

STROKE RISK SCORECARD

Each box that applies to you equals one point. Total your score at the bottom of each column and compare with the stroke risk levels listed 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	I still smoke	I'm trying to quit	I am a non-smoker
Atrial Fibrillation	I have an irregular heartbeat	I don't know	My heartbeat is not irregular
Diet	I am overweight	I am slightly overweight	My weight is healthy
Exercise	I am a couch potato	I exercise sometimes	I exercise regularly
I have stroke in my family	Yes	Not sure	No
Score (each box = 1 point)			

If your Green score is 3 or more, please ask your doctor about stroke prevention right away.

If your Grey score is 4-6, you're off to a good start. Keep working on it!

If your White score is 6-8, congratulations! You're doing very well at controlling your risk for stroke.

To reduce your risk for Stroke:

1. Know your blood pressure. If high, work with your doctor to lower it.
2. Find out from your doctor if you have atrial fibrillation.
3. If you smoke, stop.
4. If you drink alcohol, do so in moderation.
5. Find out if you have high cholesterol. If so, work with your doctor to control it.
6. If you are diabetic, follow your doctor's recommendations carefully to control your diabetes.
7. Include exercise in the activities you enjoy in your daily routine.
8. Enjoy a lower sodium, lower fat diet.
9. "Ask your doctor" how you can lower your risk of stroke.
10. **KNOW THE SYMPTOMS OF STROKE.**
If you have any stroke symptoms, seek immediate medical attention.

STROKE FACTS 101

Stroke 101

- Stroke is a brain attack, cutting off vital blood flow and oxygen to the brain.
- In the U.S., Stroke is the third leading cause of death, killing 160,000 people each year, and is the leading cause of adult disability.
- Approximately 750,000 strokes will occur this year; however, 500,000 of those strokes can be prevented.
- Stroke can happen to anyone at any time, regardless of race, sex or age.
- Two million brain cells die every minute during Stroke, increasing risk of permanent brain damage, disability or death. Recognizing symptoms and acting fast to get medical attention can save a life and limit disabilities.

Recognizing Symptoms

Few Americans know the symptoms of Stroke. Learning them – and acting FAST when they occur – could save your life or the life of a loved one.

Common Stroke symptoms include:

- Sudden numbness or weakness of the face, arm or leg – especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

This simple test will help you detect stroke symptoms and Act F.A.S.T.:

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 sentence. Does the speech sound slurred or strange?

T = TIME If you observe any of these signs, it's time to call 911 or get to the nearest stroke center or hospital.