I don't know

 Snoring can rob a person of the important health benefits of sleep resulting in daytime sleepiness and weariness. Besides the ill effects of daytime dysfunction, snoring is associated with heart disease. One in two people who snore loudly have obstructive sleep apnea. Obstructive sleep apnea is often related with erectile dysfunction.