

# ARE YOU AT RISK FOR STROKE?



One of the biggest dangers of atrial fibrillation (or AFib) is having a stroke. Having AFib makes you nearly 5 times more likely to have a stroke than someone without AFib. This scorecard will help you see what other factors may be putting you at risk for a stroke.

## Stroke risk scorecard\*

### Directions

1. Each box that applies to you equals 1 point
2. Total your score at the bottom of each column and check your results

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 don't smoke
Atrial fibrillation	I have an irregular heartbeat	I don't know	My heartbeat is not irregular
Diet	I am overweight	I am slightly overweight	My weight is healthy
Exercise	I don't exercise	I exercise sometimes	I exercise regularly
I have stroke in my family	Yes	Not sure	No
<b>Score (each box=1)</b>	<b>Red score:</b>	<b>Yellow score:</b>	<b>Green score:</b>
<b>Results</b>	If your RED score is 3 or more, please ask your doctor about stroke prevention right away.	If your YELLOW score is 4 to 6, you're off to a good start. Keep working on it!	If your GREEN score is 6 to 8, congratulations! You're doing very well at controlling your risk for stroke!

\*This stroke risk scorecard has been adapted from the National Stroke Association.

## Do you know the common symptoms of stroke?

There is a simple way of knowing them. The FAST test can help you remember the symptoms. If you ever notice 1 of these signs, call 9-1-1 right away!

<b>F</b> ACE	Ask the person to smile. Does 1 side of the face drop?
<b>A</b> RMS	Ask the person to raise both arms. Does 1 arm drift downward?
<b>S</b> PEECH	Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
<b>T</b> IME	If you see any of these signs, it's time to call 9-1-1.

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