

# STROKE RISK ASSESSMENT

Are you at risk for a stroke?

**Did you know?** On average, women experience more strokes each year than men. However, stroke incidence is higher in men at younger ages.

Complete the stroke risk scorecard below to learn more about your personal risk.

## Stroke Risk Scorecard

1. Check one box in each risk factor column that best describes you.
2. In the column to the far right, write in the number of total boxes you checked for each row.

		RISK FACTORS								Total boxes checked
		Atrial Fibrillation	Blood Pressure	Cholesterol	Diabetes	Physical Activity	Smoking	Family History of Stroke	Weight	
RISK LEVELS	High Risk	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> Higher than 140/90 or unknown	<input type="checkbox"/> Higher than 240	<input type="checkbox"/> Yes	<input type="checkbox"/> Never	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Overweight	
	Moderate Risk	<input type="checkbox"/> Unknown	<input type="checkbox"/> Between 120/80 and 139/89	<input type="checkbox"/> Between 200 – 239	<input type="checkbox"/> Borderline	<input type="checkbox"/> Once or twice per week	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Unknown	<input type="checkbox"/> Slightly overweight	
	Low Risk	<input type="checkbox"/> Regular heartbeat	<input type="checkbox"/> Lower than 120/80	<input type="checkbox"/> Lower than 200	<input type="checkbox"/> No	<input type="checkbox"/> Three to four times per week	<input type="checkbox"/> No	<input type="checkbox"/> No	<input type="checkbox"/> Healthy weight	

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3. Now, find the risk level row with the highest number of boxes checked – high risk, moderate risk or low risk. The risk level row with the most boxes checked equals your estimated risk level.

**High risk:** Share this assessment with your physician immediately to discuss a plan for reducing your risk.

**Moderate risk:** Pay attention to the risks you can control and work on reducing them now.

**Low risk:** Keep up the good work! Stay informed about stroke risk factors and note any future changes in your health.

Please call 911 immediately if you are experiencing any F.A.S.T. symptoms. Time is brain!

### Tips to reduce your risk and stay in control:

- Ask your physician if you should be tested for atrial fibrillation.
- Stay informed about your blood pressure and maintain a healthy range (<120/80).
- Stay informed about your cholesterol and maintain a healthy range (<200).
- If you have diabetes, follow the recommendations made by your physician.
- Make exercise part of your daily routine.
- If you smoke, quit now.
- Maintain a diet low in sodium and fat.

To learn more about stroke warning signs, visit [promedica.org/stroke](http://promedica.org/stroke).

