



Stroke Risk Scorecard

Check each box that applies to you. Each check equals 1 point.
Total your points at the bottom of each column and compare
your results to the answer key on the back panel

Risk Factor	High Risk	Caution	Low Risk
Blood Pressure	> 140/90 or don't know <input type="checkbox"/>	120 – 139/80-89 <input type="checkbox"/>	< 120/80 <input type="checkbox"/>
Cholesterol	> 240 or don't know <input type="checkbox"/>	200 – 239 <input type="checkbox"/>	< 200 <input type="checkbox"/>
Diabetes	Yes <input type="checkbox"/>	Borderline <input type="checkbox"/>	No <input type="checkbox"/>
Smoking	Smoker <input type="checkbox"/>	Trying to Quit <input type="checkbox"/>	Non-smoker <input type="checkbox"/>
Atrial Fibrillation	Irregular Heartbeat <input type="checkbox"/>	I don't know <input type="checkbox"/>	Normal Heartbeat <input type="checkbox"/>
Diet	Overweight <input type="checkbox"/>	Slightly Overweight <input type="checkbox"/>	Healthy Weight <input type="checkbox"/>
Exercise	Rarely Exercise <input type="checkbox"/>	Sometimes Exercise <input type="checkbox"/>	Exercise Regularly <input type="checkbox"/>
History of Stroke in Your Family	Yes <input type="checkbox"/>	Not Sure <input type="checkbox"/>	No <input type="checkbox"/>
Add up your scores:	Red Total <input type="checkbox"/>	Yellow Total <input type="checkbox"/>	Green Total <input type="checkbox"/>

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 (salt), 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.

Symptoms include:

- Sudden numbness or weakness of face, arm or leg – especially on only 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.

If you have experienced any of these symptoms, you may have had a TIA or a stroke – call 911 immediately!

Stroke Risk Scorecard Answer Key



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



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



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



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STROKE RISK SCORECARD



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