

Stroke Risk

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 <input type="text"/>	Greater than 140/90 or don't know.	120-139/80-89	Less than 120/80
What is your cholesterol level?	Greater than 240 or 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
Information courtesy of the National Stroke Association.	Total: <input type="text"/> If your red score is 3 or more, please ask your doctor about stroke prevention right away.	Total: <input type="text"/> If your yellow score is 4-6, you're off to a good start, but keep working on reducing your risk factors for stroke.	Total: <input type="text"/> If your green score is 6-8, congratulations! You're controlling your risk for stroke so far.

Stroke Risk

Stroke risk factors you can control:

- **Blood pressure:** Like cholesterol, high blood pressure can be reduced. Find out if your blood pressure is high. If it is, discuss ways to lower it with your doctor.
- **Cholesterol:** Family history may play a role, but diet, exercise and medication can bring your cholesterol under control.
- **Exercise:** Try to get 30-60 minutes of exercise most days of the week.
- **Diet:** Adopt a heart-healthy diet, with low-fat and low-salt foods. A healthy diet and exercise can help control high blood pressure, high cholesterol and obesity, and will make you feel better overall.
- **Alcohol:** Do not consume more than one 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.
- **Obesity and diabetes:** Obesity and diabetes greatly increase your risk for stroke. For many, lifestyle changes can reverse both of these problems.
- **Smoking:** Stop smoking now. Ask your doctor for resources to help you quit.

It is important to work closely with your doctor to control your risk factors and understand the medications you take.

Other stroke risk factors:

- Your age and sex: As you grow older, your risk of heart disease and stroke begins to increase and keeps increasing with age.
- 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) or strokes put you at a higher risk of a future stroke.

Symptoms of a stroke:

If you or someone you know is experiencing the symptoms of a TIA or a stroke, remember to act F.A.S.T.

Face: Ask the person to smile. If the face is droopy on one side, call 9-1-1 immediately.

Arm: Ask the person to raise both arms. If one arm drifts down or cannot be raised, call 9-1-1 immediately.

Speech: Ask the person to say a simple phrase. If speech is slurred or they are having difficulty saying words, call 9-1-1 immediately.

Time: Call 9-1-1 immediately. With stroke, time lost is brain lost.

Another common symptom of a stroke is the sudden onset of a severe headache.

Go online for more information or call **800-424-DOCS** to find a physician to discuss your scores