

SIGNS OF STROKE RISK



Blood Pressure	<input type="checkbox"/> < 120 / 80	<input type="checkbox"/> 120-139 / 80-89	<input type="checkbox"/> > 140 / 90 OR UNSURE
Cholesterol	<input type="checkbox"/> < 200	<input type="checkbox"/> 200 - 239	<input type="checkbox"/> > 240 OR UNSURE
Diabetes	<input type="checkbox"/> NO	<input type="checkbox"/> FASTING BLOOD SUGAR 100 - 124 AVERAGE	<input type="checkbox"/> FASTING BLOOD SUGAR > 125
Smoking	<input type="checkbox"/> DO NOT SMOKE	<input type="checkbox"/> QUIT SMOKING THIS YEAR	<input type="checkbox"/> I SMOKE NOW
Atrial Fibrillation	<input type="checkbox"/> REGULAR HEARTBEAT	<input type="checkbox"/> UNSURE	<input type="checkbox"/> HEARTBEAT IS IRREGULAR
Diet	<input type="checkbox"/> HEALTHY BODY WEIGHT EAT A LOW FAT DIET (BMI 18.5 - 24.9)	<input type="checkbox"/> I AM SLIGHTLY OVERWEIGHT > 30% DAILY CALORIES FROM FAT (BMI 25 - 29.9)	<input type="checkbox"/> I AM OVERWEIGHT > 40% DAILY CALORIES FROM FAT (BMI 30 - 34.9)
Exercise	<input type="checkbox"/> EXERCISE 3-5 TIMES A WEEK	<input type="checkbox"/> EXERCISE < 3 TIMES A WEEK	<input type="checkbox"/> NO REGULAR EXERCISE PATTERN
Stroke in Family	<input type="checkbox"/> No	<input type="checkbox"/> UNSURE	<input type="checkbox"/> YES
Total Points	<input type="text"/>	<input type="text"/>	<input type="text"/>
Results	6-8 GREEN POINTS GREAT!	4-6 YELLOW POINTS GOOD	3+ RED POINTS CONSULT A PHYSICIAN

EVERY CHECKED BOX EQUALS 1 POINT

REDUCE YOUR RISKS FOR STROKE:

- Have knowledge of your blood pressure and work with your primary physician to lower it
- Find out from your physician if you have irregular heartbeats
- If you smoke, stop right away
- Only drink alcohol in moderation
- If your cholesterol is high, work with your primary physician to get it under control
- Speak with your physician on how to manage your diabetes if you are diabetic
- Increase your daily exercise activity
- Decrease your fat and sodium (salt) intake
- Ask your primary physician how to lower your risk of stroke
- KNOW THE PRIMARY SIGNS OF STROKE

STROKE SYMPTOMS INCLUDE:

(from National Stroke Association):

- Sudden numbness or weakness of face, arm or leg – especially on 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 EXPERIENCE ANY OF THESE SYMPTOMS, YOU MAY HAVE HAD A STROKE—CALL 911 IMMEDIATELY!