

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"/> Total cholesterol < 200 or LDL < 100
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

Stroke 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.

To reduce your risk of stroke:

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.

BE FAST and call 911 immediately at any sign of a stroke:

Balance uneven

Eyesight diminished

Face drooping

Arm weakness

Speech difficulty

Time to call 911 for immediate medical treatment

If you or a loved one have previously suffered a stroke, call us today at **(321) 841-2800**.