



Here. For Life.

Stroke Risk Scorecard*

Check each box that applies to you. Each box checked equals 1 point. Add up each column, entering the total at the bottom, then compare each column's total with the scorecard results below.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120-139/80-89	<input type="checkbox"/> <120/80
Artrial 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"/> >240 or unknown	<input type="checkbox"/> 200-239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Exercise	<input type="checkbox"/> Rarely	<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 Total	<input type="checkbox"/> Caution Total	<input type="checkbox"/> Low Risk Total

Scorecard Results

- **HIGH RISK:** ≥ 3 - Ask your doctor about stroke prevention right away.
- **CAUTION:** 4-6 - A good start. Work on reducing risk.
- **LOW RISK:** 6-8 - You're doing very well at controlling stroke risk!

**All information provided by the National Stroke Association*

Don't Wait!

Ask your healthcare professional how you can reduce your risk of stroke today!

1-800-STROKES (787-6537) · www.stroke.org

ADENA EMERGENCY DEPARTMENT LOCATIONS

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272 Hospital Road
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740-947-2186

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