

# Stroke Risk Assessment



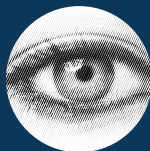
**Mary Washington Hospital**  
Primary Stroke Center

**B**



Loss of **balance**,  
headache,  
or vertigo

**E**



Loss of vision  
to one **eye** or  
double vision

**F**



One side  
of the **face**  
is drooping

**A**



**Arm** or leg  
is drifting  
downward

**S**



**Speech** difficulty  
(abnormal, slurred,  
garbled, or  
cannot speak)

**T**



**Time** to  
call 911



**Mary Washington Healthcare**

*Here for You.*

[Stroke.mwhc.com](http://Stroke.mwhc.com)

# Stroke Risk Scorecard



**Mary Washington  
Hospital**

Primary Stroke Center

Each box that applies to you equals 1 point.  
Total your score at the bottom of each column to determine  
your stroke risk.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
<b>Blood Pressure</b>	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120-139 / 80-89	<input type="checkbox"/> <120/80
<b>Atrial Fibrillation (Afib)</b>	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
<b>Smoking</b>	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Nonsmoker
<b>Total Cholesterol</b>	<input type="checkbox"/> >240 or unknown	<input type="checkbox"/> 200-239	<input type="checkbox"/> <200
<b>Diabetes</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
<b>Exercise Habits</b>	<input type="checkbox"/> Couch potato	<input type="checkbox"/> Some exercise	<input type="checkbox"/> Regular exercise
<b>Diet and Weight</b>	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
<b>Stroke in Family</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
<b>TOTAL SCORE</b>			
<b>Results and Action Steps</b>	<b>High Risk <math>\geq 3</math>:</b> Ask about stroke prevention right away. <i>Don't delay!</i>	<b>Caution 4-6:</b> A good start. Work on reducing risk. <i>You can do it!</i>	<b>Low Risk 6-8:</b> You're doing very well at controlling stroke risk! <i>Keep up the good work!</i>

**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.