

STROKE RISK SCORECARDS



Risk factors	High risk	Caution	Low risk
1. Blood pressure	>140/90mmHg or unknown	120-139/80-89mmHg	< 120/80mmHg
2. Atrial fibrillation	Irregular heartbeat	I don't know	Regular heartbeat
3. Smoking	Smoker	Trying to quit	Nonsmoker
4. Cholesterol	> 240 mg/DL or unknown	200-239 mg/DL	< 200 mg/DL
5. Diabetes	Yes	Borderline	No
6. Exercise	No	Some exercise	Regular exercise
7. Body mass index	≥ 30 or not sure	24 - 30	18.5 - 23
8. Stroke in family	Yes	Not sure	No
Total score			

	High risk	Caution	Low risk
Risk Scorecard Results	If high risk score ≥ 3; You have high risk, please ask your healthcare provider about stroke prevention measures.	If caution score 4-6; You have an increase risk for a stroke. Work on reducing risk and regularly annual health check up.	If low risk score 6-8; You are doing very well at controlling stroke risk. Please annual health check up every year.

