## Stroke Risk Scorecard

Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels on the back.



Risk Factor Blood Pressure	High Risk > 140/90	Caution	Low Risk
	or I don't know	120-139/80-89	<120/80
Cholesterol	>240 or I don't know	200-239	<200
Diabetes	Yes	Borderline	No
Smoking	I still smoke	I'm trying to quit	I am a non-smoker
Atrial Fibrillation	I have an irregular heartbeat	I don't know	My heartbeat is not irregular
Diet	I am overweight	I am slightly overweight	My weight is healthy
Exercise	I am a couch potato	I exercise sometimes	I exercise regularly
I have stroke in my family	Yes	Not sure	No

Score (each box=1)

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## TO REDUCE YOUR RISK FOR STROKE:

- 1. Know your blood pressure. If high, work with your doctor to lower it.
- 2. Find out from your doctor if you have atrial fibrillation.
- 3. If you smoke, stop.
- 4. If you drink alcohol, do so in moderation.
- 5. Find out if you have high cholesterol.r
- If so, work with your doctor to control it.
- 6. If you are diabetic, follow your doctor's recommendations carefully to control your diabetes.
- 7. Include exercise in the activities you enjoy in your daily routine.
- 8. Enjoy a lower sodium (salt), lower fat diet.
- 9. "Ask your doctor" how you can lower your risk of stroke.
- 10. KNOW THE SYMPTOMS OF STROKE.
  - If you have any stroke symptoms, seek immediate medical attention. Symptoms include:
  - Sudden numbness or weakness of face, arm or leg especially on one side of the body.
  - Sudden confusion, trouble speaking or understanding.
  - Sudden trouble seeing in one or both eyes.
  - Sudden trouble walking, dizziness, loss of balance or coordination.
  - Sudden severe headache with no known cause.

If you have experienced any of these symptoms, you may have had a TIA or a stroke – call 911 immediately!

1-800-STROKES 1-800-787-6537 www.stroke.org National Stroke Association<sup>---</sup> www.stroke.org

If your RED score is 3 or more, please ask your doctor about stroke prevention right away

If your yellow score is 4-6, you're off to a good start. Keep working on it!

If your green score is 6-8, congratulations! You're doing very well at controlling your risk for stroke!