

# 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 below.

Risk Factor	High Risk >140/ 90	Caution 120- 130/ 80- 89	Low Risk < 120/ 80
Blood Pressure	> 140/ 90	120- 130/ 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)			

## 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.  
If so, work with your doctor to control it.
6. If you are diabetic, follow your doctor's recommendation carefully to control your blood sugar.
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:
  - Sudden numbness or weakness of face, arm or leg, especially 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!**

**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!**

