Stroke Risk Scorecard

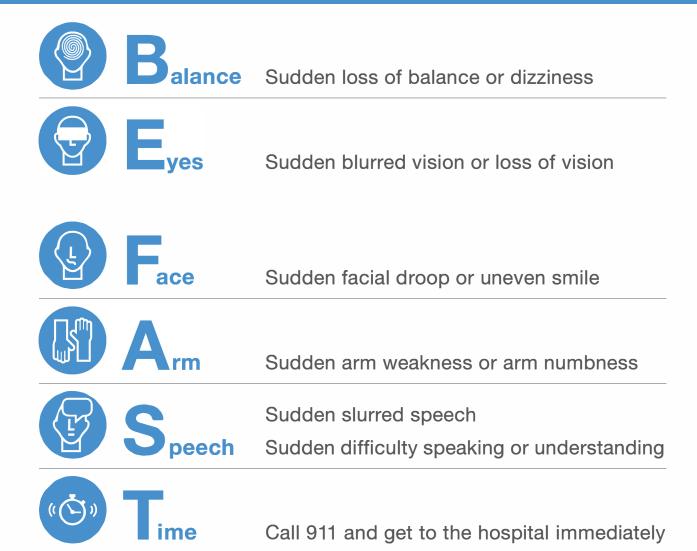
Check each box that applies to you. Each check mark equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels below.

Risk Factor	High Risk	Caution	Low Risk
Blood Pressure	☐ > 140 / 90 or I don't know	□ 120-139 / 80-89	□ < 120 / 80
Cholesterol	□ > 240 or I don't know	□ 200-239	□<200
Diabetes	□ Yes	□ Borderline	□No
Smoking	□ Yes	☐ Trying to quit	□No
Atrial fibrillation	☐ Irregular heartbeat	□ I don't know	☐ Regular heartbeat
Diet / Weight	☐ Overweight	☐ Slightly overweight	☐ Healthy weight
Exercise	☐ Don't exercise	☐ Exercise sometimes	☐ Exercise regularly
Family history of stroke	□ Yes	□ Don't know	□No
Total Score			

0 0	If your RED score is 3 or more, please ask your doctor about stroke prevention right away.
0 0	If your YELLOW score is 4-6, you're off to a good start! Keep working on it.
0 0	If your GREEN score is 6-8, you're doing a great job of controlling your risk for stroke.

Scorecard information from the National Stroke Association www.stroke.org.

Look for these signs and BE FAST



If you experience any of these symptoms, you may be having a transient ischemic attack (TIA) or stroke – call 911 immediately!