

Stroke Risk Scorecard

For each risk factor, record **yes** or **no** in each column.

To score, count 1 for each yes or don't know and 0 for each no. Record score for each column.

RISK FACTOR			
Blood Pressure	Greater than 140/90 or I don't know	120-139/80-89	Less than 120/80
Cholesterol	Greater than 240 or I don't know	200-239	Less than 200
Diabetes	Yes	Borderline	No
Smoking	I still smoke	I am 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
Family History	Yes	Not sure	No
Score			

Score Interpretation:

<p>If your RED score is 3 or more, please ask your doctor about stroke prevention right away!</p> <p>HIGH RISK</p>	<p>If your YELLOW score is 4 to 6, you're off to a good start. Keep working on it!</p> <p>CAUTION</p>	<p>If your GREEN score is 6 to 8, congratulations! You're doing very well at controlling your risk for stroke!</p> <p>LOW RISK</p>
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Adapted from the National Stroke Association