

MEN

1. Systolic Blood Pressure

The first (highest) number from your most recent blood pressure measurement

	Points	
If you... are not taking blood pressure lowering medications and your systolic blood pressure is:	0	Score
97-105	1	
106-115	2	
116-125	3	
126-135	4	
136-145	5	
146-155	6	
156-165	7	
166-175	8	
176-185	9	
186-195	10	

If you... are taking blood pressure lowering medications and your systolic blood pressure is:	0	
97-105	1	
106-112	2	
113-117	3	
118-123	4	
124-129	5	
130-135	6	
136-142	7	
143-150	8	
151-161	9	
162-176	10	

2. Diabetes

If you... do not have a history of diabetes	0	
do have a history of diabetes	2	

3. Cigarette Smoking

If you... do not smoke	0	
do smoke	3	

4. Cardiovascular Disease

If you... have never had any of the problems listed below	0	
have a history of coronary or cardiovascular disease (heart attack, chest pain, narrowed coronary blood vessels, narrowed arteries in the legs or congestive heart failure) other than stroke	4	

5. Atrial Fibrillation

A specific type of rapid, irregular heartbeat

If you... do not have a history of atrial fibrillation	0	
do have a history of atrial fibrillation	4	

6. Physical Activity

If you... live an active life	0	
are inactive (your job requires you to sit at a desk most of the day and you spend much of your leisure time in sitting activities [watching TV, reading, etc.]	1	

TOTAL SCORE

ARE YOU AT RISK?

Instructions: Mark the appropriate point value in each category. Then total your points and find your risk level in the "Scoring" section.

SCORING

Add your answers for each question to get your total score.

If your total score is: Your stroke risk is:

0 to 4	Low
5 to 10	Moderate
11 or more	High

Your score is just an estimate of your possible risk. A high score doesn't mean you will surely have a brain attack, and a low score doesn't mean you are completely safe.



Kentucky and So. Indiana

Stroke Association