

# 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 on the back.



[CarilionClinic.org/BeFast](http://CarilionClinic.org/BeFast)

**CARILION CLINIC**

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120-139/80-89	<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
Diet	<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
<b>TOTAL SCORE</b>	<input type="checkbox"/> <b>HIGH RISK</b>	<input type="checkbox"/> <b>CAUTION</b>	<input type="checkbox"/> <b>LOW RISK</b>

# RISK SCORECARD RESULTS

## High Risk $\geq 3$

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!

## ASK YOUR HEALTHCARE PROFESSIONAL HOW TO REDUCE YOUR RISK OF STROKE.

To reduce your risk:

1. Know your blood pressure.
2. Find out whether you have atrial fibrillation.
3. If you smoke, stop.
4. Find out if you have high cholesterol.
5. If diabetic, follow recommendations to control your diabetes.
6. Include exercise in your daily routine.
7. Enjoy a lower-sodium (salt), lower-fat diet.

# Learn the Warning Signs and Act *Fast*

Act FAST in response to any of these signs to improve your chances for recovery. If you get help within three hours of the first symptom, the advanced interventional treatments and fast-track Stroke Alert program available at Carilion Clinic can lessen or even eliminate the effects of a stroke.

**If you or someone else has any of the BE FAST symptoms, call 911 immediately.**

**B**



**BALANCE**  
UNSTEADY

**E**



**EYESIGHT**  
CHANGES

**F**



**FACE**  
DROOPING

**A**



**ARMS**  
WEAK/NUMB

**S**



**SPEECH**  
DIFFICULTY

**T**



**TIME**  
CALL 911