

# **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	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	■ >140/90 or unknown	☐ 120-139/80-89	<b>■</b> <120/80
Atrial Fibrillation	■ Irregular heartbeat	☐ I don't know	■ Regular heartbeat
Smoking	■ Smoker	☐ Trying to quit	■ Nonsmoker
Cholesterol	■ >240 or unknown	<u>200-239</u>	<b>&lt;</b> 200
Diabetes	■ Yes	☐ Borderline	■No
Exercise	■ Couch potato	☐ Some exercise	■ Regular exercise
Diet	Overweight	☐ Slightly overweight	■ Healthy weight
Stroke in Family	■Yes	☐ Not sure	■No
TOTAL SCORE	High Risk	Caution	Low Risk



### **Risk Scorecard Results**



**High Risk ≥3:** Ask about stroke prevention right away.



Caution 4-6: A good start. Work on reducing risk.



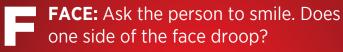
Low Risk 6-8: You're doing very well at controlling stroke risk!

# Ask your healthcare professional how to reduce your risk of stroke.

#### To reduce your risk:

- 1. Know your blood pressure.
- 2. Find out whether you have atrial fibrillation.
- 3. If you smoke, stop.
- 4. Find out if you have high cholesterol.
- 5. If diabetic, follow recommendations to control your diabetes.
- 6. Include exercise in your daily routine.
- 7. Enjoy a lower-sodium (salt), lower-fat diet.

# Act FAST and CALL 9-1-1 IMMEDIATELY at any sign of a stroke:



**ARMS:** Ask the person to raise both arms. Does one arm drift downward?

**SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, call 9-1-1 immediately.

1-800-STROKES (787-6537) • www.stroke.org