



## 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
<b>TOTAL SCORE</b>	<input type="text"/> HIGH RISK	<input type="text"/> CAUTION	<input type="text"/> LOW RISK

## 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.
- ✓ If you smoke or use other forms of tobacco, stop!
- ✓ If you are diabetic, follow your doctor's recommendations carefully to control your diabetes.
- ✓ Lower the sodium (salt) and fat in your diet.
- ✓ 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.



**Lutheran  
Health Network**