

# Pre-Sea Cardiac Risk Factor Assessment

## Personal Information

Full Name

Date of Birth

Age

Sex

## Medical History

- ☐ Hypertension
- ☐ Diabetes Mellitus
- ☐ High Cholesterol
- ☐ Previous Heart Disease
- ☐ Smoking
- ☐ Family History of Heart Disease

Duration of Hypertension (years)

Duration of Diabetes (years)

Recent Cholesterol Level (mg/dL)

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## Physical Measurements

Height (cm)

Weight (kg)

BMI

Blood Pressure (mmHg)

## Lifestyle

☐ Regular Exercise    ☐ Alcohol Use

Smoking (packs/year)

Alcohol (units/week)

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## Other Risk Factors

☐ Stress    ☐ Sedentary Lifestyle    ☐ Obesity    ☐ Sleep Apnea    ☐ None