

Scorecard for Calculating Your Risk for Stroke

Risk Factors	High Risk	Caution	Low Risk
1. Blood Pressure	> 140/90 or I don't know my BP	120-139/80-89	Less than <120/80
2. Cholesterol	>240 or I do not know my cholesterol	200-239	Less than <200
3. Diabetes	Yes	Borderline	No
4. Smoking	I smoke	I am trying to stop	Non-smoker
5. Atrial Fibrillation	I have an irregular heartbeat	I do not know	Heartbeat is regular
6. Diet	Overweight	Slightly overweight	Healthy weight
7. Exercise	I do not exercise	Sometimes I do	Regularly exercise
8. Family History of Stroke	Yes	Not sure	No
Total Score (each box = 1)	=	=	=

- ✓ If the score in your purple column *is greater than 3* please call your doctor and ask about what you can do to reduce your risk of stroke.
- ✓ If your score in the yellow column is 4 to 6 you are on your way to a good start to reducing your risk of stroke.
- ✓ A score of 6 to 8 means you are doing well to control the risk factors of stroke. Keep it up!