

STROKE RISK SCORECARD

Are You Under Pressure?

Each day that your blood pressure is too high, your chances of having a stroke increase. A stroke can result from the damage that ongoing high blood pressure causes in your blood vessels. If the affected blood vessel stops supplying blood to your brain, a stroke results.

We know that one of the best weapons against stroke is knowledge and treatment. We recommend this simple assessment on the back of this card to help determine your risk level for stroke.

StDavid's

**ROUND ROCK
MEDICAL CENTER**

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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 below.

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'm a non-smoker
Atrial Fibrillation	I have an irregular heartbeat	I don't know	My heartbeat is not irregular
Diet	I'm overweight	I'm slightly overweight	My weight is healthy
Exercise	I'm a couch potato	I exercise sometimes	I exercise regularly
I have stroke in my family	Yes	Not sure	No
Score (each box=1)			

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

If your YELLOW score is 4-6, you're off to a good start!

If your GREEN score is 6-8, you're controlling your risk for stroke!