

STROKE RISK SCORECARD

Each box below that applies to you equals one point.

Add up your score at the bottom of each column and compare your total with the stroke risk levels below.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
What is your blood pressure? Today, my blood pressure is _____	Greater than 140/90 or I don't know.	120-139/80-89	Less than 120/80
What is your cholesterol level?	Greater than 240 or I don't know.	200-239	Less than 200
Do you have diabetes?	Yes	Borderline	No
Do you smoke?	I am a smoker.	I'm trying to quit.	I am a nonsmoker.
Do you have an irregular heartbeat? (atrial fibrillation)	I have an irregular heartbeat.	I don't know.	My heartbeat is not irregular.
Are you at a healthy weight?	I am overweight.	I am slightly overweight.	My weight is healthy.
Do you exercise?	I exercise rarely.	I exercise sometimes.	I exercise regularly.
Do you have a family history of stroke?	Yes	Not sure	No
YOUR RISK SCORE	TOTAL: _____ <i>If this score is 3 or more, please ask your doctor about stroke prevention right away.</i>	TOTAL: _____ <i>If this score is 4-6, you're off to a good start, but keep working on reducing your risk factors for stroke.</i>	TOTAL: _____ <i>If this score is 6-8, congratulations! You're controlling your risk for stroke so far.</i>

FACTORS YOU CAN CONTROL



Alcohol: Do not consume more than 1 alcoholic drink per day. One alcoholic drink equals 12 ounces of regular beer, 5 ounces of table wine or 1.5 ounces of hard liquor.



Atrial fibrillation (AFib): If your doctor has told you that you have an irregular heart rate, talk with them about how to control this. Uncontrolled AFib increases your risk of stroke by 4 to 5 times.



Blood pressure & Cholesterol: Family history may play a role, but diet, exercise and medication can bring your high blood pressure and cholesterol under control.



Diet: Low in salt and low in fat.



Exercise: Try to get 30-60 minutes of activity each day.



Obesity and Diabetes: For many, lifestyle changes, like diet and exercise can reverse both of these problems.



Smoking: Stop smoking now. Ask your doctor for resources to help you quit.

FACTORS YOU CANNOT CONTROL

- **Your age and sex:** As you grow older, your risk of stroke and heart disease begins to increase and keeps increasing with age. Annually, more women than men have a stroke, but at younger ages stroke incidence is higher in men than women.
- **Your family history:** You have a greater risk of stroke if any of your close blood relatives have had a stroke.
- **Your personal history:** Previous transient ischemic attacks (TIAs) put you at a higher risk of a future stroke.

SYMPTOMS OF A STROKE

If you or someone you know is experiencing symptoms of a stroke that came on suddenly, remember to **B.E. F.A.S.T.**:



BALANCE

Is the person having trouble walking?
Loss of balance or coordination, dizziness.



EYES

Is the person having trouble seeing?
Change in vision in one or both eyes.



FACE

Ask the person to smile. Does the smile look even?
Face looks uneven, droopy or is numb.



ARMS

Ask the person to raise both arms. Does one arm drop down? Weakness or numbness in one arm or leg.



SPEECH

Does the person have trouble speaking or seem confused? Slurred or difficult speech.



TIME

Time lost = Brain lost. Note the time symptoms start and **call 9-1-1 immediately.**

Another symptom could be unfamiliar or sudden, severe headache.

***BE FAST** was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Copyright 2011, Intermountain Healthcare.*

TO LEARN MORE ABOUT STROKE AND
WAYS TO REDUCE YOUR RISK,
PLEASE CALL OR VISIT