

Are you at risk?

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 below.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	<input type="checkbox"/> >130/80 or unknown	<input type="checkbox"/> 120-129/80-89	<input type="checkbox"/> <120/80
Atrial Fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
Smoking	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Nonsmoker
Cholesterol	<input type="checkbox"/> >240 or unknown	<input type="checkbox"/> 200-239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Exercise	<input type="checkbox"/> Couch potato	<input type="checkbox"/> Some exercise	<input type="checkbox"/> Regular exercise
Weight	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Stroke in Family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
TOTAL SCORE	HIGH RISK _____	CAUTION _____	LOW RISK _____

- **High Risk ≥ 3 :** Ask about stroke prevention right away.
- **Caution 4-6:** A good start. Work on reducing risk.
- **Low Risk 6-8:** You're doing very well at controlling stroke risk!

If you're concerned about your stroke risk, talk to your primary care physician today about a referral to The Ohio State University Wexner Medical Center Comprehensive Stroke Center. If you need a primary care physician, call **614-293-5123** to find a physician near you.

To learn more visit: wexnermedical.osu.edu/stroke

STROKE IS AN EMERGENCY – BE **FAST**

