

South Asians and Heart Disease – Check Your Risk Form

Please print and take this form with you to your next physical examination. Use it to discuss your risk of heart disease with your physician. You should also talk to your physician about appropriate prevention strategies.

According to the American Association of Physicians of Indian Origin (AAPI), the following is recommended for South Asians to prevent coronary artery disease:

- Non HDL-C less than **130** mg/dl (Non HDL-C = Total cholesterol - HDL)
- Bad cholesterol (LDL-C) less than **100** mg/dl
- Good cholesterol (HDL-C) more than **40** mg/dl for males and more than **50** mg/dl for females
- For a person with **diabetes or coronary artery disease:**
 - Non-HDL-C less than **100** mg/dl
 - LDL-C less than **70** mg/dlb
- If a person has diabetes:
 - A1c less than **6.5**
- Waist circumference:
 - Less than 35** inches for men
 - Less than 31** inches for women
- For Indians, a BMI of **23-25** is overweight and **25** is obese.

- Quit smoking