

Stroke Risk Scorecard

Put a checkmark in each box that applies to you. Total the check marks from each column and compare with the stroke risk levels on the reverse side.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120 – 139/80 – 89	<input type="checkbox"/> <120/80
Atrial Fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
Smoking	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Nonsmoker
Cholesterol	<input type="checkbox"/> >240 or unknown	<input type="checkbox"/> 200 – 239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Exercise	<input type="checkbox"/> Little exercise	<input type="checkbox"/> Some exercise	<input type="checkbox"/> Regular exercise
Diet	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Stroke in Family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
TOTAL SCORE	<input type="checkbox"/> High Risk	<input type="checkbox"/> Caution	<input type="checkbox"/> Low Risk

Risk Scorecard Results



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



Caution 4-6: Continue to work on reducing your risk.



Low Risk 6-8: You're doing a good job 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, try to stop.
4. Find out if you have high cholesterol.
5. If diabetic, follow recommendations to control your blood sugar.
6. Include exercise in your daily routine.
7. Reduce your sodium and fat intake.

Act F.A.S.T. and call 9-1-1 immediately at any sign of a stroke:

Face drooping

Arm weakness

Speech difficulty

Time to call 9-1-1 for immediate medical treatment

If you or a loved one have previously suffered a stroke, call us today at **321.841.7550**.