

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 Factor	High Risk	Caution	Low Risk
Blood Pressure	> 140/90 or I don't know	120-139/80-89	<120/80
Cholesterol	>240 or I don't know	200-239	<200
Diabetes	Yes	Borderline	No
Smoking	I still smoke	I'm 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
I have stroke in my family	Yes	Not sure	No
Score (each box=1)			