

WOMEN

1. Systolic Blood Pressure

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

	Points	Score	
If you... are not taking blood pressure lowering medications and your systolic blood pressure is:	85-94	0	<input type="text"/>
	95-106	1	
	107-118	2	
	119-130	3	
	131-143	4	
	144-155	5	
	156-167	6	
	168-180	7	
	181-192	8	
	193-204	9	
205-216	10		
If you... are taking blood pressure lowering medications and your systolic blood pressure is:	85-94	0	<input type="text"/>
	95-106	1	
	107-113	2	
	114-119	3	
	120-125	4	
	126-131	5	
	132-139	6	
	140-148	7	
	149-160	8	
	161-204	9	
205-216	10		

2. Diabetes

If you... do not have a history of diabetes	0	<input type="text"/>
do have a history of diabetes	3	

3. Cigarette Smoking

If you... do not smoke	0	<input type="text"/>
do smoke	3	

4. Cardiovascular Disease

If you... have never had any of the problems listed below	0	<input type="text"/>
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	2	

5. Atrial Fibrillation

A specific type of rapid, irregular heartbeat

If you... do not have a history of atrial fibrillation	0	<input type="text"/>
do have a history of atrial fibrillation	5	

Note: In the Framingham Heart Study, risk reduction for stroke associated with physical activity is not statistically significant for women.

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