

Stroke Risk Scorecard

Check each box that applies to you. Each check mark equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels below.

Risk Factor	High Risk	Caution	Low Risk
Blood Pressure	<input type="checkbox"/> > 140 / 90 or I don't know	<input type="checkbox"/> 120-139 / 80-89	<input type="checkbox"/> < 120 / 80
Cholesterol	<input type="checkbox"/> > 240 or I don't know	<input type="checkbox"/> 200 - 239	<input type="checkbox"/> < 200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Smoking	<input type="checkbox"/> Yes	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> No
Atrial fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
Diet / Weight	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Exercise	<input type="checkbox"/> Don't exercise	<input type="checkbox"/> Exercise sometimes	<input type="checkbox"/> Exercise regularly
Family history of stroke	<input type="checkbox"/> Yes	<input type="checkbox"/> Don't know	<input type="checkbox"/> No
Total Score			



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



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



If your **GREEN** score is 6-8, you're doing a great job of controlling your risk for stroke.

Scorecard information from the National Stroke Association www.stroke.org.



Pickup Family
Neurosciences Institute

Look for these signs and BE FAST



Balance Sudden loss of balance or dizziness



Eyes Sudden blurred vision or loss of vision



Face Sudden facial droop or uneven smile



Arm Sudden arm weakness or arm numbness



Speech Sudden slurred speech
Sudden difficulty speaking or understanding



Time Call 911 and get to the hospital immediately

If you experience any of these symptoms, you may be having a transient ischemic attack (TIA) or stroke – **call 911 immediately!**

Have the ambulance go to the nearest certified stroke center.

To learn how to reduce your risk for stroke visit Hoag.org/stroke-risk