



Stroke Risk Scorecard

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

RISK FACTORS	HIGH RISK	CAUTION	LOW RISK
Blood pressure	<input type="checkbox"/> Higher than 140/90 or unknown	<input type="checkbox"/> Within the range of 120-139/80-89	<input type="checkbox"/> Lower than 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"/> Higher than 240 or unknown	<input type="checkbox"/> Within the range of 200-239	<input type="checkbox"/> Lower than 200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Exercise	<input type="checkbox"/> Couch potato	<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

Information adapted from the National Stroke Association (stroke.org).

Call 9-1-1 immediately if you experience stroke symptoms.

HIGH RISK

IF YOU SCORED 3 OR MORE, ask your doctor about stroke prevention soon.

CAUTION

IF YOU SCORED 4-6, this is a good start. Work on reducing your risk.

LOW RISK

IF YOU SCORED 6-8, you are doing very well at controlling stroke risk.

Reduce your risk for stroke

- ✓ Know your blood pressure. If it's high, work with your doctor to lower it.
- ✓ Ask your doctor to check for atrial fibrillation. For more information about atrial fibrillation, call the Lutheran Heart Center, 435-2600.
- ✓ If you smoke or use other forms of tobacco, stop! Call Lutheran Hospital's Tobacco Intervention Program (TIP) at 435-7094 or toll-free at (800) 444-2001, ext. 7094 for information.
- ✓ If you are diabetic, follow your doctor's recommendations carefully to control your diabetes. For more information about diabetes, call Lutheran Diabetes Services at 425-3154.
- ✓ Lower the sodium (salt) and fat in your diet. For more information about proper diet and nutrition, call the Lutheran Weight Management Center at 435-7844.
- ✓ Include exercise in your daily routine.
- ✓ Find out if you have high cholesterol. If so, work with your doctor to control it.
- ✓ Talk to your doctor about lowering your risk of stroke.

At the sign of a stroke, act FAST

- F** ▶ **FACE:** Ask the person to smile. Does one side of the face droop?
- A** ▶ **ARMS:** Ask the person to raise both arms. Does one arm drift downward?
- S** ▶ **SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- T** ▶ **TIME:** If you observe any of these signs, call 911 immediately.

